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**Speaker 1** [00:00:03] Health officials are saying this is April or anything else. I can barely cope with architecture. Oh. Well, I don't know what it is.

**Unidentified** [00:00:34] I mean, this is a real punch.

**Speaker 1** [00:00:40] Oh, really? Really? It's really not that bothersome. Have. We'll just stay here. Yeah, well, it was sometimes, you know. And then I had this debate about how you are in the world, right? Can we? But I. Yes, it was a whole record. Were you aware

**Unidentified** [00:01:48] that? Very teeny bit, two for one. Yeah, I agree with and you. Yeah.

**Speaker 1** [00:02:02] OK. Yeah. This is the kind of thing, you know, they

**Unidentified** [00:02:18] let you in. And he was like, this maybe not.

**Speaker 1** [00:02:30] Hey, this is a good time. Oh my God, you put this right? Oh yeah, I know, I know. I want to see what's going on. Yeah.

**Unidentified** [00:03:09] Well, I'm sure

**Speaker 1** [00:03:17] there you another. Yes. You don't have any oh, good for

**Unidentified** [00:03:23] all we can about what does this do this summer? Check it

**Speaker 1** [00:03:30] out. You know, I mean, this is the last person we all knew that day was, you know, if I can get away with this, you know? Oh yeah, I totally understand. Yeah. Now, you know, also, how often have you noticed that because you. We are

**Unidentified** [00:04:48] hearing that. You're trying.

**Speaker 1** [00:05:02] Take care also, just make sure you leave a little spot for me at the end of that bench. I was hoping to is this. Yes. Okay, so that's what it sounds like. A little nervous. You know, just would anyone like a recitation sheet for the morning prayers? This morning, they're going to be doing a Chenrezig after the jet comes out here. There will be doing Shamatha Chenrezig after the Shamatha and so you want to get in touch to people, you're going to stay. And. It's. Plenty of room in the shrine room is what a chair against the wall. And there are about six cushions up here.

**Speaker 2** [00:11:58] So good morning to all of you. And welcome to those who are here for the first time, especially.

**Speaker 1** [00:12:15] If.

**Speaker 2** [00:12:23] They. Today is our special schedule for the first Sunday of the month.

**Speaker 1** [00:12:38] Well, I am.

**Speaker 2** [00:12:44] And on this day, we. Take a longer period from. Now, until a lunch break and following the lunch break, we have an open discussion and then a little more meditation, finishing sometime around 4:00 this afternoon. And. And so we always say, if you can stay for this entire period, that's great, you can. And if not, then as much as you

