

2018_09_09_pm1_Shamatha_LMC.mp4

visualizing uncountable beings when giving rise to bodhicitta, experiencing this aspiration

[00:02:41] Before our formal practice, as always, before any of our formal practices, we begin with the refuge prayer. Imagining that all sentient beings... in uncountable numbers... the ones who we wish to benefit through our own practice and our own efforts... they are arrayed in our... visualized form... extending from immediately in front of ourselves... and onward... without limit, filling all of space. Visualizing them, we then recite the refuge prayer together. Keeping in mind that our first efforts and the practice is for the benefits of all sentient beings.

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

[00:06:02] Turning our minds from all of our worldly concerns... and turning for a refuge... in the Buddha, which is the same as turning our minds to refuge in our own inherent awakened mind. Turning our minds away from all of our worldly affairs and going for refuge is first and foremost... meant to be a break, a relief... from all of the... busy activities we're involved in. A relief from all of our confusion. From all of our unsatisfied hopes and fears. And by extension, through our wish, our aspiration, we imagine that all sentient beings who have gathered together to participate... share the aspiration that they would be free of suffering and its causes. And come to directly recognize... the nature of mind itself. Holding that vision then for the duration of our session... we rest our awareness upon the experience of our aspiration. Putting aside first the conceptual aspect of that aspiration and just rest our awareness... on the experience of that aspiration itself.

[00:08:42] Now, it might be that... that aspiration is not yet strong enough... to be an anchor for our awareness. In which case, it's quite fine to place your awareness on *any* experience that you might be having. The primary and most important thing is... that we place our awareness upon an experience which is presently occurring. Not a mere memory of an experience. Unless that memory inspires... a further experience that we can place our awareness on. ... The point is always... is to bring in our awareness... to our own experience, without judgment, without hope, without fear. And to develop a consistent and reliable... presence with our experience. So, we're not so concerned about... thoughts and feelings that... move through our mind, through our awareness. They are merely more experiences. So, not so much need to... abandon those experiences and definitely no need to encourage them. ... Carefully... we place our awareness... on whatever experience, physical... perhaps some discomfort in our legs or back. That would be a fine object upon which to place the awareness. Perhaps something disagreeable or unpleasant... that we brought in with us. We can place our awareness upon that. ... Just the experience of the awareness... upon... the experience itself. So, continue in that mode, bringing your mind back whenever you're distracted. Placing the mind there... on the object of meditation and resting. Always resting.

[00:12:38] *period of meditation*

sangha [00:33:09] *dedicating the merit*