**2016\_12\_25\_am1\_Shamatha\_LMC.mp4**

**Speaker 1** [00:00:39] There. So good morning to all of you this lovely Christmas morning. And. Will follow our usual schedule this morning. For a Sunday. First, the recitation of the Refuge & Bodhicitta Prayer. And then the meditation. Taking this up to a little before 11 o'clock, a little before nine o'clock. Don't phone before 10:00. So with so many options. Following the break, then we'll get together and have some discussion and have some ideas for for that. But for now, let's begin with the Refuge & Bodhicitta Prayer three times together.

**Unidentified** [00:13:23] Now to some.

**Speaker 1** [00:13:27] It was reached by Nairobi Global Refuge to the left of the refuge. I was thinking about providing in order to release all beings from their particular suffering and establish that in lasting peace and happiness. And the standard of enlightenment is reach by and be being for refuge to the true refuge.

**Unidentified** [00:14:05] I will now practice the. Nearby, in order

**Speaker 1** [00:14:11] to release be very particular suffering, does that in lasting peace and happiness and to those. The light end is reached, and I'll be there for a refuge to those who served as a true refuge. I will doubt that the absorption of combat by the other two will be so beings of their particular suffering and establish them in lasting peace and happiness. First of all, as we begin, let's remind ourselves that. What we do is what we become. So if we act to fill our minds with loving kindness and compassion, equanimity and joy. We become that compassion, that loving kindness, that equanimity and the joy. And we manifest it. And of course, the converse is also true. If we spend our time. Indulging in judgments about ourselves and others, we become very judgmental. We become not liked. And so we judge more. So it's important to take the meditation practice to heart. As often as possible every day. From the time we wake until we go to sleep. The repetition of our aspirations is powerful and inevitably bears its fruit. So also filling our minds with busyness. Of all kinds, idle speech. Aggression. Loving kindness, whatever it is. We will become those things. The quickest way. To become the embodiment of kindness and compassion. Is to give rise to it in our stream of consciousness as often as possible? Waking in the morning. It could be the first thing we do. Retiring in the evening, it could be the last thing in the day. So now the practice of combining is really the antidote. To meaningless speech. Idle opinions about ourselves and others. Instead, we sit down and begin. By settling ourselves into our seat. Finding a position that is comfortable and where we can also relax. And as most of you know, the practice of combining is. Replete with almost uncountable variations. Sometimes it's helpful to just take this time and. Gaze into our own minds. Ideally, without judgment, without opinions, as if you were looking at the sky and watching clouds pass over. We watch our thoughts and feelings and perceptions come and go. As if we were holding a kaleidoscope up to our eyes. Turning it and watching the various designs appear. No need for an opinion. Could just be endlessly delightful. And so to. As we sit still and silent and watch all of these things rise in the mind, like waves on the ocean. From time to time, we forget what we're doing. We begin to believe in our opinions, solidify our various judgments, and then we're lost again. When we noticed that the antidote is just to come back to the beginning, put the mind in the eye of the mind on itself. Gaze at your own thoughts and opinions and perceptions. Come back and start over like that as often as necessary and little by little, the ability and the habit will. Develop, evolve and you'll find the practice. Straightforward, easy. And very helpful. In the beginning, it's important to do more short sessions, fewer long sessions, so we want to be able to establish a kind of baseline where we can engage in the practice. I'm distracted for a predictable period of time, even if it's short. So take a little stretch if you need to and then settle back down and begin on your own fresh. It. Is to urge you quickly realize Mahamudra and establish all beings without exception and say. So take a short break, come back and finish up.

**Speaker 2** [00:53:24] We have a couple announcements. First of all, happy holidays to people Christmas and Hanukkah together this year and let's see, we will have a on site retreat December through the first and the first night for each day. It's a rare retreat in that you cannot come for any part of it and you're welcome to do that for an hour to come for both days. It's a wonderful way to start the new year and on the first at the end of the day, refuge will be offered by mom and Michael. So if you're interested in taking refuge, you can talk to him or make a great career, the other pictures or just email us. And then Jan. seven, we will hold our annual Sangam meeting for next year or 2016, which was canceled due to ice and snow, and it will be held in the new building and it will be cold there. And so you should dress in many layers and it will be a PI potluck. So please bring a pie or we come and eat pies, and there will be a chance to go through the building and give some input. But yes, and there will be practice and well, it will be another lovely time together and that will be in the afternoon on the seventh and soon we will be the program council. The teacher said to me her locker and will be soon presenting any of the teaching offerings for 2017. So keep your eye open for those one of the things that is going to happen. Yes, Chef and Sally Omori will be offering another series of teaching and lecture on ethics in daily life, and this year they're going to make an offering called I don't give it the title. It's basically supporting your so very much where the rubber hits the road in your personal practice is nothing but wonderful teachings and discussion by them. So that's all I know. Anybody know anything of. OK. Have some nice people. I feel like.