

## 2017\_09\_03\_2\_Shamatha\_LMC.mp4

*engage in meditation without any expectations, using the view that everything is fresh, explaining dedication text*

[00:03:05] When we sit down... to engage in the practice of calm abiding... it's helpful, at some point in our practice, to... develop the ability to sit down without any expectation whatsoever. So, [in] many short meditation sessions... nurture this ability to sit down with *no* expectation. Not only with no expectation, but no particular hope about what it is that's going to arise or not arise. No particular fear that I will be inundated with negative thoughts and disagreeable experiences. ... But rather, just generically, that we sit down in order to see... whatever arises in the mind. Without any judgment. Without any resistance. Just to see. ... It is sometimes said... that *what* we see... is not so important. ... But what we *don't* see is *really* important.

[00:05:35] Each of us is endowed with what we call the... purity of mind. Mind itself. ... That mind is very difficult to see. But we can see the experiences that arise from and *in* that mind regularly. In fact, all of our experiences arise within that mind. But for most people, for most beings, not just humans, the experience comes and goes. We have our reaction, pleasant or unpleasant. The experience comes and goes. But we don't... remain... in a non-resisting state where we can actually experience something fresh. So instead of fresh, what happens often, is that we just keep having the experience that this experience is occurring again and again and again.

[00:07:08] So from the perspective of managing our experiences... in the context of our engaging in our meditation practice, the *best* thing is to hold a certain view. This view is, in a sense, like an attitude. ... I use the term 'view' because it's more in accordance with the overall teachings. The view that we want to hold is that... no experience ever occurs twice. Every experience that arises is fresh. It has never occurred before. It will never occur again. This allows us to have a fresh experience and a fresh understanding of the experience. And also, we would say... it allows us to experience the *actual* nature of the experience that's arising.

[00:08:40] So let's take another session. And we'll begin with the recitation. Three times together. And do your very best to pay close attention to that little, short liturgy... again, through the view, through the lens, of never having said that before. That every time I recite it... it is fresh. It has never been recited before. So we'll recite the Refuge & Bodhicitta Prayer... practice for calm abiding. And then, on your own, do your best to manage the length of the sessions. Placing your awareness on your breath and then letting go of that as we did before. Back and forth for a few minutes.

***sangha*** [00:10:10] *reciting Refuge & Bodhicitta Prayer*

[00:11:38] *period of meditation*

[00:29:34] So after an extended time, it's unlikely that we maintain the method that we started with of remaining fresh and continually placing the mind on experience and then on the object of the breath. So on, back and forth. We lose track of that. So from time to time, if you're on your own, especially, it's good to just stand up, walk around, move around, look out the window. And then sit down and start again. But here even, we can just take a couple of minutes and stretch our bodies. Stand up if you want to and move a little bit.

[00:30:27] *period of meditation*

[00:48:07] Now we're going to dedicate the benefit of our meditation and our teachings and all the things that we've done this morning to the benefit of all sentient beings. And so the liturgy reads, "By this virtue," which means what we've been doing. "May I quickly realize mahamudra" and mahamudra here means the recognition of the nature of mind itself. It's actually something fairly straightforward and simple. But we often get in the way of its stability. And so it very quickly vaporizes and we're left where we were before. Which just underscores the importance of doing many sessions, even very short ones, so that we become used to dedicating the benefit of what we're doing. And using every experience which arises during the day... things we hear, things we see, things we think of... as the ground of our meditation. So recite together this dedication prayer.

***sangha*** [00:49:48] *dedicating the merit*