

Here is the link to Richard's Monday Talks and Meditations.

<https://drive.google.com/open?id=198qVKDMczmWpvWHNo2vDKx5wnfl3zRdd>

- 1 Talk on the First Principle: Presence
 Meditation on Presence

- 2 Talk on the Second Principle: Flow
 Meditation on Flow

- 3 Talk on the Third Principle: The Heart
 Meditation on the Heart Principle

- 4 Talk on Building Kung Fu
 Meditation with the Principles

- 5 Talk - Know where you come from
 Meditation on the Three Great Powers