

2017_01_29_pm1_Shamatha_LMC.mp4

[00:02:17] So welcome to all of you this evening. For those of you who are not familiar with the schedule we'll follow the usual Sunday evening schedule. Which involves first a short meditation with some brief instruction. And then break and then an open discussion. So we'll begin then with the recitation of Refuge & Bodhicitta Prayer together three times.

sangha [00:03:11] *reciting Refuge & Bodhicitta Prayer*

[00:04:54] So as we begin the meditation called calm abiding... we use our breath as an anchor... So that when we're distracted, we have a place to return to. ... When using the breath as an anchor for the mind... we pay particular attention to the movement, the experience of breathing... as we inhale and exhale. ... Setting aside our internal conversation. ... Setting aside our concerns of the day or the week. ... Putting aside all of our opinions. ... With the mind clear and unencumbered by these things... we are then able to pay attention to our experiences as they arise and pass. ... This ability to be present in an unencumbered way... provides the basis for... all the levels of realization. ... So knowing this, we can feel inspired to... follow the instruction with some confidence... that benefits will naturally occur. ... When you find that the mind has drifted... in the moment of making that discovery just return to the breath without commentary, without judgment. ... And continue again... following the experience of the breath.

[00:08:13] *period of meditation*

[00:46:57] *dedicating the merit*