

2018_05_27_am2_Shamatha_LMC.mp4

practice recognizing experiences and allowing to dissolve

[00:03:27] So, we will start the session as before... with the going for refuge and the aspiration to... awaken... in order to benefit all sentient beings. ... And during this session, which if you're comfortable... or become slightly *uncomfortable* sitting... there is no injunction against... moving or standing up a little bit and stretching yourself... as you would do if you were home meditating. You might, depending upon your ability to sit for... any given period of time... likely you break that time and stand up or stretch and do something. So you're welcome to do that here, especially during these sessions... for the practice of zhinay, calm abiding. So we'll begin with the recitation of refuge and bodhicitta.

sangha [00:05:31] *reciting Refuge & Bodhicitta Prayer*

[00:07:18] Again, as your various... experiences arise... internally... in the mind as... pleasant or unpleasant... thoughts, feelings, memories, reactions to the thoughts, feelings and memories and so on... bring your awareness to them as recognition... without any need to name, or exclude. No need to have an opinion. Just the recognition. Whether the experience is external... in origin, like a sound... or a feeling in the body, like an itch... or a sense of an unpleasant memory, or a pleasant one... if you can, just recognize it... and allow it to... dissolve like a cloud in the sun.

[00:08:49] *period of meditation*

[00:25:59] *dedicating the merit*