

DXN LIFE

EUROPEAN EDITION

Issue 23, 2020.



In this
issue



Christmas
gift guide



Mental health
with Sunya



The Czérna couple's
first marathon



Winter health tips

and a lot more!

Content



Good morning DXN!

The story of our first marathon

Stay healthy and safe in winter!

The future of DXN in 2021

Mental health matters: try Sunya!

A ray of light into the darkness of the masked world

Give healthy and beauty to your loved ones!

DXN LIFE European Edition
Issue 23, 2020

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S

..... 4

..... 6

..... 10

..... 14

..... 18

..... 22

..... 28



GOOD
MORNING
DXN!

2020 will definitely be an unforgettable year for everyone of us, not just in a particular country, but to every parts of the world. The deadly coronavirus pandemic that causes the respiratory disease known as Covid-19 have caused us to be living in a new normal, which we have never thought of previously that we will be living differently from what we used to. But this should not deter us to continue living our life to the fullest and strive to achieve our dreams.

To adjust with the new normal, I recently had created my own Facebook account. It was created so that I could still be meeting and get closer to the DXN members from all over the world despite the pandemic. I have done a lot of virtual knowledge sharing sessions with the DXN members through Facebook live. Among the topics that I have shared were 'Success Training', 'How to Handle Virus Infection', 'Ganotherapy' and many more. I will keep on sharing so that the knowledge could be spread and utilized by even more people and we could soon be having a healthier and better world. Other than that, DXN have made online purchase module and also ePoint available to all countries in the world. As it is unsafe to go outside, the online purchase module will certainly help DXN distributors and customers in purchasing their favourite DXN products without having to leave their house.

I too had published a research paper together with Crown Ambassador, Dr. Sivakumaran Karupiah entitled 'Ganotherapy and Holistic Human System is the Pathway of Holistic Health for Immediate Relief for COVID-19'. The research looking at the personal research and professional practise in the field of Alternative Medicine as it has become an interesting issue between the academicians and also the researchers in the past years. As what we have known, Alternative Medicine has been used by many and served as a support or substitute to the conventional medical treatment. Thus, this research is looking at how Ganotherapy and Holistic health could do their part in dealing with the vicious Covid-19.

DXN have done its part in helping the society to fight the virus. Consistent with the recommendation and advice from World Health Organization and also Ministry of Health to regularly wash hands, DXN had recently launched its own hand sanitizer. DXN Zhi Hand Sanitizer is a gel-based alcohol hand sanitizer enriched with Aloe Vera and Ganoderma extract. The product had went through various tests to ensure that it is effective in fighting harmful viruses and bacteria. DXN Zhi Hand Sanitizer helps to kill 99.9 of viruses and bacteria that are minuscule and may be on our hands.

As we are currently living in this challenging times, it is very important that we keep thinking positively. By being positive, it will not only be helping us to go through tough times, but will also ensure that our physical and mental health will be in good condition. Maintain your good health by eating healthy, exercise regularly and take DXN products such as RG and GL that is good in boosting our immune system. This hard times shall pass and we will get through this. Stay safe and stay healthy.

See you at the top in DXN.

Thank you.



THE STORY OF OUR FIRST MARATHON

DXN Life goals are real #lifegoals: here's how to run a marathon!

We have been running regularly for 3 years. At the beginning, we could barely run 3 kms, so we started by one step at the time. 1 minute run, 1 minute walk, then 2 minutes run, 1 minute walk. That was our method. Then we ran more and more confidently for 5 kms and then 10 kms. We were like a beginner DXN member who learns the effects of the products in small steps, getting to know the basics of networking. To reach our great goal of becoming marathon runners we underwent a preparation of a year and a half. But just as building a business requires a mentor, a sponsor, we looked for a coach for running too, who would lead us from “zero” all the way.

We found this person in Zsuzsanna Maráz ultra runner, who is one of the best amateur runners in the world. We discussed our goals with Zsuzsi,



planned the whole journey and she wrote down for us every week the workouts we had to do. We received the workout plan on Monday and gave her feedback on the weekly runs with a brief summary (how we felt during the workouts, how we were doing and if we found it easy or difficult to do) on Sunday night. She helped our weekly work like a real sponsor. She recommended videos, showed us stretching exercises and motivated us all the time. She is not only a coach but also an active racer. So she not only talked about running, but also showed us the way in real life.

The big goal also required smaller goals. That is why we participated also at 3 half marathons (21 km) in the last year. We noticed that we were getting better month by month and we could run longer and longer distances every time faster. Despite the pandemic, we had a beautiful spring and summer. We ran 4 times a week, on mild, pleasant spring days and then on warm and then hot summer days. Sometimes in stormy winds, summer thunderstorms. No matter what the weather was like, we went for a run every Tuesday, Thursday, Saturday and Sunday. We ran because we knew we wanted to run the marathon in Budapest in October. We were like when we reached the Diamond level. Before that, we worked



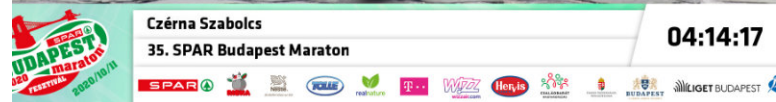
with all our energy and strength for 4-6 months. People could say and think whatever they wanted, we just did our thing. Of course, during our runs, we met people who asked we ran. Is this good for you, guys? Why run a marathon?



