

## 2016\_12\_31\_5\_NYrR\_LMC.mp4

*Aspiration for Mahamudra intro comments*

[00:06:29] First, we'll recite the Refuge and Bodhicitta Prayer three times together.

**sangha** [00:06:42] *reciting Refuge & Bodhicitta Prayer*

[00:09:36] So now you have the simple instruction for the practice of calm abiding. ... Place your awareness on the coming and going of your breath. Following each breath. ... Allowing your awareness to, as we say, *ride the breath*. As you inhale, follow the breath in. And on the exhalation, follow it out. ...

[00:11:15] One of the points of the instruction is to thoroughly eliminate... a possibility even, of multitasking. Doing more than one thing at once. ... I don't think this would have been a necessary instruction a century ago, even though the instructions are really the same. ... Just following the breath in and out again is the fundamental conceptual material. So if you take a few minutes to contemplate that. And you might ask such things as... do I understand that simple instruction? Is any part of it unclear? Do I have any questions and what are they? The answer to your questions is not part of the contemplation. But to raise those questions *is* part of it. Even just from your own side personally, to recognize what pieces of the puzzle feel like they're missing. ...

[00:14:10] Ponder the instructions... just for a couple of minutes. And then when you're ready, allow the mind to just slip into the meditation. Following the breath when it comes in, following it when it goes out.

**silence** [00:14:32] *period of meditation*

**sangha** [00:32:05] *dedicating the merit*

[00:34:00] Before we recite [the Aspirations for Mahamudra], I want to just draw your attention to one verse. We won't have time to really go over the whole thing. On the first page, five verses down, there's one that starts out "The study of scriptures frees one from the veil of ignorance." Do you see that? So if you read that one verse, it goes like this and you'll understand it. "The study of scripture frees one from the veil of ignorance." That is the first wisdom. "The study of scriptures frees one from the veil of ignorance." There we're talking about conceptual understanding. So the degree to which... that *can* free one, there it is. The second line "The contemplation of oral instructions overcomes the darkness of doubt." So, used to be, oral instructions is all there was. But these days we include the actual reading and study of it, as well as just oral instruction. So the contemplation of those instructions overcomes the darkness of doubt. Again, the degree to which you *can* free one from the darkness of doubt, that's where the focus first occurs. And the third one, "Light born of meditation illuminates the way things are." So that's the meditation piece. And finally, at the end of each of the verses in this prayer is an aspiration. And so here we have the aspiration line, "May the radiance of the three wisdoms increase." So, as we read it, you can pick up that that verse.

**sangha** [00:36:31] *reciting Aspiration of Mahamudra*