

## 2018\_04\_29\_am1\_Shamatha w3YR info\_LMC.mp4

*even resting awareness on the breath can be on the experience of breathing*

[00:03:06] Good morning to all of you.

[00:04:15] So, first of all... so that you'll feel comfortable... our schedule begins, as always, with turning our minds to refuge... as an antidote to our attachment and excessive activity in the world of samsara. And also turning our minds to the aspiration... that we sit here together today, on all the occasions we sit here together, that our primary intention and aspiration is to accomplish the benefit of others. And if we don't yet understand how that works... to benefit us also, individually, then we need to stay here.

[00:05:31] In addition, I know that many of you... are aware... that there are many events... developing on the horizon. Not dark clouds, but bright sun. And so, after our meditation this morning with calm abiding, we'll spend a little time looking at the consequences... of these occurrences that are coming. And explore a little bit... the skillful means... that we can each... invoke and practice... in order that in the short run, as well as the long run, that all of the efforts that we have put in over the past years, not just three years, but you might put at least one zero after the three... will bear fruit... in the way in which we intended.

[00:06:57] So after the meditation, we'll take a little break, as we usually do. And following that break, as *you* usually do... you come back and we have a... conversation, an open conversation. And following that conversation, we often take another break and then... you *don't* come back. [laughter] That's a problem. It's a problem *today*... because there are some things that you need to hear... following the break. So if you've made other plans, then you will not win the million dollar prize. But you should come back, if at all possible, to... include yourself in the matters which are unfolding, which are worthy of rejoicing in. So, of course, I'll repeat that after the break, but for now, we'll begin with refuge and bodhicitta.

**sangha** [00:08:18] *reciting Refuge & Bodhicitta Prayer*

[00:10:21] So just a short... reminder as we settle into the practice of calm abiding. ... The approach is... generally augmented... by resting our awareness... on an object... or an experience. ... Today, I would like to recommend that you use the... *resting-the-awareness-on-an-experience approach*. ... Because... as long as we are alive in this body... we are... living *in* an experience machine. Experiences unfolding continuously day and night, whether we're awake or asleep. And mostly, we might honestly say, I neither notice most of the experiences nor... recognize them. ... And yet there is nothing more important to us... individually and collectively... than the *experiences* we have.

[00:12:30] So if you are going to use... your breath as the... place to rest your awareness... if you just think for a moment... you can see that it must be true that you're resting your awareness on the *experience* of breathing. Which is slightly different than resting your awareness on your breath. ... Your breath... can be more or less consistent and clear... and yet the underlying experience... can be continuously changing. ... So our *intention*... is to remain aware... of the experience of breathing. *Not* to control the breath. ... *Not* to change the experience in any way whatsoever... but just to relax. And relax the awareness. And remain

conscious of... the experience as it unfolds. And when distracted just bring your mind back to that same place again... as often as necessary.

*[00:14:34] period of meditation*

**sangha** *[00:30:01] dedicating the merit*