3 Mar 2018 - Ajahn Sucitto @Buddhist Library Singapore - Qi Gong and Anapanasati - Q&A

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| Time | Question (paraphrased) |
| 000 | Some of my thoughts while meditating contain useful answers to problems I am facing. Should I really be letting these thoughts go? |
| 5:00 | Once while meditating, it occurred to me to calm my heart rate that was racing at the time and I felt I was disappearing. Can you comment please? |
| 8:58 | Would you recommend that one should not meditate when they are sick? |
| 12:07 | In Chinese Mahayana they use a particular recitation (details described) as a meditation. Can you speak about this? |
| 17:10 | How can we use breathing in dealing with ego? |
| 21:24 | My idea about energy seemed to change as you spoke and now I am a bit confused. Can you say more about this idea of energy please? |
| 27:40 | When one goes into jhana, how do I deal with the burning heat I experience? It’s very uncomfortable. (There are follow-up questions in this section). |
| 32:09 | You say one can feel the energy or air going through the body. Is this vipassana? (There are follow-up questions in this section.) |
| 37:52 | Can you clarify, what do you mean when you say the body is “bright”? |
| 39:54 | Can you say more about the jhanas and what objects are used as a way to assist in experiencing these? |
| 45:03 | Regarding your use of Qi Gong, could I say you have really mastered the Qi?, |
| 46:12 | Could you share some if the personal challenges to practice you have faced over the years as your life has developed? |
| 52:44 | How do we know the realizations that arise in practice are the right ones and not based on delusion? |