

2018_03_25_pm1_Shamatha_LMC.mp4

thoughts and feelings are less a problem than our attachment or aversion to them

[00:01:34] So we'll begin with the... taking refuge, the refuge prayer and the bodhicitta prayer... three times together.

sangha [00:01:55] *reciting Refuge & Bodhicitta Prayer*

[00:04:25] When you're engaging in the... practice of calm abiding... perhaps with the intention of... reducing or eliminating distractions... and all the... busy thoughts that can swirl around in our... stream of consciousness... take a moment to reflect... that the various thoughts and feelings that we're experiencing... may not be the problem. But rather, our attachment and aversion... to all of those thoughts... cause us to identify with them.

[00:05:54] So rather than reject or push away... all the feelings and the thoughts... it's better to... use the time to... look at those experiences... without judgment or... some preconception about them... or some... conception about what they mean or don't mean. ... An excellent practice of calm abiding is to just... rest your awareness... on the experience. Whatever it is, as it arises.

[00:06:58] And try not to *extend* your... session... even here... in this place and in this group, try not to extend your session... so far that you become distracted again. So before that distraction comes... having relaxed your mind and settled it on to an experience... just place your awareness again upon whatever the current experience is. ... Developing this habit... over time, many things will become clear.

[00:07:52] *period of meditation*

sangha [00:39:56] *dedicating the merit*