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**Speaker 1** [00:02:25] Well, good morning to all of you. And for those few who are here for the first time. Welcome. Oh, our schedule this morning is our usual Sunday morning schedule. Now, a period of meditation for a little less than an hour and then a break and then an open discussion and conversation. Our meditation this morning is the practice of calm abiding. And so we could discuss the benefits of combining in terms of. Overall meditation practice. In terms of our lives in general, aside from the meditation practice. But the single most important thing. Is that without a mind which is still without the ability to allow the mind to relax and rest without distraction? There's really no hope of accomplishing. The meditation itself. And so it is of great importance. To engage in the practice of calm abiding. Any one of the various traditions of that meditation? What matters is that we engage in it regularly and develop the skill. Not forcing the mine to relax and rest, but rather of getting out of the way and allowing it to settle naturally. And so we begin the practice with settling the mind on some object, the object could be

**Speaker 2** [00:05:40] some

**Speaker 1** [00:05:41] small thing in front of you. A simple matter

**Speaker 2** [00:05:46] of

**Speaker 1** [00:05:48] pebble or leaf flower. Could be an imagined object like an image of the Buddha. An image of a cup and a saucer at the. It could be the sensations that we feel on the periphery of our bodies. Almost any object is suitable. As a place to park your awareness. And relax. Commonly, we use our breath. The breast has certain advantages, perhaps principal among them is that we have with us all the time. Therefore, if we develop the habit of resting our awareness on the movement of the breath. Then we gradually develop the ability to meditate in almost all circumstances, even during conversations. There's always space to follow one breath. So we'll begin this morning by also turning our minds from all of our worldly concerns, which is the first principle and in some sense, the most important thing to be able to do for even just this hour to leave behind all of our other concerns and focus on the meditation practice itself. Even if we have no idea what the benefit might be. Without leaving behind all of our other concerns will never have the experience. Turning our minds away from all of its usual distractions is very difficult. So we begin first by providing ourselves with a distraction. We can imagine in front of ourselves a small statue of a Buddha. Sitting on a lotus. The flat disk under his body, he's sitting on that flat disk. Just that much we can imagine at arm's length in front of us. And placing our awareness on that, we have a place to rest the awareness. So simple. Since the Buddha provides us with that place to rest your awareness, it's also helpful to understand. That the thrust of the tradition itself is to. Recognize our own innate potential and allow it to manifest. So we think to ourselves who we are turning away from all of our worldly concerns and placing our reliance upon this innate potential and the practices that make it possible to liberate that potential. Then, of course, there are the teachings of the Dharma teachings of the meditation practices and about the tradition in general. So we. I also think that we're taking refuge in those teachings. And finally. If we were the only ones. Who engaged in these practices, we would have no hope of accomplishing them. We would never even have heard of them. So the great, vast community

**Speaker 2** [00:11:25] of

**Speaker 1** [00:11:27] individuals around the globe who are at this very moment engaging in these practices, we go for refuge in our relationship with them. That bad relationship, even without meeting them face to face. Will bear the necessary results to bring our spiritual paths to full fruition.

**Speaker 2** [00:12:13] Oh.

**Speaker 1** [00:12:17] So we'll begin by reciting the liturgy that contains these elements for us three times together.

**Speaker 2** [00:12:34] So that sounds like a straight shot, and all these these sources are true is right now. Right? Sort of to solve saw from that particular secretary and establish lasting peace and happiness and. Listen to this strange all been so for refuge, to the sources of refuge, there's still so much more to raise. Some people are suffering and establish lasting peace and happiness in the lives and men to try and use the refuge to the sources of true refuge. I will now practice the absorption of by in order to at least be in some particular suffering and establish them and lasting peace and happiness.

**Speaker 1** [00:14:24] Following the short refuge prayer and the aspiration to accomplish. The promised fruit of this mandatory meditation tradition. We then engage in the meditation. If you are fresh to the tradition, then can be helpful to begin with the breath. And the method for that is just simply to bring one's awareness. To the experience of breathing. By observing. Our breath as it comes and goes. Observing the inhalation. The sensations of expanding. The abdomen. And the exhalation. When our torsos contract a little bit. It's a simple practice in the sense that it's easy to understand what we need to do. The trick is to place our awareness has just now instructed. Placing it on the breath. And just relaxing into that place of following it. And from time to time when we're distracted, there'll be a moment when we recognize we've been distracted. The recognition of being distracted is perhaps the single most important part of the meditation. At that moment, you make a critical decision. To go with the meditation or to go with the distraction. If you go through meditation, you are planting the seed. Of successful meditation practice, no matter how many times you need to plant that seed in any given session. If you always come back to the meditation, then your meditation is excellent. If you follow the distraction, no matter how appealing, no matter how compelling. That will work against. Accomplishing the meditation. So with that in mind. Follow the breath return when distracted. Repeating that over and over for the duration

