

## 2018\_04\_29\_pm1\_Shamatha\_w3YR info\_LMC.mp4

**Carrying Practice:** *normalizing our practice of bodhicitta through the day, [3YR logistics discussion not included]*

[00:02:24] So welcome to you this evening. This morning, we had some important discussion, an open forum for discussing some important things. And so we will do that again today, this evening. But in order for it to not be too redundant, it would be good to ask, who was here this morning? Who was *not* here, that's even more important. Oh, good! It's one of those rare evenings when it was good that you weren't here.

[00:03:33] First, we will... engage in the practice of zhinay as normal for the evening. We'll take a break after that. And following the break, we'll have some of the material that we worked on this morning. I think you'll find it interesting. So first of all, as usual, the Refuge & Bodhicitta Prayer together three times.

**sangha** [00:04:18] *reciting Refuge & Bodhicitta Prayer*

[00:06:05] One of the subjects we... talked about this morning... concerned the process of... normalizing our practice. And while in one sense, whenever we sit down to meditate, and especially when we... generate the wish to benefit all sentient beings... it's a very *special* situation. Even better... would be... that we are so... consistently concerned about... developing our intention to benefit all sentient beings... that it occurs more or less continuously. So, we might call that *normalizing* the intention to benefit all sentient beings. It's still special, but only in the sense that... so is the ability to breathe.

[00:07:38] We would like to *encourage* ourselves continuously in the practice of meditation. Not just when we're sitting down, but at all times during the day. Carrying the practice. Reminding ourselves as often as possible. That our intention... to develop awareness, kindness, equanimity with all sentient beings... and a sharing of special joy in the accomplishment of... excellent activities and speech.

[00:08:32] So, when we sit down to meditate on calm abiding, we rest our awareness on... something... like our breath.

[00:09:02] During the practice, it's helpful to return... again and again to the... experience of breathing... while following the breath. ... And when we're distracted, it's also helpful to develop the... ability... when distracted to just set the distraction aside and begin fresh. Bringing the awareness to the breath again. ... So to the best of our ability, we'll follow this practice for... about half an hour.

[00:10:05] *period of meditation*

**sangha** [00:34:45] *dedicating the merit*