

2017_09_03_5_Shamatha_LMC.mp4

using aspiration as object of shamatha

[00:00:39] So we'll begin with the Refuge & Bodhicitta Prayer.

sangha [00:00:48] *reciting Refuge & Bodhicitta Prayer*

[00:02:38] Now for a little bit, we'll... engage in the calm abiding practice. ... Just as an example of... the myriad of ways that the calm abiding practice can be used... as you settle your mind... perhaps on the movement of your breath... or on some static thing like a stick or a stone... then just follow... your breath with your mind's eye on the object that you're resting your awareness on.

[00:03:45] However... thinking about all of your... habitual mental patterns... you may find some of them quite beautiful. Aspirations to... benefit yourself and all others, for example. If you rest your awareness on the aspiration to benefit all beings... it can be, in a sense, like resting your awareness on a beautiful sunset. ... And making the wish... that such ephemeral beauty might be available to *all* beings. And be a cause for their joyously waking up and recognizing their own nature.

silence [00:05:30] *period of meditation*

sangha [00:24:11] *dedicating the merit and reciting the Aspiration of Mahamudra*