R Budapest Maraton®

Do these sentences sound familiar? We've heard this in networking too: oh it doesn't make sense... you won't be successful in it anyway... spend more time with your family instead.... We didn't deal with these "well-wishers" neither back then, neither this time.

It was not only our coach to help us with the preparation. The DXN products have been with us all along the way as always. In addition to maintaining good health, they also provide tremendous help to do sports. We mix Spirulina, Cordyceps and Reishi Mushroom powders into



a shaker and drink it. It is called GREEN MIX because of the beautiful color that Spirulina gives to the drink. We also have our slogan: drink and run! You can follow us on Facebook and Instagram by this name, for some extra motivation.

The race was on October 11th. The weather was cold and cloudy. But for us, that day was the most beautiful. We received a lot of messages early in the morning, from our friends and acquaintances. „All the best, a successful arrival!” It was a fantastic feeling that so many people were cheering for us.

We were prepared, there were very, very many kms behind us, we knew we were able to run 42,195 kms. We entered the start zone very determined to start at exactly 9.00.

Due to the virus situation, there were “only” 2,000 runners in the race, including 500 runners who started the first marathon race of their lives that day. Shouting out loud, we counted back in ecstasy with the many, many people: we started the run to the “remixed” version of 10,9,8,7,6,5,4,3,2,1 RAJT... and Brahms Hungarian dances No. 5.

When we started preparing for the marathon 10 months before the race, our coach said that she would prepare us in such a way that this distance would not be stressful for us, that it would be a joyful run, that we would be able to give in some more before the goal in order to avoid arriving exhausted. We believed her, she trusted us and we trusted in ourselves and did it!

Our official times were: Tündi: 4:14:33, Szabolcs: 4:14:17

We're still happy, we still have the fantastic feeling that we've done the run, that this wonderful dream of ours has come true. We did it together, the two of us and Zsuzsi. She got it right because she prepared us so consciously and methodically that the race itself resulted in a really beautiful run.

So looking back at it, it wasn't the race that was a great achievement, but the path we walked in the meantime. Zsuzsi wrote this the next day of



the race: "how much work and sweat is in this marathon. This is something you can't just buy. It is only given to those who work hard for it. That makes the marathon so valuable "

The Diamond, the Crown Diamond levels are also a result of hard work. We've reached these levels, so we know the road there was as beautiful and exciting as preparing for the marathon. For us, our current level, the Crown Diamond is the half marathon, the Crown Ambassador level is the marathon. We are halfway through in our business! We know from the run that a marathon is not two half marathons, only mathematically. It took more than half a marathon to run the marathon. We needed more, much more and in a different way.

Just like having our next goal in the business, we also set running goals for 2021. Our main event will take place on May 15, 2021. This is when

the competition called Ultra Balaton will be held. The aim of the race is to run around Lake Balaton in 24 hours, which is 221 kms. This is such



a big goal! But this will not be run only by the two of us, but in relay, with a 5-men DXN team. The team members are Antonio Aspiroz, European Coordinator, Faragó István GD, Mészáros Roland SD and us, the Czérna couple.

But there will be also an 11-person DXN team competing, including 6 DXN Diamonds and 5 DXN members. Next year, we will represent the entire European DXN Family at one of Central Europe's largest mass sports events and promote a healthy lifestyle and the DXN company. The event will move tens of thousands of people. That's how we chose our name. DXN5 and DrinXandruN. Cheer for us and set a good example in your environment by consuming and promoting the DXN products and sports. Go for it, drink and run!





STAY HEALTHY AND
SAFE IN WINTER!

Read Jane Yau Ganותרapist's tips and protect yourself and your loved ones.

1. Besides Covid19, what are the biggest health challenges in winter?

Many studies have provided evidence that morbidity and mortality increase in periods of cold weather. Overall, higher death rates are observed in winter compared to summer, in addition to higher rates of infectious disease like Covid-19 or influenza.

The impact of cold weather on health has long been noted as there is a saying, 'If the winter is mild, the year is likely to prove healthy'. You do not need scientists to prove this is right. As you tend to fall ill more easily when the weather turns cold for some time. The chances of catching a cold, having a runny nose, a bad cough, feeling breathless, or worse still,



coming down with complications of the respiratory system are higher during the time of winter. Thus, cold remains a relevant concern for exposed populations.

