

2018_03_04_am2_Shamatha_LMC.mp4

using 2nd of 4 Thoughts - Impermanence and mortality (quoting Tsoknyi Rinpoche)

[00:02:27] So we'll begin with refuge and bodhicitta.

sangha [00:02:50] reciting Refuge & Bodhicitta Prayer

[00:04:40] It's helpful in reminding ourselves... as we move through each of the... Four Thoughts That Turn The Mind... that the *point*... of contemplating and meditating on these Four Thoughts is... *to turn your mind*. The mind will turn... whether we engage in these contemplations or not. ... But we may not... appreciate what direction it turns in... if we don't... engage in the contemplations... with a sense of understanding them and working with them. ... And so now we're on to the second of The Four Thoughts, impermanence and mortality.

[00:06:05] So a short quote from Tsoknyi Rinpoche. "Because of ignorance and misperception, we become attached to permanence and solidity. We habitually deny the fact of our mortality, acting as if we will live forever." Or, I might say living as if we would live forever. [LMC] "This misperception of reality only brings more confusion, stress, dissatisfaction and suffering. However, when we face the inevitability of our death, then we start to wonder what to do about it and how to deal with the uncertainty of life." [end of 1st Tsoknyi Rinpoche quote]

[00:07:17] We are all *concrete* machines. ... In an odd sort of way... one great teacher once said... we would rather be permanently miserable rather than just... *sometimes* miserable. One's predictable and the other one isn't. We'll take the predictable one. This is actually not... so helpful from the standpoint... of the Dharma because we want to... realize the nature of mind itself. ... In order to do that, we have to... intentionally... live in the context of what *is*. Not what we wish... were the case. And what is... is that everything changes continuously.

[00:09:04] So another quote, somewhat tongue in cheek from Rinpoche, I think. "You say, 'I understand impermanence and death. They are some of the elements of life I'm not so happy about. But I don't want to think about them, really. They're scary, so I'm going to accept them without investigating them. That way I won't be scared and can enjoy this life more before it ends.' " Then he goes on... "But for authentic Dharma, that is not the point really. Until the Dharma seeds have taken root, fear of death is actually useful. You need this fear as motivation to learn about death and the bardos" (those intermediate stages following death) "because you're shaping your future life right now. When you appreciate this, you will take karma and practice more seriously." [end of 2nd Rinpoche quote]

[00:10:32] Conceptually, probably... none of us know anyone... who thinks that... anything is actually... permanent. So it's not a particularly profound realization to know that things are impermanent. The issue here isn't our... conceptual abilities, but rather... the truth is more like... we *live*... in a state... which is not in accordance... with reality. Especially when it comes to impermanence. ... So the good thing about this particular contemplation is that... it's easy to convince ourselves that... our life has an end, just like it had a beginning. ... If we have a job, we can remind ourselves that that job will come to an end. If we have a career, it will come to an end. If we have good health, it will come to an end. Of course, poor health may also come to an end and we'll have good health again. Just kind of to trick ourselves. [laughter]

[00:12:05] So again, the conceptual understanding is actually the easy part. And it's not an *irrelevant* ... it's actually an important piece of the puzzle. But once we understand the *conceptual*... nature of in this case, impermanence... then we need to... let go of that contemplation and rest our awareness in that *experience*... of the impermanence... which is also continuously unfolding. Just if we sit quietly, rest our awareness, we will see... that there are not *two seconds* that are the same. There is a continuous state of change unfolding. ... So rather than ignore that... what we want to do is go right into it... see it for what it is and relax with it. So let's take a few minutes for the next session. See if you can rest in that state... and when you find yourself distracted... use your intellect to remind yourself of the... impermanence of all things and then relax... and rest your awareness in that... state of understanding.

[00:13:24] *period of meditation*

sangha [00:41:22] *dedicating the merit*

The Four Thoughts That Change the Mind, Impermanence and Mortality
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