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**Speaker 1** [00:00:22] Is there anyone in need of a copy of the letter to someone, both bookshelves in the back room and anyone else here? He just got. There is four empty seats up towards the front. It's. Anyone is so inclined we need beings to fill space here. It be nice to leave the bag for late comers. Yeah. And.

**Speaker 2** [00:07:27] So, first of all, good morning to all of you and welcome, especially to those who are here for the first time. Today is our usual schedule, which will include an hour of or a little less than an hour of meditation with some brief instruction. Then we have a break. And then a period of open discussion. And so, of course, I hope you can all stay for the full time, which will take us up to just about 11 o'clock. And during the discussion, there are a couple of things regarding our practice that I would like to engage you all in. So our first order is the recitation of the refuge prayer. And just a couple of words about it, the first sentence reads, until the summit of Enlightenment is reached and all means go for refuge to the sources of true refuge. When we say all means, we mean immeasurable, unbounded, infinite, uncountable, sentient beings, human and non-human. In order to give rise to that sense of unbounded ness, we first. Must cede ground mainstreams, the sense of complete equanimity. Embracing the inherent sea of goodness in all means. So that the wish can come from our hearts. And the sources of true refuge are, well, first of all, it's our own inherent, true nature. The awakening mind itself. And when we say refuge in the Buddha, we are referencing that awakened mind itself as the Buddha. Sometimes we think of the Buddha as an historical figure and other times we think of the Buddha in other ways, such as the awakening mind itself. And then finally, we say I will now practice the absorption of karma by adding which references the meditation we'll do this morning. The next line is of some significant interest. Having said, I will now practice the absorption of calm abiding than we have in order to release all beings from their particular suffering. And establish them and lasting peace and happiness. This sentence embodies the most important single principle in the entire Mayan on a Buddhist tradition. And that principle is called Bodhicitta. Which includes two pieces, one we intend. To completely remove the causes of suffering and our own being. On the one hand, and the second part of it is that we aspire. To accomplish that same. Freedom for all other means. So the aspiration in its totality is to attain complete enlightenment so that we can be a force to lead sentient beings to the same result. So we'll begin this morning by reciting this short liturgy three times together

**Speaker 1** [00:13:56] in like three and a half years to the sources, a refuge practice to our servicemen and women or to any of these workers who are suffering. Established a lasting peace and happiness to her son and estranged father had to be used for his services through that. And I know that was a search. You need to release these of killers suffering and establish a lasting peace and happiness. All of those. My turn because they have no brains growth over the sources of refuge. I don't know that is a sort of died in order to really solve AIDS, particularly suffering this celebration and lasting peace and happiness. Mm hmm.

**Speaker 2** [00:16:19] As most of you know, there are many. Ways to engage in the practice of calm abiding. The object of Columbine is to train the mind. Develop the skill. Of allowing the mind. To settle naturally. Without distraction. And so this morning, I thought maybe a practice that we haven't done for a while together. Could be the simple. Counting of one's breath. It's a simple practice and effective. And even this simple practice has a number of variations, but we'll skip that for now. The object here is to rest the mind on the movement of the breath. Our inhalations and exhalations. Traditionally, we count the breaths, the inhalations, the one can also count the exhalations. So we begin by just. Gently. Exhaling not with force, almost as if we didn't even intend to exhale, but we just saw it happen. And then the same on the inhalation, the body. Well, inhale on its own. Even if we don't intend to. And so the best way to count the breaths is to count the first inhalation at its peak, when we finished the movement of air coming in, we counted as one. And we don't count the exhalation, we count the second inhalation as two and so on, up through 21. The practice is most effective if we relax. And move more in the into the place of witness in our breath rather than engaging and breathing intentionally, which we almost never do. That said, you just do the best you can. And when you finish 21, you just begin another round and probably you won't finish exactly the place where we stop. That also doesn't matter. Oh. Oh. Short stretch, if you feel like it.

**Speaker 1** [00:40:19] Well. Brought to you by your health care system, which is about exception, escaped. And.

**Speaker 2** [00:52:43] So we'll take a break now. And with this many people, it's probably a 15 minute deal and there's a bathroom upstairs across the hall and one down the basement also, as well as one in the back of the kitchen. So take the time and ring the bell 10 or 15 minutes.

**Speaker 3** [00:53:20] Can you hear me in front? Yeah. No scientific analysis from me, one a reminder that the young adult meditators group meets the first Friday of every month, which is coming up this Friday. We have a two hour session from seven to nine p.m. We have a different thing each month this month. I think our theme is self as friends, self as enemy. And it's a discussion and support group. We do a little 15 minutes it and then we chat. So personally, I like being a part of any group that still considers being young, so I time to join us if you are self identified and there's no actual age parameters. And then the other announcement is the sit in Vineland is not here today, so she asked me to make an announcement. So the second is the first Saturday of the Labor Day will be in September. And if you haven't heard much about it, so very briefly, a citizen is like a marathon. But instead of running your butt off, we are sitting on our butts. So we're sitting in the same park and there's kind of a two pronged purpose for this event. The first is just purely public sitting, hoping that the public will join us. Helping your friends and family will join us just for the benefit of all beings. The benefit of their joining us is just to raise awareness about the benefits of meditation and share that with others. And then the other piece of this is it is the year's fundraiser for KCC. So we're looking for participation on a lot of different levels. If you can help that day and volunteer. Talk to me. We can use your help for half an hour, five hours, whatever piece of that you're able to do. We're looking for people to sit just to increase our mass. We're looking for people to raise pledges for KCC, for sitting. So if you have friends or family that might pledge, you know, a penny a minute or a dollar a minute for you to sit, we're gathering money before the event as again, the the main fundraiser for KCC for the year. So if you have any interest in any little piece of that, you might be able to help if you need help with decoration, we help with decoration ideas. So even if you think you could just throw some great energy at this, we could really use your help so you can feel free to talk to me or Jennifer Fox or Linda McMahon, and we're hoping to make this a big deal.

**Speaker 2** [00:56:03] And when is that again?

**Speaker 3** [00:56:04] The Saturday of Labor Day weekend since December 3rd? OK. And if somebody can do that getting pledges part, there's parking in the in the foyer and you're supposed to take one and sign my name, Matt. Thank you. Even if you just get a couple of pledges, it

**Speaker 1** [00:56:26] will really help the more

**Speaker 3** [00:56:28] people. Yeah, this event is costing us a little bit of money, so we're hoping to really, you know, spread the word and do what we can to use that. Like the question of why work that weekend? But if you wanted to help collect wedges, it wouldn't be for me sitting. What would that look like? Yeah, there's a couple. Also, a lot of people have said they might be out of town that weekend, so you can ask your friends and family to pledge someone who is sitting. So just, you know, you know, there's a long list of people who are sitting all, be there sitting. So ask people to pledge for someone who will be sitting that day or just to pledge for the event for the group. And oh okay. However, you can kind of frame it whatever feels most true for you. And then we actually aren't collecting money the day of the event at the park. So we're asking people, even if you can't be there that day, all the moneys we're hoping to gather before the event because there's some park rules about if you gather money at the park, you have to pay pay a certain type of permit versus that. We're not gathering money at the park permit, which is separate and much smaller, and that we don't really need, and we are asking that no money comes to the park that we gather at all. So young adult group first Friday of the month has is coming Friday and the city's on on September 3rd and I'm happy to chat more about that time.

**Speaker 1** [00:57:56] Thank you so much for your happened. Oh, I'm so. Spoon, OK, you say silver.