In general, cold temperature place a tremendous amount of physiological stress on the body. Why? Bear in mind that, when you are in a cold weather, these are the impacts and things that you do may cause on the body:

a. The loss of body heat:

Hypothermia is a medical condition whereby the body is losing heat than it can produce. When the body is under not tightly regulated under 37 degree Celsius, all the physiological process will be hampered.

b. Respiratory health:

Respiratory diseases like asthma, bronchitis, pneumonia and even common cold tend to spike in winter. People tend to have lesser movement because people spend more time indoors. Due to the lack of activity and exercise during this cold season, the immune system may be weakened, leaving the health to be more vulnerable of respiratory diseases.

c. Cardiovascular and cerebrovascular health:

The blood vessels constrict naturally in response to colder temperature. This reaction, called "vasoconstriction," decreases blood flow to the skin, which helps to minimize heat loss from the warm blood and therefore

preserve a normal internal state of temperature. When the arteries are narrowed, it restricts the blood flow and reduces oxygen supply to the heart, all of which can set the stage for a higher risk of heart attack or stroke. Furthermore, the heart works harder since there is a higher oxygen demand for the body to maintain its body heat.



d. Inactivity during winter:

Human beings are designed to stay active in order to reach longevity. People are prone to have diseases when they are having a sedentary lifestyle. Exercise helps immune cells to travel and circulate better in your body to ward off pathogenic viruses or bacteria and hence, decreasing your chances of developing diseases. Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness. Battling another cough or cold? Feeling tired all the time? You may feel better if you take a daily walk or if the weather does not allow you to do so, follow a simple exercise routine a few times a week to make yourself healthy.

2. How can we stay healthy if we are stuck at home in the lock down?

Eating food high in nutritional value will feed your body the vitamins, rich carbohydrates and fats that give you the nourishment you need to recover more quickly. While, it may be tempting to eat more food in winter, it is better to eat a well-balanced diet throughout the year. Try to include foods in your diet that are high in antioxidants, protein and fibre, high in vitamins B, C, D and E, as well as low in sugars and fats.

In addition, you can take DNX Cordyceps and GL in order to boost your immune system as well as respiratory health since Cordyceps are well-known for heart and lung tonic particularly.

It's also important to hydrate yourself by drinking plenty of water throughout the day. It's easy to neglect hydration when the weather becomes cooler because we think our body doesn't need any more water. Skin problems, like eczema, also become more common in the winter because of the change in temperature, blustery weather and indoor heating can dry out our skin. Keeping your body well hydrated will help to keep your skin healthy, flush out toxins and ward off virus and bacteria.

Weight gain and mental problems can be offset by keeping active and maintaining regular contact with others. Relational health is something people can easily neglect. Always stay connected to your loved ones at home by having a close and good communication together, calling your friends over a video call so you will not stay in negative thoughts whenever you are alone during the lockdown. Try to get into a routine of getting out and doing some exercise, whether it is walking up the stairs instead of taking the lift or escalator instead swap your normal routine by go for a daily walk. Make sure you don't go to crowded areas whenever you decide to go for a jog outdoors and be sure to wear a mask to protect yourself!

3. Talking about mental health, this is really a hard time for people all over the world. What would you suggest to better manage stress and emotions during this period?

Fear, worry and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. It is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to slow down the spread of the virus. Faced with new realities of working from



home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental health, as well as our physical health.

With more of us experiencing mental health impact of the pandemic, what can we do about it?

Here are some tips to help you better manage your mental health:

Good diet quality (ie. A well-balanced diet rich in vegetables, fruits, wholegrains, legumes, unsaturated fats) has been associated with feelings of wellbeing. What's more? Adding nutrients such as tryptophan into your diet can help to promote good sleeping quality and support your mood. Tryptophan is one of many amino acids found in foods that con-



4. Personally, which products are you taking now and in what quantity? Is there a difference this winter compared to other years?

I have been taking these functional products for the past 19 years. I have been feeling well and healthy despite my age along with my stressful work.

My morning concoction daily includes:

- Morinzhi 90 ml
- Cordypine 30ml
- Reishilium powder 4 scoops
- Lion's mane powder 2 scoops
- Cordyceps powder 2 scoops
- Roselle powder 2 scoops
- Spirulina powder 2 scoops
- Water: 1 liter.

Why am I taking these diligently daily?

These range of products provide me essential nutrients, modulate and enhance my immune system, repair and rejuvenate cells, tissues, organ and system to achieve a harmonious state of health.

Special reminder for DXN Europe members, if you have not nurtured your body on a daily basis, you can take this range of products this winter with Covid 19 pandemic to ensure you have good heart health, respiratory health and good immune system:

The key products to include in your daily regimen are:

- Spirulina 15 tabs (equivalent to 2 scoops powder)
- GL 15 capsules (equivalent to 2 scoops powder)
- Cordyceps 6 capsules (equivalent to 1 scoop powder)
- Morinzhi 90 ml

tain protein such as chicken, turkey, fish, egg, nuts, seeds, dairy products, soy and tofu, chocolate. In particular, tryptophan can be used to make essential hormones like serotonin (which also known as 'happy hormones' as it influences your sleep, cognition and mood) and melatonin (which also known as 'sleeping hormones' as it is notably involved in sleep-wake cycle).

In addition, you can take DXN Spirulina and Morinzhi as part of your daily regimen in order to optimise your sleeping quality as well as boost your mood as Spirulina and Noni are known as rich sources of tryptophan and can play a crucial role in good mental health. Meanwhile, you can also take DXN Lion's Mane as the Lion's Mane mushroom has been found to be beneficial to the brain, heart, and gut health, which are all important in the coping of physiological and psychological stress.