**Unidentified** [00:18:45] of the session. Just a

**Speaker 1** [00:37:32] quick stretch.

**Speaker 2** [00:48:11] That's very true. And I realize that and this show is an exception

**Unidentified** [00:48:21] in this state.

**Speaker 1** [00:49:00] So we have a little break coming now and

**Unidentified** [00:49:07] a couple of announcements. Ready.

**Speaker 3** [00:49:15] I think so. Yeah. Coming up on Saturday, June 4th, is the Buddhist festival in the park and an annual event at least, I think it's been going on for quite some time now. That's over. Colonel Sanders, before we will have a little fun there with all the other, but not all the other Buddhist groups, but these quite a few, so you can have a chance to see what else is going on in. Portman concluded. You do stop by and visit the people who were looking after the booth for case, you see. We also have the clean air painting series out at SCA. Well, which Jeff Gunness, the expert in all things related to that. If you have a chance to talk to him. I don't know how many different media are welcome, but I'm sure they're painting it. Yeah, it's clear. Okay, so if you're if you're artistically inclined, it's a wonderful place to go. In any case, just if you just went out and pretended to paint brush instead of paper or something, you just looked around and used it as an excuse to just sit there for a while. I think it would be worth the price of admission.

**Speaker 2** [00:50:50] Totally. And just to try to encourage people, it's like I signed up to do it and I am not. I am a beginner.

**Speaker 3** [00:51:00] So Mary needs company. Yeah, I

**Speaker 2** [00:51:03] know it'll be great.

**Speaker 3** [00:51:06] And thanks to Jeff for organizing. That's great inspiration, actually. Jennifer Cox organized in Oh, she had two other customers for as four sessions across the street in June one, July, one in August and September, and the other two instructors are also excellent instructors.

**Speaker 2** [00:51:27] So you could just do one.

**Speaker 3** [00:51:29] You could do one. You could do all four. You could. And I think there are discounts available. If you do the group, you can do three. There's a different kind of just kind of go for a different kind of discount to tell your friends, also, you guys, to bring

**Speaker 2** [00:51:46] it from outside the sun into it.

**Speaker 3** [00:51:51] I did things on the list. All right. Coming up quite soon. June 18 to the 25th, that's when I will be beating a Chenrezig retreat to do the practice that we do come to first Sunday. You know that every other day we do the Chenrezig practice. So this is an opportunity to step into that in more depth. And there's nothing like doing practice for a week or so. It's not like doing it for one day and it's not like doing it for a month, but it's someplace right in this wonderful spot where you have long enough time to just let the waters part in your life and encouragement that Michael gave to us at the beginning of this session to let our concerns slip away for at least for this session. You can have an opportunity to see what it's like to relax with those things and then return to the cultivation of insight and compassion. If you have more questions about that, please talk to me. We have another weeklong retreat, so the same general comment applies discovering awareness with Eric Tripplehorn. That's August 20 to 28.

**Unidentified** [00:53:17] That's just basically straight up meditation. It's.

**Speaker 3** [00:53:24] Discovering awareness, relaxing in the solace of the tree, solitude, solitude of body speech and mind. It's going to be a very nice opportunity for these retreats, there are scholarships available. There are also anybody who wishes to make possible practice possible for others. Please donate. And if you are actually looking and saying, Well, I'd love to go, except for the financial side of it, it's it's your job to actually ask. We ask, we do it. The scholar in the scholarship have to come together, so you actually have to say, Yes, I will. I'll go ahead and ask. So please, please take avail yourself of scholarships, and we're hiring a full time staff member out at the retreat, man. So if just sitting there with a blank canvas and looking around, it's not enough actually plunge. One can take part in all the things that are needed to read the three year retreat alive and well

**Unidentified** [00:54:42] from the practical side. All right. Good enough.

**Speaker 4** [00:54:51] A reminder that the young adult meditators group meets the first Friday of every month here at KCC, so that's coming up this coming Friday, the 3rd, I think, from seven to nine. And if you're curious, you can talk to me.

**Speaker 3** [00:55:10] Please avail yourself of the two fixings back to the kitchen, the restrooms upstairs, downstairs, also within the other side of the back to the kitchen and feel free to introduce yourselves to them. And for those who are here for the first time, this is Michael Compton. I'm Phil Spencer. There's talk. Of course you want to come out and say, hello, please do. Whether you're in new or old.

**Speaker 2** [00:55:49] Good to have you.