**2016\_09\_04\_3\_Shamatha\_LMC.mp4**

**Speaker 1** [00:00:28] It's. If.

**Speaker 2** [00:01:01] Begin by visualizing imagining all sentient beings. Drawn to the practice by virtue of long connection over lifetimes. Give rise in your heart to the aspiration to benefit all of those beings and bring them to a place free of suffering, fully possessing the causes of happiness. So psyche Refuge & Bodhicitta Prayer together three times.

**Speaker 3** [00:02:06] Investigators say so far fewer than three years ago now practice this isolation by the so, so from a particular suffering, there's a lasting peace and happiness. And as you might imagine, there are $3.5 billion so far refused to give us refuge. Now that is a solution that they need in order to repay some billions from the particular sector and that it was in place to do the same. I don't mind being so far is it is true that used well now practices the search of the body and it's obvious from that particular suffering and it's just and lasting peace and happiness.

**Speaker 2** [00:03:47] So in this last session before lunch.

**Speaker 1** [00:03:54] It's.

**Speaker 2** [00:04:00] Didn't begin once again. Placing your attention, your awareness upon the experience of breathing. If the mind is settled and rests there evenly without distraction. Then that's good. But if that's not the case, there is another good. And that is that as things rise, arise in the mind, bring your awareness to those things. Not so that you can engage in those things or be manipulated by those things, but rather just so that you can see. Our experience of things arising in the mind. Is the nature of mind itself? So it's always worthwhile to be fully aware of all the things that arise in the mind, and this awareness is much more important. Than almost anything else you can do. So again, place the mind on the breath. Follow it as it rises and falls. Without undue distraction. And if the distraction is overwhelming and see if you can bring your awareness to the distraction itself. And use that as the object of your meditation. So if you find that extraordinarily difficult, which is likely. The way that you master it is to continually just come back to it. Over and over returning from your distraction. Place the mind on the breath. Or bring the attention directly to the distraction itself. And in that way, practice during this session.

**Unidentified** [00:13:55] That. It is.

**Speaker 1** [00:25:54] It's. The.

**Speaker 3** [00:45:21] He is ready to go through a lot of these in this.

**Speaker 1** [00:46:29] One.

**Speaker 2** [00:46:43] So let's see the announcements go

**Speaker 1** [00:46:48] in a

**Speaker 4** [00:46:51] couple of things. But I can remember and we will be there. So for the chance to remember something one that we have had the teachings of the military on the schedule and due to a completion of circumstances, it seems wise to postpone that. So we wanted to let people know about that and also a reminder that we've had so many things going on recently, including that of the very successful sit upon some of US

**Speaker 1** [00:47:34] government's scarves yesterday. Yesterday was very nice

**Speaker 4** [00:47:40] thanks to many people, including the general for the book and many, many others for organizing their seats, hope and really to help with all this going on. I haven't had a chance to put out a formal announcement of all the details, but I do want to keep that in people's minds when we took who will be here just after Thanksgiving and giving teachings on the weekend after Thanksgiving on Friday evening. That's that's that's what I can remember.

**Speaker 1** [00:48:12] Good memory. What about the 7.9 twins getting this seven for my training? Well, it's going to be broader than this and weight training. One training study group will be starting September 20, whatever that is, on Thursday

**Speaker 2** [00:48:32] 2nd

**Speaker 1** [00:48:33] 22nd 22nd. And I'm going to be twice someone who's been through Shakyamuni and Campbell will be leaving now be, you know, you used the book on Essential Mind Training, translated by Tibetan Shangpa, who is the main interpreter for His Holiness the Dalai Lama. It's the paperback version. There is a big fat hardback version and you can get that. It comes to me a few questions about air. Also, Eric Alumni, Eric Travel plans been here, but the amazing Shamatha retreat, and he'll be leaving this next week. So I just take it from everything he projects and hope he can return over and over.

**Speaker 4** [00:49:34] You remember

**Speaker 2** [00:49:35] anything else? I don't even remember that much

**Speaker 1** [00:49:39] back, but he got here. So then was the meal at the doghouse for me, a lovely puppy toward the end of October? Probably OK. We'll be meeting soon to figure out the date. Well, picking up this? Meanwhile, just seeing it, and now it's time to get those thousand one hundred thousand songs, yeah, and and start reading, that is so wonderful. Yeah, I'm sure there's some wonderful pages that you can download for free.

**Unidentified** [00:50:24] Fifteen hundred pages.

**Speaker 1** [00:50:30] Really not going to happen. So we're recommending people download. Well, was right, everyone saw no man because I was than the actual once he's going to talk about those recent attacks, oh, we can't talk about 100000 in one day we could, but we wouldn't be saying very much. I don't even know how many models there are. And that'd be three.

**Speaker 4** [00:51:08] So it's lunchtime.

**Speaker 2** [00:51:09] Yeah, what are you doing here?

**Speaker 4** [00:51:14] For those who are trying

**Speaker 1** [00:51:16] to get answer to the challenge of getting ready

**Speaker 4** [00:51:20] to get ready, the rest of us should allow them to do that and

**Speaker 1** [00:51:25] get out of the way.

**Unidentified** [00:51:27] Yeah, I never.