

## 2017\_01\_01\_2\_NYrR\_LMC.mp4

*relying on sources of refuge, transition from contemplate to meditate*

[00:02:09] When we recite the Refuge & Bodhicitta liturgy... we're meant to... actually rely upon... the sources of refuge... The Buddha, the vast teachings of the Dharma (written and spoken, practiced) and the exalted sangha, ore those who have accomplished the Dharma. We're meant to *encourage* ourselves to rely upon these... as a source, not only our personal happiness, but also as the means to attain realization. ... And so as we recite the liturgy again, we're meant to turn our minds in this way as a support for our *effective* meditation.

**sangha** [00:04:16] *reciting Refuge & Bodhicitta Prayer.*

[00:06:05] As before and... as you begin, might be helpful to spend a couple of minutes contemplating. Thinking about what you are doing and why you are doing it. ... Then after having asked those questions and looked to see why you were doing it and what it is about... when you're finished with that contemplative part then... the transition to the actual meditation can be easy. You stop the contemplation and just allow your body and your mind to relax. ... And in that place of relaxation then, in a completely experiential, non-conceptual way... you begin to follow your breath. Let your awareness ride your breath as it comes and goes. Should be sooo simple.

[00:08:14] And again, a reminder when you are finding yourself distracted... in the moment of recognizing that you are distracted, without any hesitation, in that exact moment... the only appropriate and useful thing to do in accordance with the meditation itself is to *return* to the meditation... immediately. Without any consideration for following the distraction. In this way, you will become your own best student.

[00:09:01] *period of meditation*

**sangha** [00:43:40] *dedicating the merit*