Regular exercise is a powerful medicine for many common mental health challenges. It can have a profoundly positive impact on depression and anxiety. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood, as it releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good.

Meanwhile, as we are struggling daily to be productive, we often forget to relax. Practicing DXN Sunya Therapy can help you to relax and calm your mind. Rest and recovery are equally crucial for the mind as they are for the body. Giving your brain some time off has been proven to improve mental health.



We Are Now

10

MILLION

DISTRIBUTORS STRONG!

THE FUTURE OF DXN
IN 2021

**3 mini interviews to show
you how the top leaders
managed their business
in 2020, in spite of the
circumstances and how
they are setting new
goals for 2021!**

Pavlos Hatzigiannis GD from Greece

1. What were your goals at the beginning of 2020 and how did they change with the Covid19 outbreak?

My goal was to reach Crown Diamond. Since I am a pensioner in DXN, I was relaxed and was fully involved in my volunteering work. The Coronavirus is a great opportunity because I saw that it was the time to restart my online networking. Now, a lot more people realize that there is a need to become independent and to protect their health with highly effective products. DXN is the optimal solution for both and it is a golden opportunity that can change lives. I feel lucky and blessed and want to share this with everyone.



2. What changes did you have to make in your usual workflow this year that the personal contact was so limited?

Actually, this year I also had to move back to my hometown, so I had a lot less personal contact than usual. However, during the days we weren't in lockdown I could go a little around and my old friends started to order products again and registering. But, for me new contacts are not a problem as online marketing is easy with DXN and the reason for that is that we have a very powerful message: the product works. So, for me this year is better because people are staying at home and can see my online advertisement easier.

3. What were the main tips you gave your downlines for this period?

Advertise – Present – Register – Guide them to the support system – Repeat.

4. What is the main lesson you think you learned regarding the business world in 2020?

That I should have aimed for Crown Ambassador earlier. We had the tools, I use the same old professional videos created by László and show them to new people. However, I used to talk too much. Now, I use social

media to send information and prefer to work with self-motivated people. My job is to find the rest of them to reach my first goal: to become a Crown Ambassador.

5. How are you setting your goals for 2021? What will you focus on?

My goals are set by the marketing plan. I have to be a Crown Ambassador before 2023, by DXN's 30th Anniversary. However, my focus is also to make money by helping people who are thirsty for success. Once you think like that, the opportunities appear and then you just have to walk the talk.

My big thanks to the DXN EU family for the opportunity.

Looking forward to share the energy!

Anna Binek EDD from Poland

1. What were your goals at the beginning of 2020 and how did they change with the Covid19 outbreak?

Good morning DXN! First of all, I would like to thank my team, my leaders and the DXN staff.

In spite of big changes in the world because of Covid 19, we are still strong.



The beginning of 2020 has shown us that nothing is predictable, but DXN is a very stable company, the commissions are paid on time, the products are available. In Poland the turnover is still growing.

I had many plans, we used to organize many events but now we can't organize big meetings.

I was invited to Dublin in Ireland, everything was booked, but because of Covid 19 my visit is postponed. I have a TSI qualification for Dubai

and India but now it is not possible to go.

My goals haven't changed. I am still working to achieve the Crown Ambassador level, only the tools are not the same. Now I focus on online meetings, zooms, webinars and social media.

If you want to be effective you should modify your methods, I don't complain but I am active.

2. What changes did you have to make in your usual workflow this year that the personal contact was so limited?

We run a Service Center in Poland, to stay safe we work mainly online. Till now the deliveries in Poland are on time and everything is fine. In this specific time we can't work exactly the same way as before. In Poland we are in a "red zone" so organizing big events is forbidden. We must focus on the online work.

At the very beginning, to avoid the shock, I wanted to support my group and I was organizing every day Coffee Meetings with Anna.

I am happy that I was invited by the Morocco, Philippines, Nigeria and Uzbekistan staff so I could share online my experience and give my leaders tips on Facebook lives. Together with Olga Dzikowska in these countries, via Facebook lives we were promoting MRT massage with Gempyuri and M Miracle, our fantastic, natural cosmetics.

Now we organize more webinars with the leaders from different countries, dietitians, doctors etc.

I spend more time in the house, but exercise, good diet and sunya trainings are part of my daily routine.

I want to emphasize that I am very, very grateful for Datuk Dr. Lim Siow Jin's Facebook page, because it is the best source for learning.

3. What were the main tips you gave your downlines for this period?

My main tip is: don't panic, take our functional food, relax, practise sunya.

People are looking for good quality products to protect themselves and it is a good time to share information about our products. Don't be afraid, maybe not everyone will want to buy them but a lot of people who try our products will thank you. We know how these products work, how beneficial they are, so share, share, share information, now is the right time to bring this message to the world.

My tip as a leader is: don't focus on people who doesn't want to work. It is a waste of time, don't stop contacting new people. Good health and additional income are precious values. If you contact many people you will find the right partners for sure.

I encourage my members to be active in social media, to do Facebook lives to show themselves to the world. I suggest to observe the prospects, their needs, we are consultants, not salesmen. If people feel that we want to help they will trust us and they will try products. Think only about how you can help.

