

## 2017\_05\_07\_5\_Samsara\_LMC.mp4

### *4 Thoughts: samsara as state of confusion*

[00:00:33] So this session then is the fourth of the Four Thoughts. ... Having done the previous three, it can be kind of obvious that samsara is... a state of confusion. It's important not to reify the sense of samsara into some physical *place* in space and time... to understand that samsara is a state of mind. And it occurs anywhere, anytime, by virtue of our confusion. Our confusion leads us to lose any ability we might have for discriminating wisdom. So that we end up doing the very things which cause us to suffer and avoiding the very things that would be helpful. That being the case, then it is appropriate for us to hold the aspiration to attain *complete* awakening for the benefit of all beings. So that we can apply with equanimity... loving kindness, compassion and joy.

[00:02:42] So we'll do the Refuge & Bodhicitta Prayer again, and then you can meditate more specifically on the fourth thought. And spend a little time on the first and second and third also, if you have time.

**sangha** [00:03:27] *reciting Refuge & Bodhicitta Prayer*

[00:03:27] *period of meditation*

**sangha** [00:18:02] *reciting Aspiration of Mahamudra Prayer*