

## 2018\_01\_07\_5\_Shamatha\_LMC.mp4

*energy from emotional content can be a gift to accomplish the path*

**sangha** [00:01:58] *reciting Refuge & Bodhicitta Prayer*

[00:03:59] So I mentioned that we would... use... our relationships with others... to accomplish both our own benefit and the benefit of others.

[00:04:55] Placing our awareness upon... our experience, as opposed to inanimate objects... is where the energy... comes to accomplish the path. And since most of those experiences... that we would *use* to place our awareness there... are generated by... strength of emotions. So in that way, we use... the power, the energy of our... connection with others... in order to... rest our awareness on the experiences which naturally arise in the context of our relationship with other beings. This is why we can say that... emotional content... whether positive or negative... in its *feeling*... can be like a gift... to the practitioner, who will *use* that power... to accomplish the path. And by extension... through the force of the Four Immeasurables... to accomplish the benefit of others. So this integration, this interconnectedness... that we all share with each other... and beyond our... current group, of course... by a great, wide margin. This is, in *essence*, the means by which the path is accomplished.

[00:07:26] So I think now we have not too much time left. But if you will, once again... use short sessions... primarily. And if you find that, you can extend the session... from 3 or 4 seconds to 10 or 15 seconds or longer... that is okay. You don't need to wonder whether that's... helpful or not, you'll know whether it's helpful. And if it's not... you go back to slower... smaller periods. In this way... you should have the experience of resting the mind on... an experience in every one of your sessions.

[00:08:27] *period of meditation*

**sangha** [00:21:55] *dedicating the merit*

[00:22:48] Now we recite the Aspirations for Mahamudra. ... Someday along the way in the next... two or three months, I might have a day of going through the meaning of the Aspirations for Mahamudra, which is... kind of delicious.

**sangha** [00:24:10] *reciting the Aspiration of Mahamudra*