4. What is the main lesson you think you learned regarding the business world in 2020?

The pandemic is growing, we can't imagine what it will be like in future. The main lesson is: the right choices lead to success. Sometimes we don't know if the decision will be good or not. For me DXN is the best option. MLM is a very good choice for people who have lost their jobs. In DXN you don't invest money and you can build a big, international business.

5. How are you setting your goals for 2021? What will you focus on?

I have started from zero, now I am a leader and I am still improving myself. My goal is to be the Top of the Top!

The second topic for me is Sunya, it gives big opportunities. It is simple and effective.

I also plan a project for new registered members: Star Agent in 2 months, then I want to help more people to become Star Diamonds.

I plan many online activities. I hope that the pandemic time will finish and it will be possible to organize a Leadership Camp in Europe. These events have always been very effective.

In my private life I hope that the lockdown will finish and I can meet with my son who lives in Scotland more often.

I wish you all the best, stay safe and see you soon!

László Kócsó CA from Hungary

1. What were your goals at the beginning of 2020 and how did they change with the Covid19 outbreak?

One of my main goals was to break my 2019 record. Last year I drank Morinzhi in 21 different countries and I wanted to do more this year. Unfortunately I couldn't do as I wanted but before the virus outbreak I managed to drink it in 10 countries.

2. What changes did you have to make in your usual workflow this year that the personal contact was so limited?

Gladly, we didn't have to make big changes because of the pandemic and also, during the summer we managed to meet with leaders from other countries. At the end of the last year I developed a new online method to

first 6 videos and then we will add new ones about how to become a Star Agent and leadership topics.

4. What is the main lesson you think you learned regarding the business world in 2020?

The main lesson is clearly that choosing DXN 12 years ago was the best business decision we could make. Even the pandemic proved that DXN is a stable business. Many network marketing businesses and also traditional businesses had problems, big losses and crashed. DXN kept growing because its products were needed even during the lockdown. People buy them because they are good, not for the business opportunity and this gives us stability. And we didn't just stay stable, we grew!

5. How are you setting your goals for 2021? What will you focus on?


Our goal for 2021 is to keep growing. I hope that we can very soon forget about the pandemic and travel again. The biggest goal of the first quarter of the year is to finalize the online training system and I will keep focusing on online business building.



build business and we introduced it in many countries with success. This way our members could work and have results even during the lockdown.

3. What were the main tips you gave your downlines for this period?

If you can't travel, then work online. I give support in this topic and in the second half of the year I refreshed my introduction course and we developed an online training system that helps from the moment you join DXN until you become a real leader. The first step is to watch the

A man with short, graying hair and a goatee is shown in profile, eyes closed, in a meditative pose. He is wearing a dark blue martial arts gi. On the left chest of the gi, there is a small patch featuring a red circle and the letters 'JXN'. His right arm is extended forward with an open palm. In the background, a blurred projection screen shows silhouettes of people in a martial arts setting. A semi-transparent dark gray box is overlaid on the lower half of the image, containing white text.

MENTAL HEALTH
MATTERS:
TRY SUNYA!

Have you heard about Sunya? Yes? Very good, keep reading to find out Ankita Jain's experiences. No? Read our interview to find out why you absolutely need Sunya in your life!

1. Please tell us briefly about Sunya and its main benefits!

The word Sunya means Emptiness. The functional nature of Sunya is linked to the concept of zero in mathematics. In the system of digits, zero is a necessary starting point as well as conclusion. It makes all reference of digits possible and at once contains them all. The Sunya experience functions similarly. Sunya permits all possibilities. It is a practice to sync our mind and body through Reverse counting/Samata (9 to 0), (29-0), (99-0) and then Observing our Breath (Vipassana). By breathing in and



out naturally you complete 1 count. Reverse counting technique is used to make our mind calm, focused and detached from unnecessary disturbances.

The benefits of Sunya are immense & may vary for person to person. The benefits can be realized only with regular practice. To list down few of the benefits are: Inner calmness, enhances your self-awareness, reduces stress, improves your memory, strengthens the natural healing ability, normalizes blood circulation, improves your focus, detoxifies our mind.



2. When did you first hear about Sunya?

I came to know about Sunya in 2018 when Datuk Dr. Lim had come to Philippines for a Sunya Session.

3. Can you please tell us a few changes that Sunya brought to your life?

Personally, for me Sunya has helped me control my anxiety and has thus made me calm. I have become self-disciplined as I have made it a practice to Practice Sunya daily. It has helped me change my perspective to life in

a way that now I am always ready to reset, restart, re-align myself for the required actions to deal with situations which my life has to offer.

4. How would you suggest starting Sunya? What are the first steps?

As said by our CEO Datuk Dr. Lim, Sunya cannot be taught through text or learnt by watching videos - It must be practiced daily.

