

2017_09_24_am1_Shamatha_LMC.mp4

selflessness and bodhicitta, practice seeing mind rather stilling mind

[00:08:32] So first, before the recitation of Refuge and Bodhicitta, just a couple of points to recall. The reason... we go for refuge... is that we cannot fully rely upon ourselves... to overcome our attachment and our fantastic... experiences of the self. Perhaps we would like to at least try on the possibility of selflessness. While that aspiration may be laudable... even just making the aspiration... brings us face to face with terrific difficulty. ... 'I' would like to be selfless. The problem should be immediately apparent. ...

[00:10:03] What is... interesting, even exciting, to ponder... is that the source of happiness... rests in our efforts to accomplish the happiness of others. And as we see the well-being of others... blossom, we experience a natural sense of well-being and happiness from our own side. ... It's often difficult... to hold the view that working for the benefit of others... *is* the way in which we work for the benefit of ourselves. And the difficulties there, because we have not contemplated sufficiently, understood sufficiently, and meditated *upon* sufficiently, the interconnectedness... of wishing for and working for the benefit of others. Not as *opposed* to working too for our own benefit. ... It's just a slight shift in focus. Which seems counterintuitive at first and then... becomes obvious. So if you can hold this grand vision of interconnectedness while we recite the Refuge & Bodhicitta Prayer... that will be a helpful foundation to begin this morning's practice.

sangha [00:12:32] *reciting Refuge & Bodhicitta Prayer*

[00:14:37] In order to witness... this interconnectedness... between self and other... it is, to some degree, necessary to develop the ability to remain still. ... Still in our body, which is not so difficult. Still, in our speech, which is fundamentally easy. And still in the mind, which is *not* so easy. Making an effort to still the mind... as anyone who has tried knows... is hopeless. The more we try to still it, the more it moves. So this morning during the meditation... add one small piece to your meditation. Rather than trying to still the mind... see the mind.

[00:16:28] Seeing the mind... is also not so easy. ... But we can see the *manifestations* of the mind. Our opinions. Our beliefs. Our hopes... to accomplish the Dharma and have all the benefits. Our fear that we will fail. We can see all of these things. If we can just witness those things and be still, not to worry. Due to the truth of interconnectedness... they will not go away, nor will they stay. ... They will not go away. Nor will they stay.

[00:17:45] So bring your awareness just to the movement of your breath. ... Without concern for its regular-ness, for its safety, for any of the aspects that we associate with our breathing. Just... ride the breath... with awareness of what you are doing. And as things impinge, thoughts and feelings, emotions, so on... we rest our awareness on those, also. Without resistance. ... If we have a hope, the hope *must* be... that our meditation... will ultimately become the cause of happiness for all sentient beings. And in this way, gradually, we fulfill the promise... of the lineages by virtue of the fact that these basic principles are contained in *all* the meditations.

[00:19:14] *period of meditation*

sangha [00:51:32] *dedicating the merit*