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visualize all beings present, aspire to be of benefit

[00:08:31] There is one last instruction which we considered yesterday, but just as a reminder... in the liturgy for Refuge and Bodhicitta, it starts "Until the summit of enlightenment is reached, I and all beings go for refuge to the sources of true refuge." The more detailed instruction there... is that when you begin that Refuge & Bodhicitta Prayer, the instruction is to imagine that all sentient beings... extending to the very limits of space itself... due to our unbounded connection with all of these beings, they are drawn... to our practice, to our presence, to our wish for their benefit. ... And they are drawn to our aspiration and pure *intention* to benefit them. And so we imagine that all of these beings... arrive here, at this time, in this place... like a swarm of bees coming in for honey. They are drawn to the kindness... and our pure intentions. So with *that* established, then we recite the prayer and continue to hold that vision... during the practice of calm abiding.

sangha [00:11:45] *reciting Refuge & Bodhicitta Prayer*

[00:13:37] The instruction also includes... that all of these beings... we are meant to imagine not only that they gather, but that they also engage in the practice of calm abiding. ... And so, in a fundamental way... we are meant to think of those beings as our spiritual progeny. ... Which also implies a certain responsibility... to continuously hold only the very best wishes for all of them. And only the strongest aspiration to be able to bring benefit to all of them. So in this way, we engage in the practice of bodhicitta. Continuing also to practice shamatha, following the breath. But the backdrop to all of it... is our wish to benefit all the sentient beings. So as best as you can, continue with that for the duration of this session.

[00:15:47] *period of meditation*

sangha [00:45:43] *dedicating the merit*