

## 2018\_05\_06\_3\_Shamatha\_LMC.mp4

*consistency develops our best habits which help us in the worst circumstances*

[00:03:55] So here we are at the last... session before lunch. Sometimes it's worthwhile... bringing our attention to... some of our worst habits. Some of the habits which lead us to... dissatisfaction and disappointment. In general, unhappiness and increased angst about all sorts of things. The reason it's worthwhile looking at those is... to go back to the beginning of this morning, it's about consistency.

[00:05:01] Which can be summarized as... the means by which we accomplish so many things... are... about consistency. The things that we *repeat*... over and over again... without much attention to what we're building or what we're... doing to *affect* our experience of ourselves and others. And sometimes what we're building is... not at all what we... *want* to build. Not at all what will lead us to any kind of... satisfaction. And by extension, what will not lead us to... being able to help others... come to some place of insight, happiness.

[00:06:27] So it's helpful sometimes to look at how it is that we come to... have all of our opinions and ideas, judgments and so on. Because we make our... mind work with insight and compassion and loving kindness and joy and equanimity in *exactly* the same way that we work with all the things that cause us the most misery.

[00:07:00] So it's worthwhile looking at all of those things. And of course, the point is... not all habits are negative. ... Not all habits are positive. Once we have identified... our positive inclinations... it's worthwhile *repeating* them over and over again. Which is why we recite things over and over again. Not just because... it's good *discipline*. But because it leads to something positive. Our *best* habits are helpful in the worst circumstances. Where, if we didn't have the habit, we would probably invoke our worst habits.

[00:08:17] So it's helpful... every time we recite the refuge prayer that we are... turning our minds... to refuge in the Buddha, and most especially also to think in our *own*... inherently awakened mind. ... And to that... very *foundation* of the practice, the aspiration to benefit all sentient beings, and the things that we do... in that direction, bodhicitta. We cannot remind ourselves enough of the importance of developing and manifesting bodhicitta. And the happiness that comes from developing that practice, deeper and deeper. And how it spreads to others. Really like a contagion... but in a positive sense. ... So again, let's recite this Refuge & Bodhicitta Prayer three times together.

**sangha** [00:09:56] *reciting Refuge & Bodhicitta Prayer*

[00:11:24] *period of meditation*

**sangha** [00:51:43] *dedicating the merit*