**2016\_12\_04\_3?\_Shamatha\_LMC.mp4**

**Speaker 1** [00:02:25] If you. I. Oh, man. And so let's recite together also just the small instruction at the bottom on page 32. Talent, I believe, already have since without considering how the three senators. Now on Page 33, we say that in its entirety and then following, we'll continue up through Page 38

**Unidentified** [00:11:00] kids and their. And on those pages, for

**Speaker 1** [00:11:07] so many titles and

**Unidentified** [00:11:12] the small print in the bottom, everything.

**Speaker 1** [00:11:20] The other side, others, the body, no one sounds like they have six syllables, the real way is creating awareness, but you quickly Karmapa Chenrezig in this style, which all means without exception. On that level, the recitation for the meditation a very compassionate one. Filling the space age I often go through in meditating that I know remains a major force behind me and miraculously born NBA Roshan immediately went through this kind of levels. Obviously, definitions and directions. All right, that's very true, man. I'll be in. And to rising from a who just just this crisis and how tourism stories have grown. And we can ask forward to Page five three. For this to me, this dedication to the end

**Unidentified** [00:13:21] of the week,

**Speaker 1** [00:13:26] we argue for your dedication. No, I don't understand the monument of the monarchy here in the Senate turquoise room, with Ewing going over any change in prayer while displaying the flag brought to mind that the king in all subjects in 2020, four disciples have experienced generations of courage and one pointedly, this prayer. I think, is one of the ten directions of four times together with their parents and as can and dharma protectors. As you know, most of the videos that are sitting on a lotus seed in the sky in front of me now with body speech and mind, you know, either in or secret offerings and the presence of the normal surroundings, I regret for the evil actions against virtue and violence or to turn away from such contacts. I realize all marriage and virtue made up most of the victorious ones, not past and for their long term. In the wee hours of this present time, I dedicated all virtues to string beans may be the stories of liberation. But as disciples see me as an aspiration, I placed a to bond with its disciples and the wise old ones for free reign of the precious lamas for the doctrine. Yeah, well, as soon as the Sun is shining like the sun and announces the precious foundation of the doctrine of giving orders. Three times, I think the practitioners of the secret of Mahamudra, the essence of the doctrines and reached the final stages of development. Take the bush and the benefactor of the doctrine of protectors and priests of the reign in support of the doctrine makes the doctrine necessary for a very expansive knowledge and skills. The status of the doctrine for the of householders is free from sickness and danger, and the people involved in the Conference of the Doctrine that happiness and major obstacles being made by the European Union on Somalia and its intentions. All those connected by good or bad karma, you know, is now so final. Enlightenment is a remarkable vehicle and a great surprise to me that six to every day of my life and every nation you listen to me is very precious stones. This place, right by an iron rock with the crowd of people, it was great that you guys so go on the road and paper. Immediately after it was accurately accompanied by a statement I made. That's it. Now, let's just sit a little bit of a quiet mind. By Heard, you made it clear you realize, Oh my God, this is

**Unidentified** [00:30:26] such an interesting.

**Speaker 1** [00:31:15] So we'll be having lunch in a few minutes and. At 1:30, we'll come back here and have our. Open conversation. And there's probably some announcements, even given all of the things we've done, that aren't going to be quite this next week. So the closest thing is probably when state name is Chenrezig practice with with people, I think it's the first 10 states, so it's kind of a special Chenrezig practice. And then on Thursday this week, his wife training at seven to eight, and then on Friday this week, we are asking the ambulance, the media over at the new know at Skidmore, Morrison and we will. What set more press waiting for a new name waiting for your name. But you get to be in the building, which was blessed by so beautifully on the stairs. And then on Saturday, every day it can be Chenrezig. On Saturday, I am facilitating all the time we treat here from the moment you can come for any part of it and you can come up here if you can, where you can come in here. You've been doing this forever. Oh yeah. Um, I think that the annual summer meeting is a potluck Typekit by potluck. Yeah. And I think it's just been out of your own pockets. We're putting everything right. The tea will be provided right and we're going to dress warm. Yeah, yeah. Yeah, that's. So fine. Yeah, it's a lot of that. Some goes to be a rebel and there's never any less. You can team up with somebody. You can be a vegetable pie. Oh yeah. Yeah. Do you have any idea? I don't know very well. I guess everyone knows. We really did. Yeah, clothes. Yeah, we're. Now it's serious, but we have to celebrate before we get to choose, you know, my days work and the rest of the New Year's Eve. I'm sure there's something out there about that. Tonight on Saturday, December 17, songs, poetry, fun, especially with the young ones. So there will be more. There's a poster that children have made up there and there will be more info. Are you also doing you in the new year retreats, are you doing?

**Unidentified** [00:35:06] Yeah, yeah, yeah, of course. You know, at least three in the title. Let's see. So no help out there, I think there is it's just that we need to start doing it because some things have to go in the. Enough.

**Speaker 1** [00:35:42] We have people.