

2018_07_29_am1_Shamatha_LMC.mp4

shamatha instructions of placing attention on object or physical sensation and then seeing connection between relaxing body and relaxing mind

[00:05:46] So this morning... our schedule is first... an hour's, a little less than an hour, maybe forty-five minutes... for those who are precision oriented... [laughter] so that time for some brief instruction and meditation. Following that we will have a break. Fifteen minutes or so and we'll come back after that... and have our usual open conversation. ... And following that... we conclude for the morning's practice and meditation.

[00:07:09] So, first this morning... as we usually do, we'll recite the refuge and bodhicitta prayer, which is meant to... remind us and renew... our wish that all of the things that we think and do and say... will be directed... to the benefit of all sentient beings. That wish and that aspiration we call bodhicitta. The aspiration to... plant in all beings the recognition of the nature of their minds. That they and all of us might recognize our own pure inherent nature. And thereby be... an example and an inspiration for others. So we'll begin by reciting this prayer three times together.

sangha [00:08:42] *reciting Refuge & Bodhicitta Prayer*

[00:10:43] So just a couple of reminders about the practice of calm abiding, also known as shamatha. ... The classic and normal, usual method for engaging in the practice of shamatha is to... place our awareness upon... an object such as... something small in front of us, like a coin or a stone. Having placed our awareness upon that object, we relax... whatever energy we expended... which is always *some*. Whatever we have expanded to place our awareness on the object... once our attention is there, we relax. Let go of any effort.

[00:12:13] Likewise, and a little more difficult, but... worthy of... working in the direction of... is to place your awareness upon a physical sensation. ... Often when we're sitting... we have some... sensation in our legs or back. So, we can also put our awareness on... one of those sensations and just... again, relax. Let the mind recognize the... experience of sitting.

[00:13:18] Sometimes it takes... more relaxation... in order for the mind to remain... stable and resting... on the object of our attention. So, we often make the mistake... that when the mind... falls off the object and we become distracted, we tend to get... more energetic... trying to hold the mind on the object. And this... is fundamental mistake. What we need to do is relax more. And little by little we'll recognize the connection... between the relaxation... of the body... and the relaxation of the mind, which results in... the awareness resting... easily, on the object of attention.

[00:14:25] So work with that. Coming back to it. Place the mind. Relax. ... Do your best to remain in this state of awareness. Relax some more. And occasionally, you'll have to start from the beginning again, which is just... completely fine. ... So, to the best your ability to work with that now for that duration of this session.

[00:14:59] *period of meditation*

sangha [00:49:35] *dedicating the merit*