

2018_03_04_am5_Shamatha_LMC.mp4

LMC [00:01:47] So we're gonna do... just five or 10 minutes of meditation prefaced with... the Refuge Prayer and then we'll recite The Mahamudra Aspirations Prayer and close our session.

sangha [00:02:24] *reciting Refuge & Bodhicitta Prayer*

[00:04:06] *period of meditation*

sangha [00:24:21] *dedicating the merit*

sangha [00:26:57] *reciting The Aspiration of Mahamudra*