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**Speaker 1** [00:00:01] Yes and no. Yeah. OK, yeah, that's correct. OK. Yes. OK. What are we going to do, Pat Shamatha, Shamatha? What do you want to do? Or are we going to talk about the cuts? I'm not playing to him again. How is that guy? Is an object in your mind just. With.

**Unidentified** [00:01:10] And you have to take things under control.

**Speaker 1** [00:01:13] Don't go anywhere. It's like our money is going anywhere. The wreckage, none to live some. And trees reaching for a refuge through the sources of refuge. I will not practice instruction of writing or to release these letters offering an established and lasting peace and happiness until there some life in them to reach the and all these so far refused to search for refuge. I will now practice is the Russian idea for the release of IS from the singular suffering, savage and lasting peace and happiness. So those Americas is we should all be goals for refugees to search through refuge. I will practice the absorption by reading and or being from the particular suffering and most sad and lasting peace and happiness. By Tuesday, three hours and 15 minutes.

**Unidentified** [00:32:17] You got one. Anymore when more than 70.

**Speaker 1** [00:32:41] Nam tok girls, girls and the days of the month, there were times when your ActionScript so the kinds of things that struck you from this, the period ActionScript interventions by those sentient beings that worked to increase the flow of foreign fighters and realize, Oh my life right now, right? And even the words start getting. And may I enjoy the prosperity of happiness and having change is actually free life along with faith and energy. And I think that's where you see my life. And is one thing I wish for instructions. Ideas about life form of meditation may increase the significance of the ground. Future is really from the extremes of journalism and journalism. Yes, have to accumulations free from the of assumption and denial. The result is changes to of this great change that I don't know which is free from the ground. Everything is just fine. So it is just an excuse to reclaim the great pleasure and composure as well is to be refined and will stay instead of confusion. The result is that redefining marriage outlook is coming, such as the ground. The key to meditation is that this is the sense of meditation and everything. May I have confidence in the activity of the people's mind? As for my life and my views and everything, and this is a sequence of events which never existed in the South, and I been confused as always. So been confused as to its existence may be completely resolved and it doesn't exist. And there is no contradiction. I realize that you're being for insurance if one says, is this not in one sense, is this condition being to my position? No. Realizing it won several destinations outside, realizing it isn't anywhere as it is everything it is saying that is being the basis. And it's just a few surprises, associations or, well, assumptions of mind and meditation with intellectual friends. And not so many because this is just the way we use. Down in their own ground, motionless, my eyes naturally read from the Umdze and Parker. So when one looks again at the mine, which should not be looked at and sees vividly is the main stream of the media is resolved with the rates. So within the last year or so, it was looking like there is some kind of self-determination looking at both of these to subside. I realize the way mine is framed, it is really everything from later is also called man. I came across as being one of the great of non-attachment continues to here with an ancient history of solutions passing beyond the is actually present. These experiences continue to rise, and the fixation on extreme confusion has cleared the way in nature. In the U.S. it is no separation or containment. Yeah, you're right. Well, Immeasurables is always on my mind not realizing this loss or the suffering of sentient beings zhinay overwhelming compassion for such action is active in the media. In all, this conjunction is inseparable from the friend power our education an actual knowledge. Sentient beings remains an enlightenment based on aspirations for the realization of all aspects of these, like being interviewed by the press and what is your actions. And there may be wishes, those things and just feeling.

**Unidentified** [00:41:45] There's no point

**Speaker 1** [00:41:49] in the other direction. Thank you. What and all of you. Thank you. Oh, thank you. Thank you. Thank you. Thank you. Thank you for being here today. Thank you. Thank you. Thank you. Thank you. Thank you. Thank you, Steve. Thanks for the Cubs. Say goodbye to say goodbye, skinny buddy sign. Is there anything that you feel? Sorry? Oh wow, that's great. We've got that. We're watching the.