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many short sessions, working with physical sensations, Bodhicitta Prayer details

[00:03:39] Sometimes during our meditation, we can become... a bit stiff. Maybe even a little *too* determined to do things correctly. And sometimes... if our posture is not relaxed, we can experience pain in our legs and our backs and necks and so on. And so it can be helpful, and it's often taught, to be *preferred*... that we engage in more short sessions rather than fewer long sessions. And what that means is that we maybe would be well advised to take short breaks so that instead of sitting for 45 minutes, maybe we do two or three shorter sessions. Adding up to the same time, but beginning *fresh* two or three times... gives us a fresh start over and over. So during this session, we'll take one or two breaks. Little tiny breaks of less than one minute during which you can move your body a little bit. Just to stretch a little bit. Whatever it is that works for you. And then each time when you're ready, we just begin again... fresh.

[00:06:09] So now we'll begin by once again reciting not only the Refuge Prayer, but also the Aspiration Bodhicitta Prayer. Which is an aspiration to attain *sufficient* realization that we are actually able... to help others. For much of our lives we may... have the wish that we could benefit other beings, but we may not have the skill... nor the wisdom to do it. So in that case, the antidote is to practice our meditation... regularly, consistently and routinely... give rise to the aspiration that all of that might result... in sufficient realization to become an actual benefactor of beings. So we'll begin with the Refuge & Bodhicitta Prayer three times together.

sangha [00:07:30] *reciting Refuge & Bodhicitta Prayer*

[00:09:17] Again, as before... bringing your awareness to... the actual experience of your body. The myriad of sensations that occur on the periphery of your body... continuously day and night. ... In the sense of feeling of your clothing against your skin. Sensations like itches. ... The sensation of relaxation or perhaps of stress. The tensions that we hold in our bodies as an extension of our emotional sensations. ... Again, we pay attention with no agenda to fix those sensations. Merely to become clear, aware, present with whatever experience arises. And when we discover that we're distracted, thinking about other things... we bring the mind back immediately without a moment's hesitation.

silence [00:11:28] *period of meditation*

sangha [00:38:04] *dedicating the merit*