**2016\_09\_04\_2\_Shamatha\_LMC.mp4**

**Speaker 1** [00:03:55] Well.

**Speaker 2** [00:05:32] And. Tell. Hey.

**Speaker 1** [00:06:48] We. We'll begin with Refuge & Bodhicitta Prayer.

**Speaker 2** [00:07:16] But Sunday night is redefining and building for America right now is to sort of come in and release the beginnings of their particular suffering and establish who is in this town. This is a major reason the news that is to have them as sources to radically change the practice in America and not to release all these families and the lasting peace and happiness. And somebody like these are you be useful for Iraq here is so huge that we now practice the common order and the religious views from the Assad regime. And this is the lasting peace and happiness this.

**Speaker 1** [00:08:54] Now, ordinarily, when we turn our minds to refuge in the three jewels in. We think mostly, if not exclusively about ourselves. After all, it's I who in turn in my mind in the direction of refuge in the three jewels. But it's important to notice, and it's a key element in the tradition. On the first sentence of prayer, it says until the summit of Enlightenment is reached and all beings go for refuge to the sources of true refuge. So it can be helpful in order to expand, extend the range of our refuge and our aspiration to benefit all sentient beings can be helpful to imagine now that all those beans. Uncountable in number. Appear before us like a great oceanic cloud in space extending to the very limits of space itself. Can be helpful to think this occurs by virtue of my connection with all of these beings. And my connection is made more excellent and more effective by thinking that there is not a single one of them who has, for me, not been a perfect mother. And this view, this imagined, imagined relationship is meant to be held as extraordinarily precious. Not just our own mother who is, of course, included. But all means having been our mother. It transcends the issue of gender. Race, language and culture. Even humans, non-humans. Not a single being who has not been so kind to me that on occasion they have sacrificed their life for me and by virtue of all of these connections, I find myself today engaged in the practice of the Dharmakaya and without their extraordinary hell, I would not be here. And so in this way, we give rise to a strong sense of connection. Even charged with emotion. And from that place, then we'll recite the liturgy again, as we did three times more.

**Speaker 2** [00:13:39] Month ago. And night, an industry really is a true refuge now, practice and on or to really sort of beings from that particular firmly established and lasting peace and happiness still. And the army is this for refuge here? So this is two huge factors they are not on by ending the war on terror, where they sold millions from their particular soccer and it is a lasting peace and it has some. In the late 80s and early 90s, growth for U.S. forces in Iraq is well now practice

**Unidentified** [00:14:55] resource control by the.

**Speaker 2** [00:15:00] Really solid ratings from that particular song, this is a lasting peace and happiness.

**Speaker 1** [00:15:32] For this session, then. Place your attention. On your precious aspiration. The aspiration to bring benefit to all sentient beings. The joy of your connection. To all of these beings. Your wish that every one of them would be. Free of whatever causes of suffering they have. And that in the future, they would only gather the causes of happiness. In the virtues. That they accomplish that, they express that they engage and allow your mind to feel a sense of joy. If you let that go deep enough. And completely abandoned all judgment about who deserves happiness and who does not. And all other judgments about them, you. Can arrive at the place of genuine feeling that there is not a single being who does not deserve

**Speaker 2** [00:18:26] these

**Speaker 1** [00:18:30] qualities of causes of happiness and freedom from the causes of suffering and so on. And thus, in your practice, you experience a strong sense of equanimity. Which in turn, feeds into the practice more each cycle of it becomes more profound and more deep, more genuine. So as you sit in the practice of Karmapa Biden. Keep in your mind stream. The aspiration to bring great benefit to all beings, all of whom have been your mothers. Relax into that space. And on that aspiration in that wish, those wishes treat those as the object of your meditation. Refreshing them as necessary and bringing your mind back to them whenever you drift.

**Speaker 2** [00:24:03] But it's.

**Speaker 1** [00:32:34] Yes. In the space of a short little break is perhaps a little stretch for your body and also for your mind, relax and let go of the meditation just for a few moments and then we'll come back to it in a minute or two.

**Speaker 2** [00:48:10] Dedication. It is great to be around and his record of being exceptional and the state.

**Speaker 1** [00:49:12] So another break. About.