Just find a comfortable place – sit or stand comfortably – semi close your eyes at 45-degree angle towards the ground – just observe your breath



going in an out and engage your mind in Reverse counting/Samata (9 to 0), (29-0), (99-0). Each natural breath In and Out is one count- try not to lose your count. When your mind becomes serene, stop counting and Focus on Your Breath (Vipassana) – you can feel the Mind and Body Union which will help to give clarity to your thoughts. If your mind is disturbed by any thought, go back to Reverse Counting, and keep this cycle on till you achieve a Focused state of Mind. Once achieved Do your Duty-Get back to society and again return to practice Sunya.

5. How often should we practice it and after when can we expect to see the changes?

From 2018 to 2020 and especially during this time of COVID uncertainties, Sunya for me has changed from 'Nice-to-do' to 'Must -Do'.



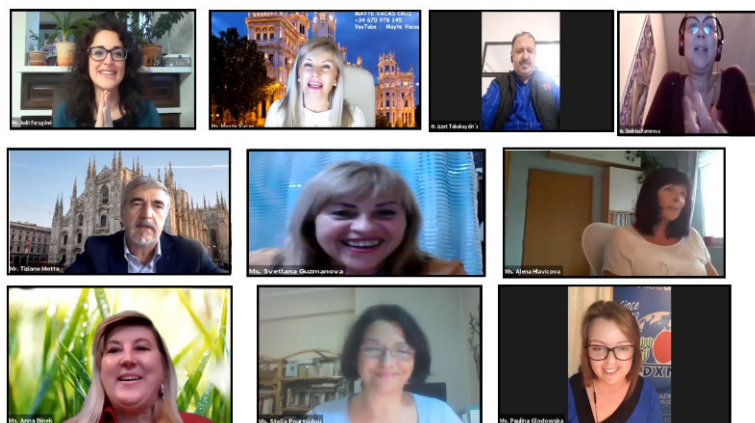
Sunya should be a life-long commitment. Initially our mind will wander, the slightest disturbance will throw us off and unwelcome thoughts will pester us but with time things will change. Sunya practice will offer us a refreshing sense of the present moment, distractions will fade away and we can find ourselves immersed in a space of self-awareness and peace. The changes can be seen and felt immediately. In your decision to slow



down and focus on your breath you have already started to understand how the mind and body are connected.

6. Are you planning Sunya trainings in Europe once the pandemic is over?

Yes, for sure. We are currently organizing online sessions every month & during COVID restrictions we could organize just one session in Tata, in Hungary during the Hungary Family Day. We will be having more and more Sunya trainings across Europe. In times to come, we may also expect the presence of our CEO Datuk Dr Lim to promote Sunya in Europe.



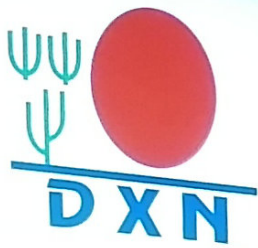
Till then Keep Practicing the Practice of Sunya.

For any queries related to Sunya, please feel free to contact me by e-mail: ankita@dxn2u.com



*Sunyata Uniting the Whole World ...
"One World One Family"*





GYEMÁNT TALÁLKOZO OK
UDAPEST



A POSITIVE
ATTITUDE
WILL CHANGE
YOUR LIFE



One

A RAY OF LIGHT INTO
THE DARKNESS OF THE
MASKED WORLD

Diamond Meeting

Budapest, October 16th, 2020.

I don't want to write dark, negative sentences at all. The title might suggest something like that, but it's not about that. We cannot avoid to mention the very serious and grave situation we are living in now, in the last quarter of 2020. In this situation, on October 16, DXN Hungary's new country manager, Mónika Alföldiné Dékány and her colleagues, organized the Diamond Meeting.

We haven't met in a long time. We did not have any offline business events in Hungary this year except for only one, the Leap Day on February 29th. In fact, that one was also organized as a team event, but the leaders



of the European DXN network, László Kócsó and Anikó Kócsó-Fodor, once again excelled in business diplomatic skills, making it an extended event to all the DXN lines in Hungary. It so happened that on February 28th, DXN's new European marketing manager, Mr. Debya, and his wife arrived. When this became certain – a few days before the event – at the suggestion of Laci and Anikó, we opened the team event to the entire Hungarian network. To make things go smooth, the Kócsó couple got in a car on February 28th, drove to Bratislava and the next day brought Mr. Debya, his wife and Ms. Daisy to Budapest.

I mentioned this because it makes it even more important that after seven and a half months, DXN's Hungarian diamonds met again at a business event. There was a family day in the meantime, but we can't classify that as a business event.

October 16th, 2020. Budapest, T62 Hotel

Everyone is wearing a mask, which is still very strange, very cold and even if you don't want it, it constantly directs your attention to the invisible danger. You do not even know how to behave. Shake hands, beat your fist or elbow with the people you would rather hug since we met so long ago. The mask, the isolation, the constantly coming terrifying news seem so small compared to the feeling when you just have to step back and smile sadly when finally meeting again with people.

To put some more emphasis on this feeling, Mónika gifted us a mask with the DXN logo.

I started this article by trying to describe my feelings about the situation, and I will continue this way. I will not quote, summarize or analyze the speakers' speeches. We heard very important presentations from Mr. Debya, László Kócsó, Mr. Antonio, DXN's new European Marketing Coordinator and our new country manager, who fully support our progress. Szabolcs Szabó translated their messages from English for the audience.

