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**Speaker 1** [00:00:48] But.

**Speaker 2** [00:02:39] Well.

**Speaker 3** [00:02:44] And three years and one, Iraqi forces in Iraq is now being observed by, you know, nobody is being served there. So this was an accident. He said he was telling them to be nice and is really sorry and being scared of two of the sources of refuge now practice the arms race and, you know, by name and not to release these guys. The man is standing back saying, is this is the right thing? And that is very shy and it is serious and it is huge right now, practice and I mean in to really solve the particular suffering. And establish lasting peace and happiness.

**Speaker 2** [00:04:59] And.

**Speaker 1** [00:06:28] Mm hmm. In essence, in essence. It is not possible to. Fruitfully completely engage in the practice of the Immeasurables. Without equanimity, oh. Or you could say. That the degree to which you can engage in the practice of the four Immeasurables, the degree to which you can engage in it is bounded by or determined limited by equanimity. So one distinction, which I think is helpful. Is this. The meditation practice on equanimity is not about determining whether or not there are appropriate places or ways in which judgment occurs. It's not about the question as to whether or not we should ever have or not have judgments. It's about whether we can see. Or better yet. It's about developing the skill to continuously see the role the judgments play in limiting our practice of the four Immeasurables. Or slightly more subtle, the role that judgments play in enhancing our practice over the four Immeasurables. The instructions for the four Immeasurables. Always include a certain aspect, which is key. An instruction for the practitioner to hold the view that there is no such thing as a sentient beings who is not worthy of loving kindness, compassion and joy. And that our inclination to divide beans into categories based upon our perceived our perceived worthiness. It is a mistake and undermines the practice itself. So if you take five minutes or so and just contemplate this. Instruction to always consider every being worthy of loving kindness, compassion and joy. The most important piece is the ability, the growing ability to actually hold that view that everyone, all beings are worthy of this worthy of this, partly mainly. And because their nature is the same as the nature of a Buddha, and therefore whatever will be helpful in order to nurture their understanding of that nature has to be worthwhile. So take a few minutes, five or 10 minutes and contemplate these factors and then again, engage in the practice of Shamatha Karmapa lighting. Continue to watch. The distractions that naturally occur during our meditation.

**Speaker 2** [00:25:05] Good. I.

**Speaker 1** [00:34:44] Quickly realized small and established all these retired sentient beings and. Has a checklist

**Speaker 4** [00:35:40] if you're going to have one more clean up person at the end of the

**Speaker 2** [00:35:43] day. Otherwise, I think I'm pretty good.

**Speaker 1** [00:35:47] OK, so we take a lunch break and I needed some reminders.

**Speaker 5** [00:35:56] The main thing is to peruse the bulletin board to get up to speed on things that

**Speaker 1** [00:36:02] are coming up more

**Speaker 5** [00:36:04] the discovery awareness retreat relaxing in the solace of the future. Shamatha some of the 2002 soul she in with Eric Ward. That's a week retreat. August 28 28 scholarships available. Please donate. The scholarship funds were still hiring for the staff member at school, and there is also some news about the painting course out, as you well know. Jeff Green has been patron organization,

**Speaker 2** [00:36:47] so

**Speaker 5** [00:36:48] those are the things I

**Speaker 1** [00:36:49] remember

**Speaker 4** [00:36:53] coming soon to hear and some of those July 16, Saturday. Good to have you back here. Thank you for cleaning and really purify the Altar Room bookstore that will be from nine a.m. to one p.m. and you can come for any part. You can come for 15 minutes and do a chore, or you can stay the whole time, will have some yummy snacks and we'll have you to clean by. And it will be fun. So please join. If you have questions, just ask me. Here's a question.

**Speaker 6** [00:37:40] So just an announcement. Last weekend, I was able to participate in the second annual conference for Refuge. Recovery, which is a refuge, is a Buddhist oriented path for recovery to all addictions, not just drug and alcohol, but process addictions, food, gambling, sex technology, codependency, whatever there are. Now it's only been going for about two years. There are now about 200 meetings nationwide and we just are by the end of July will have about seven meetings in our area. And so right now there are four or five and so East Side and West Side as well. So if you're interested in that? Let me know.

**Unidentified** [00:38:32] Thank you for your call.

**Speaker 1** [00:38:38] OK. When the lunch is out and ready for consumption, we will be notified. And then when lunch is over. We'll be notified. Yes, I am fed at 1:30 will return and have a more open conversation.