

Question 1 from Ananda:

Request for comment on insight meditation with reference to the YouTube video "**Gordon Ramsay Attempts to Meditate with a Buddhist Monk**" ([https:// https://youtu.be/8AeSsJGUGDA](https://youtu.be/8AeSsJGUGDA)), especially for people whom are new to meditation?

Question 2 from Chin How and Jayanta:

Refer YouTube video "**Gordon Ramsay's Angriest Confrontations on Kitchen Nightmares**" <https://youtu.be/v1i2C7yK5AQ>

Please advise how to deal with such situation, e.g. if the person happens to be our boss?

How and Why not to be like him (Gordon)?

(Bro. Teoh: Such a person can also be trained, but in a different way.)