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**Speaker 1** [00:00:06] We could sit down in order to.

**Speaker 2** [00:00:12] It really.

**Speaker 1** [00:00:16] Impress our friends, our teachers. By virtue of sitting very still for a long time and putting up with whatever pain occurs. But again, there's a reason in the Mayan tradition. That we have this thing of. Aspiring to awaken, which rests upon the foundation of compassion. So the one we aspire to awaken, we aspire to awaken in order to benefit others. That aspiration and that motivation. These are critical. Even from a personal perspective, there is great benefit in putting all of our attention focus on benefiting others. So we might at first feel like that compromises our own benefit. But actually, that's not true. It could be someone's experience. But pondering and contemplating the state of Sentient beings. And the problems in the suffering that they experience in this world. It's such powerful approach. Our intention within the formality of the practice. Is not about merely a temporary relief. But about freeing beans. From the causes of suffering, which for the most part, they cannot see. Even when we ourselves look, we may see that we cannot see, even for ourselves sometimes. So one more step here is. In accordance with the necessity to nurture compassion for all beings. We can have the inclination. To just naturally only think of beings like ourselves. Human beings. But our experience of non-human beings is also at least apparently it looks like they desire the same freedom from suffering that we desire. So it's important, as we include not only friends, but enemies in our practice, we must also include all of the non-human means all sentient beings. And over time, if we can also formless beings that we cannot see. Well, we could see, but we would have to be undistracted to see them so little by little. In your practice, nurture the the range of beings that show up when we invite them to engage in the practice. Not just to other mammals. Large and small insects and elephants. Peaceful means and Rathcoole being. Confusion knows no boundaries. So we include them all in our practice. Now, to quote Quantrell Triangulum, she again or to paraphrase, is teaching a little. He says without compassion and the mind of awakening, the mind of awakening, being the desire to do something to wake up in order to benefit beings, whereas compassion is just the recognition, the the scene, the suffering, the mind of awakening is the wish to wake up in order to help those beans. He said If you do not have the mind of awakening in the moment that you are listening to the Dharma, you cannot hear it. So he didn't mean you wouldn't hear anything, but that you would not hear the actual instruction and the teachings correctly that something would be missing. So the mind of awakening the wish to benefit all sentient beings was not again, just an issue of try to be a good citizen is a critical piece of the path. So like that when you're at home and practicing alone, especially, then I think it's good if you're engaging, if you're reading this particular liturgy that we're reading here. It's good to read it. Stop, ponder. Read some more like, really? Soak in it so you feel it that it's not just a ritual practice that is there to be done and gotten out of the way so that we get on to the real thing. This is the real thing.

**Speaker 2** [00:09:38] Mm hmm. Oh, I no. Is huge. I, as they are so rich and thrown away in order to be so used for particular suffering and in peace and happiness on this planet. And it is very strange at all these color photographs of the sort of serious camera is now back to life. Oh, by the way, they seem to use their particular suffering and establish peace and happiness until I made my speech and all these go for refuge, the source for the refuge. And now is the absorption of Karmapa in order to baseball games and particularly suffering and establish and lasting peace and happiness.

**Speaker 1** [00:11:35] Occasionally, when you recognize you're distracted. Refresh your state of mind, giving rise to compassion for all beings and nurturing the awakened mind a wish to benefit all beings and in order to accomplish that, wish to attain full realization yourself. And then thinking. And by virtue of your firm and clear intention, all beings aspire. To engage in this way, and so they appear before you. Some visible, some not so visible, some not visible at all. But all wishing to be free of the causes of suffering and to experience happiness. That is for sure. And you can settle your mind again on your breath. And nurture your way back to the breath when you're a lost. Carefully nudging your mind alone. Be also kind to yourself. They. Yeah. It is very extreme.

**Speaker 2** [00:33:11] I quickly realized my work doing the exception in the state.

**Speaker 1** [00:33:56] Oh, I'm not sure.