**2016\_11\_06\_2\_Shamatha\_LMC.mp4**

**Speaker 1** [00:00:00] The for future sources of Shamatha refuge now Barack is being drafted by the U.N. or to try to solve the particular suffering that establish lasting peace and happiness

**Unidentified** [00:00:28] as my and

**Speaker 1** [00:00:33] final for years to the last three years, I will now practice the surge by I need to really solve the aims of their suffering and establish lasting peace and happiness. I about us.

**Unidentified** [00:01:02] They might be

**Speaker 1** [00:01:07] so used to that. So and it's true around the world now. Practice has an ally in order to release all this from their particular suffering and their lasting peace and happiness.

**Speaker 2** [00:01:56] Hmm. Now, again, in this session of calm abiding. If you're just. Gazing at the flow of images and thoughts and things in the mind. Even gazing at your attachment and your aversion. Things you like and don't like. Little by little, you'll have the experience that. You are not so bound to them. That you actually do have some freedom. And one of the ways in which you can begin to stabilize that sense. Is to make your sessions very short. Very short can be less than a minute, even 10 seconds, where you relax and just watch the flow of that thing we call the river of mind. For just a few minutes, literally, and then just let go of the meditation for a few minutes. Relax. Move your body a little. Even if just in a place where you're sitting. And then again, place your mind there. As if you were just sitting by the side of that river, watching it go by all the myriad things that arise and fall away. No need to be attached to them. No need to reject them. A quick stretch of your life.

**Speaker 1** [00:45:46] I did this search and I quickly realized Mahamudra strong gains without exception in this.

**Speaker 2** [00:46:33] We'll take our last break before lunch.