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**Speaker 1** [00:00:36] And so we will we're going to recite the

**Speaker 2** [00:00:41] Refuge & Bodhicitta Prayer first. But I also wanted to just say something about the practice, as we did this morning, a Karmapa and using the breath as an object and then using the distractions and just the content of the mind unfolding as an object. And the third one was beginning with the breath and transitioning to the third one. Using the distractions as an object. Generally speaking, since you're going to be on your own with this, it's actually better to decide in advance which of those two you're going to use to not mix them together. So if you're going to use your breath and if you're at home doing that, it's better if you want to do them, both do two short sessions rather than leave yourself a decision in the middle. Like, if I'm being distracted, then I'll focus on the distraction. That's very difficult. It's better to just use one or the other. And if you think you want to do both and do two sessions, short sessions are better anyway. So it's should be fairly easy to do that. But today I would just pick one, whichever one and and we'll meditate for about a half an hour. So if you wanted to do two, you could just on your own to start with one and then then finish it and then rest for a little bit and then start the other one. That decision, when you leave a decision in the middle that becomes something that plagues you, then you find yourself wondering, Well, I don't know, it's not going so well. Maybe I shouldn't have decided to do that. And so there's no point in complicating in that way. So we'll start with a recitation of Refuge & Bodhicitta Prayer.

**Speaker 1** [00:02:58] Terrible things that are involved in the sky and all be screened for, according to the source. Iraq is now a practice or chairman of Karmapa by Peyton Manning for longer. It'll be somebody from their particular suffering and establish their lasting peace and happiness. Tell the Soviet invasion that it is in this world for refugees, to the rest of our have to practice to be absorbed by, you know, these fellow beings from their particular suffering and establish lasting peace and happiness in their. There's a reason I called in. So for refugees to the sort of refuge and practice the source of pride in the ability to get these beings from their point of view and suffering and his beliefs and lasting peace and happiness.

**Speaker 2** [00:04:30] So as best as you can without further instruction.

**Unidentified** [00:17:20] If you're. And. Or by the British media, I people who live

**Speaker 1** [00:33:36] in this town hall meetings with Sentient beings state.

**Unidentified** [00:33:43] But. Oh, thank. This week.

**Speaker 1** [00:34:34] More. So now we were in the early days of Dharmakaya, when I was over three times and of directions and your children consider me and my current is practically blessing around my wishes, he realized from the Snowy Mountains and the period ActionScript kleshas sentient beings without and made a breakthrough on the the is as and they are performed by the. And I realized this through all my life times, not even the words for define himself. And may I enjoy the prosperity of oceans of happiness and virtue have updated this absolutely free world view of life along with energy and intelligence. At 10 a.m., you see, the path of the sacred distractions may have saved the dominant strain on the corruption free flowing from the veil of ignorance. The contemplation of oil instruction that overcomes that arrogance of doubt, like honor meditation illuminates the way things are made or any of the three ways that I'm saying grace the significance of the ground as the military is from extreme those of journalism idealism. You have seen the two accumulations created from the extremes of deception and denial. The resolve obtained the true benefits free from the extremes of existence and BS Paramita Dharmakaya, which is free from terror. The ground of refinement is mind itself is involved in the Bodhicitta announces ninety nine point zero zero mahamudra what is to be a refinery in estatal standards of confusion and the result of refining and steam dharmakaya and realizing that now above the ground, the key to meditation is maintaining that bigger distraction. It's the same activity in the sense of meditation and everything. May I have confidence in the activity of mind? There is no denying the nature of empathy and demeanor that the mind is everything, and that the basic points of year which never existed in themselves have been confused as objects. Awareness itself because of ignorance has been confused as a self invested fixation on wandering around the resistance. Maybe ignorance and confusion be completely resolved. It doesn't matter whether or not it is not in the dark side of life. No contradiction. By definition, the middle way behind the reality that if you don't mind free to extremes, if one says it is nothing positive. If one says it is obvious, nothing has been denied. Unconditional your opinion intellect may gain conviction in the ultimate position now, realizing that when the circle of friends are realizing how to put it anywhere else, it is it is. It may not have been the basis of everything. May I see an increased understanding here since its appearance, as my mind is been, the realization is mine that the delusion his mind is in his mind, in his mind and outside of my community. I polluted implementation of the intellectual apparatus undisturbed, by the way, it is now developing and knowing how the language itself may become skilled with its mind and the noise of settling down on their own ground. Motionless forever river my device and actually freely from contaminations of darkness and torpor may. This fellow missionaries trying to get in there and it can be a little remote. And she's been busy for a while to get information about some doubts about the meaning of IS is not without confusion, Maitreya and Faith. So looking at these theories and looking at mind, there is a line that is empty of nature. Looking at both of these things, some scientists don't realize the way the mind is free from mental constructions. That is quite the that they go, Oh my God, everything from here. It is also called mahamudra to attain the confidence that an understanding of one of the longest continuous shows where I can see, without exception, Christians seem down to like body is. Naturally, the president might experience of the rise in COVID 19, experience of sign of their own confusion and able concepts are cleared away in the roundabout of any major and in the ordinary mind, there is no rejection or acceptance and no separation. Our attitude. May not realize the truth of being a complete simplicity while you're being beamed for enlightenment. Not that I, and sorry for the boundless suffering of sentient beings me. An overwhelming compassion be borne in mind being by such compassion exactly from the media in the moment of compassion, its essential emptiness is making the planet. There's no doubt that this is the only variants of people are inseparable from meditate, and meditation provides that actual knowledge. Sentient beings are ripened and the remains open. My mind refined aspirations for the realization of all aspects of it are fulfilled when I complete things through the writing and training and become and compassionate person. But of time the reactions in the body or whatever pure virtue there may be. Maybe I wish that all sentient beings of the vast.