I'm not going to reveal a secret with this, because an MLM network is made up of people, usually much more sensitive than average people. And we know that many even more sensitive people have joined DXN so far. So we all know that every member of the network knows, sensed that



in the previous period things didn't go exactly the way we wished they went. As a leader, we listened to our teammates signals about this on a daily basis.

If such an event could have a main purpose, it could only be to show a way out of these ups and downs.

I have to say that our ship, tossing under the terrifying mass of waves over us, not only got a new captain, but the captain recruited a competent, brave crew in the past few months. On the bridge of the European ship DXN, Captain Debya issued the order: "To the top!" Antonio grabbed the steering wheel and the crew turned the planes to full force.



On October 16th, 2020, we set off!

I know that a new world has begun. I know that every leader is hungry for success and now we see the time and the right background, the circumstances to raise DXN to the right place on this continent, together with every member of the network ready to do it. The time has come for



the masses of financially free people to appear at future DXN events, taking advantage of the products that have proven to be the best and are stable in even these bad times.

Because the epidemic will end! And there will be DXN events again! We are already preparing for these. We are preparing because we want to meet you, because we want to greet you without a mask, by shaking each other's hands without fear, with a friendly hug. We are preparing because we feel that the new leadership in Europe will enable us to do everything we have imagined in recent years.

We love to meet, we love to celebrate. We will celebrate new business levels, new diamonds, we will celebrate you!

We love to celebrate and that's why we celebrated on this day as well. Because it was the birthday of Anikó Kócsó-Fodor. We took off our masks because we're not really scared, we consume DXN products and of course, the birthday cake.

A cake that could symbolically be DXN's "rebirth" cake as well. It is no exaggeration to say this because this is what happened on October 16th.

There have been some changes on the European market recently, so... meet the new Country Managers!

Mónika Alföldiné Dékány – Hungary

My name is Mónika Alföldiné Dékány and I am the new Country Manager of DXN Hungary. I was born in Debrecen, I currently live in Budapest. I have 2 adult children. In the middle of September 2020, I had the opportunity to help and support the Hungarian leadership team for common goals. I am always looking for positive things also in my private life and I always try to find a solution, a way to motivate people. In the MLM business for a leader the most important thing is motivation and



I believe that everyone can be motivated, you just have to search and find in everyone what moves them. Looking back on my life so far, I can say that I have a lot of experience in the MLM industry, I have worked in management positions at several large direct sales companies. Starting to work at an MLM company as a country manager is a challenge, not an easy role, but it is also an uplifting feeling, especially if we know what values that company represents, what its vision is and what the principles it has been following for many years. For me, DXN embodies everything that I personally believe in. Health, wellness and happiness. I think there is a huge opportunity in our members' hands by joining DXN. By this, I think on the one hand, about our products and, on the other, about the opportunity that DXN provides for everyone with its business opportunity. We have a huge opportunity in our hands to change our own lives

and the lives of others. Based on this idea, I am sending a message to everyone that in 2021 the opportunity is given, the best business opportunity with the best products in the world are in your hands, seize the opportunity, embark on this journey and I wish everyone to realize their dreams and feel the emotions of changing the lives of others! Good luck and go for DXN Hungary!

Gigi Bokeria – Czech Republic

My name is Gigi Bokeria and as of September 2020, I am holding the position of Country Manager at DXN international's Czech Branch. Briefly about myself: I come from Tbilisi, Georgia, I am holding an MBA



diploma in Marketing and Administration. As for my experience, I was Regional Head of Sales for Central Europe of a Dutch company, after I joined the diplomatic mission of the Ministry of Foreign Affairs of the Kingdom of the Netherlands, after that, I took over the management of a Belgium company in the Czech Republic. I have very strong analytic, negotiations, and problem-solving skills which I am using on an everyday bases for DXN CZ. I spend my free time with my family and friends.

For the upcoming 2021, I would like to address to all individuals during this pandemic times, when people are losing their jobs, and when our health is under serious threat, to keep strong and act more than ever, as we are holding a key to change people's lives to a better way. We can and we must show people the way to Health, Wealth and Happiness!

We at DXN International are constantly thinking about the improvements and remember: we are with you on every step of the way!

Apostolos Zacharias – Greece

I began my career in DXN nine years ago, on October 2011 as a member of the Warehouse Staff. I have studied Applied Informatics and Marketing in the University of Macedonia, Greece. My ambitions are always to bring people together and working towards common goals. This way of thinking created new horizons for me, and in 2017 I was promoted to



Marketing Executive. Since the very first date of my employment in the company I have been passionate about spreading the idea of "Healthy Way for a Healthy Lifestyle". I really enjoy my job and I am especially interested in bringing new ideas as well as my commitment to efficiency to the team of DXN in Greece. In my spare time, I love traveling and photo shooting. On weekends, you might find me at a sport's center or exploring the Greek countryside.

The secret of getting ahead has getting started. Bloom your DXN Business now!





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to give Beauty
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GIVE HEALTHY AND
BEAUTY TO YOUR
LOVED ONES!

