

HEART-TO-HEART & MIND-TO-MIND TRANSMISSION

Listening to Yuan Tze speak is a unique experience, with his talks carrying powerful information infused with immense wisdom, love and compassion. Such information can touch life directly on a deep level and effect profound changes.

When talking, Yuan Tze uses far more than just the usual verbal communication. He also uses his heart and mind to directly transmit information to your heart and mind.

This heart-to-heart, mind-to-mind exchange enables you to receive information directly without filters. For this to work well, your state is especially important. When you are watching and listening, sit as comfortably as possible and relax your whole body. Also relax your mind so mentally you feel very calm, relaxed and natural as well.

The five essential qualities of the heart – trust, openness, love, gratitude and True Respect (Gongjing) also allow this direct transmission of information to work well.

Openness is especially important. When your heart/mind is open, it is like an open door and everything can go in or out. We can tend to close the door when information we hear seems incongruent with our own ideas, so do your best to avoid quickly forming counter arguments in order to leave room for further exploration.

Trust is also very important. If we are in a doubtful or questioning state, direct transmission can be difficult. It is still possible to get information across via verbal means, but it will most likely be a mere intellectual understanding, which will greatly limit its effect. For this reason, it is good to make an effort to remain open and trusting so information can flow smoothly.

So, as you listen to Yuan Tze, relax, enjoy, be in your heart and make the most of this special opportunity.