

2017_03_05_2_Shamatha_LMC.mp4

contemplating impermanence while reciting Refuge & Bodhicitta text

[00:02:08] As we begin the recitation of Refuge & Bodhicitta [Prayer] again, we might just notice as we recite it... that it can also be... a contemplation of impermanence. And impermanence can be... connected with, mixed with, going for refuge in generating the aspiration to benefit all sentient beings. In this way, we can experience the elements of the Refuge & Bodhicitta Prayer... as a kind of recipe for the entire... path of the buddhadharma. ... And while we recite it again, just notice as it goes by... the changes in meaning, the changes in feeling. The evolving understanding of the practice of going for refuge. Rather than trying to conceptualize... the meaning of each part... just allow the experience to unfold as you recite. And pay attention to... the changes that occur continuously... before, during and after the recitation.

sangha [00:06:51] *reciting Refuge & Bodhicitta Prayer*

[00:07:16] Now, as before, while placing our awareness on the ever flow of our experience... physical sensations and mental feelings... emotions... conceptual ideas... think of the flow of your experience is like a river and all these other things like things floating down the river. The river apparently has... no beginning... and no end. Your very important option... is to pay attention to the flow of your own experience.

[00:08:46] Even when you are distracted... you have the opportunity, again, to pay attention to *that* experience. ... Even when you completely forget where you are and what you are doing at any moment... at *any* moment you may once again recognize the flow of those experiences... and bring your awareness back there.

[00:09:23] *period of meditation*

[00:23:40] The short break provides an opportunity to... let go of whatever habit is occurring in your meditation. And then after a few moments, a minute or less ... having stretched, taking some breaths... having let go of the meditation, then you reestablish the meditation when you're ready and continue.

[00:24:19] *period of meditation*