Merry Christmas!

Here you have some recommendations along with some tips from our leaders.

Paola Rovelli EDD Italy



At Christmas give DXN Black Coffee! It is simply unique and everyone can “decorate” it as they want: with sugar, milk, cream or whiskey. I drink it Black, especially after the Christmas lunch. DXN Black Coffee, the coffee for all tastes!

Anikó Bíró SSD Hungary

Christmas miracle: give beautiful skin!

The M Miracle Eye Wrinkle Cream nourishes the area around the eyes, does not stick and helps to keep the area around the eyes radiant and firm.

There is no need for other moisturizers when using the M Miracle CC cream! It perfectly hydrates, evens out skin color and provides easy coverage. The big plus is that the makeup lasts all day long under the face mask. It doesn't leave a mark even if you wear a white mask!



Mayte Vacas SD Spain

My favorite gift this Christmas is "to take care of my friends". Take care of them in these delicate times that we are living. And nothing is as important to me as giving them LIFE, sharing the most precious thing that I have in my life and making sure they enjoy it too. Giving them RG and GL is knowing that I am giving them the essential antidote so that their defenses are strong and I can enjoy them for many more years. There is no treasure that can match this Gift. For my friends... always the best!



Alina Gronek SSD Poland



Christmas is coming soon. What will we buy for Christmas to our family members? I propose Lemonzhi: a very tasty tea, that quenches your thirst, will keep you warm in winter, will cool you down in summer. Both older people and children like this tea very much. My grandchildren drink this tea also. The Reishi mushroom, which is included in this drink strengthens the immune system. You will be delighted for sure!

Kostas Manos SSD Greece

I think that Spirulina and Spirulina cereal are perfect choices as a gift in these pandemic times. It helps to build a stronger immune system especially this winter. I would definitely give it to my family members to show how much I care.



László Kócsó CA Hungary



Morinzhi is the ultimate drink for your health! I would definitely consider it as a Christmas gift for people aiming for a healthy lifestyle. The exotic taste of this healthy drink brings also a tropical vibe to the holiday season.

Cristóbal Mota SD Spain

The delicious taste of coffee with cocoa invites you to drink it anytime and anywhere. My Zhi Mocha, your Zhi Mocha. ENJOY IT! SHARE IT!



Angela Languardina SD Italy



Alena Hlavicova ETD Czech Republic

Cordypine is an excellent gift, especially at this time of viral infections. It contains a large amount of live enzymes from fermented pineapple juice,



which ensure all the functions of the body and also contains Cordyceps, which increases the capacity of the lungs and supports their proper function. I recommend it to my whole family and friends.

Take care of your skin also in the winter time! These cosmetics are perfect gifts for women demanding high quality skincare but you can also find products that are suitable for men. Have beautiful holidays!

Tsagkalidis Spyridon SD Greece

I enjoy the exquisite and amazing taste of Cream Coffee almost every day, as it gives vigor and mood for the whole day. Just think about it! In addition, the taste of this coffee is enriched with vitamins that the body needs.

I would like to thank DXN for our invaluable health drinks that I enjoy very much and wish you happy holidays!





Bożena Sajdek SD Poland

I think that Cordyceps is very good as a Christmas gift. We can protect our family members. Cordyceps boosts the immune system, has anti-inflammatory, anti-viral, anti-bacterial properties and effects, improves liver and kidney functions, improves blood circulation, lowers the cholesterol level, protects from fatigue and has an anti-aging effect.



Editor's choice:

Andro-G!

Andro-G is a perfect choice as a gift in these pandemic times. It helps to build a stronger immune system, makes the lungs stronger and fights virus. Give it to your family members to show how much you care about them! Bonus tip: use the online services of DXN to send healthy gifts to the family members who live far away and you can't visit them this Christmas!



Jaroslav Praženica SD Slovakia



I really love the Ganozhi toothpaste. At first, I was scared by its color, but it really leaves your teeth clean. I always carry the travel kit in my work bag, because I don't like using any other type of toothpaste.

Dagmar Holíková Czech Republic

Enjoy every day the benefits of DXN's Cocozhi, loaded with superfoods such as cocoa with Ganoderma extract.

An energy drink for the whole family, with beneficial effects for your body. Significantly supports the immune system, cardiovascular system and the brain functions.

DXN Cocozhi is a delicacy with an excellent chocolate taste for everyone. A perfect hot drink for the Holiday season!





Cordyceps Coffee

Premix Coffee with Cordyceps
Kopi Pracampur dengan Cordyceps

3 in 1

SERVING SUGGESTION
CADANGAN PENGHIDANGAN



Wendang / Chongqing / 重慶
DXN WANGSANG (M) SDN BHD (413731-D)
No. 1, Jalan Pong, Jalan Beringin,
Gelanggang, 40150, Kuala Lumpur, Malaysia.

Serving Suggestion / Cadangan Penghidapan
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Simpan di tempat yang sejuk dan kering

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HAPPY NEW YEAR
DEAR READERS!
STAY ALWAYS HEALTHY AND
WEALTHY WITH DXN PRODUCTS!