

2018_01_07_3_Shamatha_LMC.mp4

stable meditation impossible without relaxation

[00:01:20] As we begin a session, or each of your sessions... it's helpful... both in the short and the long run... to ask the question, "Why am I doing this?" And then you may have something personal to recite to yourself. But if not, generally speaking... in our culture, we are... busy. More than we would probably need to be, except for the fact that we hold 'busyness' in high esteem. Relaxation is generally not considered... an appreciated attribute. And so most of us have not... mastered the ability to... relax. Without relaxing, we carry all of our... thoughts and feelings... conflicted emotions... and all the rest. We carry all of that into our meditation. And of course, that makes... stable meditation impossible. So just before beginning, each time that you go for refuge... remind yourself of why you are doing it. So that the prayer that you're reciting has a worthwhile and meaningful context.

sangha [00:04:03] *reciting Refuge & Bodhicitta Prayer.*

[00:04:03] *period of meditation*

sangha [00:42:52] *dedicating the merit*