**Speaker 1** [00:13:47] can allow

**Speaker 2** [00:13:49] your schedule. Try to spend the entire day with us. Approximately a week ago, we had. The opportunity to host an honored guest and ring the Toku. And to receive some teachings and also to ask some questions. And then he also visited. The retreat. And said she was holding in golden deal. And the treatments had. Similar opportunity. To engage in conversations and ask questions, and all in all. Nearly everyone was inspired. And. And so, of course, coming here this morning, many of the things that he said during the period of visiting here and things that he said out at Golden do and in personal conversations. Oh. A kind of floating around in my head. So thinking about the numerous things that could be a theme for this this day, this morning and afternoon. On more than one occasion. During both the teachings at the Unitarian Church. And also at the retreat. A question came up about the. Well, let's say a question came up about emptiness. So almost the question came up about nothing. But what she actually said was not that emptiness was nothing. But rather that it was the same as interdependence. Now, if we were. Much more mature in our meditation practice. He might have said something different. But just in the context of where we are in our understanding and our experience of the meditations. It was a perfect response. And we talk a lot about emptiness. From time to time, we talk too much about emptiness. And the alignment of. Our understanding, both conceptually and experientially with interdependence. His wonderful door into deepening our understanding. Interdependence is relatively easy to understand. From our own perspective, experientially, we can see that. Everything we think can do and say. As a direct impact, direct effect. On our mental states. Our happiness, our sadness, our etc.. And so it's helpful to understand conceptually. What interdependencies and there are wonderful traditional teachings on interdependence. And it can be helpful to study those and. Understand them from a conceptual perspective. But having done that, and it's also important, maybe even more important. Ponder the meaning. To ponder the meaning conceptually and experientially. To directly see. How it is that our experience and every moment. Is affected by and is in effect of. All that went before. So the difficult thing is. Keeping one's mind and awareness. On the experience of interdependence in. And that's not easy. It's helpful if we can see and experience that all of what we see and all of what we experience. And our understanding of all of that is contained in the simple proposition that all things are interdependent. So in lieu of a long discourse on interdependence. My suggestion for today. Is to do your best to pay attention for as many minutes of the day as you can. Pay attention to your minute by minute evolving understanding and direct experience. Of how your direct experience is determined. By everything you think and do and say. Now, we're not always saying something. Nor in a kind of general sense, are we always doing something? But it appears to be almost axiomatic, completely true, that we are always thinking. And so the mind and our experience of thinking. Is the place in which all experiences occur? And all of those experiences in the mind. Are driven by all the previous experiences in the mind. And so we have with us. Continuously a very long and unfolding story. And we rarely see. Or notice the great majority of the things that drive that story. And so today, during our practice of calm, abiding and also our practice of Chenrezig. I want to remind us periodically of this fundamental teaching of interdependence. Try to notice it more today than ever. Only because it's an opportunity. That would be more easy to grasp today than in our normal everyday activities. And so in order to start that process, we need to turn our minds. From all of the myriad considerations and thoughts and feelings that we brought in with us today. And instead, focus on. The truth. That we are actually able. To notice the state of our minds. To notice the connection between the state of our minds in one moment in this state of the mind, in the next moment. And we are able to have a sense of what it would be like to be continuously present. With all of our experiences as they arose and without manipulating those experiences at all. And by extension, with just a little effort, we can hold the view. Pretend, if you will, that you are at the core of your being fully awakened. President, with all your experiences. And fully understanding where those experiences have come from and which ones will soon be rising without judgment. One of the key elements of our practice, which has many different aspects to it, kind of like a beautiful gem with many different sides. And that is fundamental kindness and equanimity in relationship to all other beings. And so when we think about interdependence. It can be helpful to give rise to that equanimity, to that kindness. To caring about others. And look and see how that kindness and that intentional equanimity. Affects the state of our mind. And plays a role in the endless chain of events that we call interdependence between all things. So just with that short, conceptual and experiential foundation, we'll begin by reciting the Refuge & Bodhicitta Prayer together three times

**Speaker 1** [00:32:13] till the Sun is Israeli and is for reference to the sources of the refuge. I would like to see absorption of light and you know, there is so little things from particular suffering and as famine, lasting peace and happiness, no loss of life and billions of years to the sources of true refuge. I will write and really solve the particular suffering and establish lasting peace. And that is until that day and I seem, will be so sure that our sources of true refuge,

**Unidentified** [00:33:32] the line in the to and

**Speaker 1** [00:33:37] really solid gains from that particular suffering. Establish a lasting peace and happiness.

**Speaker 2** [00:34:07] And. One of the most important. Truths, if I dare say. One of the most important truths that we can grasp and clearly understand. Is this continuing awareness of interdependence? When we practice calm abiding. We hope to set aside all of our. Usual distractions. And allow the mind to rest naturally. Due to the truth of an independence. We often have difficult time. Allowing and experience the mind abiding naturally. Peacefully. Staveley. And often times we miss a big opportunity right in the middle of our common practice. We noticed the mind is distracted and so we try to fix it. We try to calm it. Which, as most of us know pretty well, that approach only creates more distraction. So today, instead of trying to fix the mind, which is already calm at its heart. Try instead just to see what's going on. If you're angry about something. You might notice that that causes a whirlwind of conceptual activity. And the conceptual activity causes a whirlwind of angry experience. Perhaps we would like to be free of all of that. But our freedom is also compromised. By our thinking that we need to fix this and remind. Instead, take today as a day of real calm, abiding. Put your effort in a slightly different place. Whatever occurs in the mind. Just put your attention, your awareness on that. If you are having kind, caring thoughts, put your awareness on the kind, caring dogs. It's like a frosting on the cake. Things only get better with kindness. And equanimity and joy, they only get better when we notice them without embellishment, without guilt, without judgment, just noticing. But when all the other things arise. In the context of Columbine in practice, all those things. Are the things that we can rest our awareness upon. And experience. Actual calm abiding. Right in the middle of the storm. We did a little stretch. And while you are taking a little stretch. Just continue to notice. Of course, the effect on the body, but also the effect on your mind. No commentary necessary, just noticing. And continue.

**Speaker 1** [00:55:36] She would always say.

**Speaker 2** [00:56:20] On our breaks, on the all, they said, we enjoy silence. And there are bathrooms upstairs and down in the basement and in the back of the kitchen. And even though you on silence, you surely know that you will be talking to yourself quietly so that you observe the rule. But nonetheless, so it may be just an opportunity to listen to yourself. Or is it just the intention of listening? So break now and come back in about 15 minutes.