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**Speaker 1** [00:00:12] Or Karmapa? So, you know, I don't mind is and all these go for refuge to the sources, for the refuge. Well, now is the the way you are really some means some pretty serious stuff. And as far as a lasting peace and happiness until some time. In 1993 and the struggle for refugee services of a refuge in world practice, in search, in trying to eliminate some of these particular suffering and establish them in lasting peace and happiness, served as an Israeli military escort for refugee services to refugees who now practice the search and culminating in order to release games from their particular suffering. And as I watched them and lasting peace and happiness.

**Speaker 2** [00:02:25] I am. So in this short session. Perhaps this would be a good time to see if you can rest still still the body. And still, the mind in the sense that. You will just rest your awareness. On the mind and its content as it unfolds. The simple distinction is that normally when the mind is moving, we call it a distraction or a compromise to our meditation. So in this sense, in this instance, if you can rest your awareness on the flow of the minds appearances. There's little or no commentary as possible. To stay with that flow. Non conceptual, I just experientially until the end of this session.

**Speaker 1** [00:04:32] And one

**Speaker 2** [00:04:33] last instruction. Can be so important. You can stop the meditation numerous times in the next 20 minutes to half an hour just for a few moments, maybe even 15 or 20 seconds, and then begin fresh. Stopping in means just removing all effort. To engage in the meditation. So things like distractions may or may not arise, but nothing to do about them, and then after a while, half a minute or so, start the session fresh. And then again, after a while. Just relax, let the meditation go. And after another period begin again, fresh, continue like that. For the duration, this method works better than a long continuous session when you're trying to follow the appearances of the mind.

**Speaker 1** [00:22:28] It's. This me, I quickly realized my mom and dad would all be without exception in this state. OK. Normally you get a statement on behalf of the three times, so he served me with kindness and the blessing for all my wish has been realized sprang from the pure actions and intentions behind those of Sentient beings who are out in the red for a virtue on by the three spheres into the ocean. The former is as good a time as I realize this through all my life, time is very down to earth and in the words of violence and suffering. And you may find prosperity, relations and happiness and virtue out in the world, relying on faith and intelligence in order to master the instructions and practice appropriately and on late nights without interruption. The same is true on the veil of ignorance. The marketplace or instructions about meditation is the way things are. Really answer the questions you increase the significance of the ground first, freed from the experience of journalism when you see the world, the two accumulations free from the experience of assumption and denial. The result was a series of existence and peace and the dogma which is free coming out of the ground a very fine, just fine in the south as well. The price of the emptiness, the great hardship, composure, what it is today to find the answers to those of confusion. The result is can't feel confident about studying the assumptions about the man he is maintaining without distraction. So this extreme activity is to exercise the sense of everything and outlook them down to reveal all of the projections of the mind, as it is known by my nature and in the media mind appears as everything investigating get well behind several of the basic points of view. It's never been so confused as objects awareness itself because vagaries has been confused as itself to the power to the station. I wander in the realm of existence and confusion being completely silent, and even Buddha do not see it. It does not exist. That is the origin of samsara and nirvana. No contradiction in conjunction the middle way and realize the pure being of my previous dreams. It says it is the only thing has been posited that is not this. Everything has been denied and there are no conviction, no position and no one in the ocean of some sorry. As you know, there is a day where I'm just happy to say this is just about everything you see here. Since, says mind and captain, this is my mind and delusion isn't the same as my suspicion is mind made of assumptions about my illuminated meditation with intellectual ideas and by the winds of everyday affairs not knowing how to out what is true. So, yeah, I become skilled in this practice of mind and maintaining what is, of course, thoughts come down around ground motions of mind, body naturally crave and the contaminations of darkness and dharmakaya establish several notions of shamatha. When you look at the amount of time this is what it is, we are not seeing that this is about the meaning of IS that is not resolved without using ground based objects. There is no one to find. But there is certainly a nature looking over these two sites on its and some Arab priority of the way my dad's from nam tok construction. That is kind of extreme. That is followed by Dharmakaya. Everything operator is also called in May to streamline. All I realized is that it is continuous security without authorization history that stretches beyond intellect, not internationally. The president is still in a good position on the right, their own kind of in the alternate nature. In a very narrow line. There is no rejection or acceptance, the separation. I came to realize that the period being completely supposedly by the nature of the results and for Enlightenment not realizing this, he was right about the suffering of sentient beings. And I mean, well, compassion is in the media. In this country. The supreme power is acceptable for you to take money from your allies, which should be right and in demand, and you find the realization of all aspects of brutality. Bill Maher, I completely agree. I mean, I'm kind of asking the Buddha, the Buddhist temple actions and paramita. Whatever it is, it should be made by abortion and all these people that ask in this way. Anything you do on this from any way you think complete. Thanks, man. You're welcome, I'm sorry, I was a little rusty. I'm sorry for what did for my existence.

**Unidentified** [00:34:45] Usually let's just cut to the chase anyway.

**Speaker 1** [00:34:57] All. I was given some very pithy short instructions about doing umdze for all these years. And so I was expecting you to do all of all the banging and what's her name, you know? Yeah. Oh, good. Yeah, you better. You better go back to being sorry about your existence because it's vague, but it's more convincing than this ActionScript with the umdze. I don't know. Some of us disagree with you. I you so very is up to him having a guy on the internet to reverse the.