

ENERGY-LIFE MEDITATION

Additional Remarks

Here are some ideas on the process of monitoring your GPE level

1. Be more conscious/aware of God's invisible hands at work
 - a) When you encounter a "favorable" circumstance/situation or "thuận duyên" in Vietnamese: Learn to appreciate the calm moment, and be grateful for the peaceful lesson.
 - b) When you encounter an "adverse" circumstance/situation or "nghịch duyên" in Vietnamese: Focus on your discipline, lesson and purpose; focus on the development of Compassion-Wisdom-Courage or "Bi-Tri-Dũng" in Vietnamese; be twice as thankful for the challenging/difficult lesson.
2. Fine tuning your communication ability
 - a) Pay attention to your Audio Focus (AF) and Visual Focus (VF). What do you hear? What do you see?
 - b) How to identify, decipher and confirm the information/instruction or download? Look for the alignment of Heaven-Earth-Human factors or "Thiên-Địa-Nhân" in Vietnamese; the outcome should benefit the many, not the one; there is no hidden agenda and ulterior motive in the message.
 - c) How to execute and follow through with the information/instruction? Take small steps within your limit or ability; know the circumstance that God has planned and placed you.
3. Monitoring your GPE level
 - a) Make a mental note of the GPE moments throughout your day or week
 - b) Record the significant and memorable GPE experiences and reflect on them to understand the meaning.
 - c) Observe the changes in your attitude, behavior, emotion, mind, relationship, work performance and wellness.
4. Encouraging and positive note

By Opening the Intuitive Potential or participating in the sessions of Opening Intuitive Potential, your Intuitive Potential is enhanced. As a result, you will have broader and deeper perspectives of GPE. Since we are parts of the GPE network, the people you directly Open the Intuitive Potential will be linked to you and all of you will benefit from this combined GPE.