

Student:



**Remember to say this after meditation,
in the beginning and end of a class:**

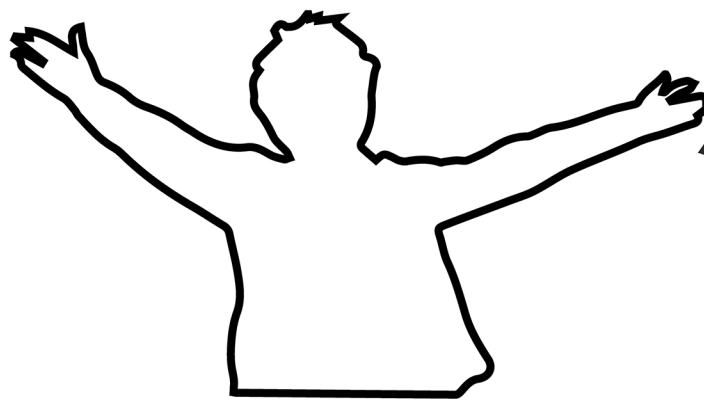
“Gang”

**it means:
“I will do my best”**

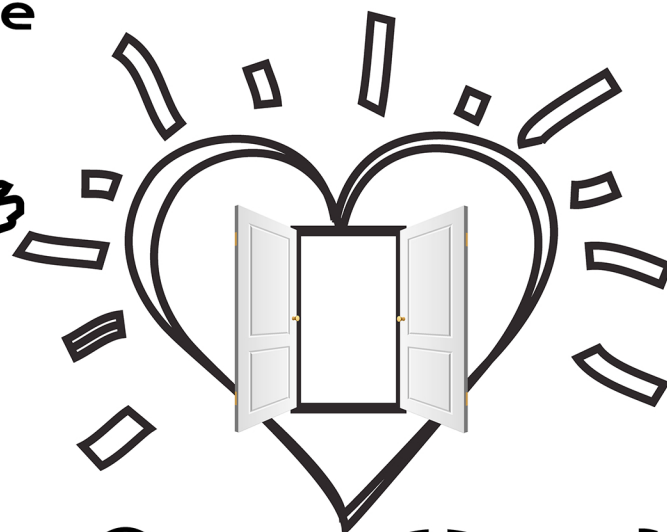
The “Three O’s” Principle



Open Mind



Open Arms



Open Heart