

## 2018\_02\_25\_pm1\_Shamatha\_LMC.mp4

*using many short sessions to end before distractions start*

[00:02:54] As we always do... we began by reciting the Refuge and Bodhicitta Prayer together three times.

**sangha** [00:03:22] *reciting Refuge & Bodhicitta Prayer*

[00:06:00] So as you begin your practice of... calm abiding... keep in mind that although we are... sitting here together for some... period of time, it may not be... possible... for you to establish... a session of meditation without distraction. ... So one point to remember and keep in mind is that... it's *very* helpful... to begin your sessions... while you are in a state of... relaxation... and some clarity. And then to begin your... calm abiding. But also... it's definitely *not* helpful... if you end your session... from a distracted state. If you're using your breath to... practice calm abiding... then you want to... keep your... sessions... short enough... that you have a high *probability* of being able to... finish a session... when the mind is not distracted.

[00:09:07] So for most of us, what this means is... shorter sessions and more of them. So, of course, while you're sitting here, you can end a session at any time. Even without getting up. Just from the mental perspective... bring your session to a close... when the mind is clear and settled. ... Take a few breaths... and begin another session *fresh*. In this way, you can avoid... bringing your session to a close... in the midst of a distraction, which... if you end in the midst of distraction, then... soon you will have the *habit* of that... and it becomes difficult... to break that habit. So keeping that instruction in mind then, we'll continue... for this session.

[00:10:28] *period of meditation*

**sangha** [00:45:27] *dedicating the merit*