

2018_09_30_am1_Shamatha_LMC.mp4

why we start with refuge & bodhicitta, working with what's experienced now rather than wishing to remain quietly settled

[00:05:00] So first of all, we... always start with refuge and the bodhicitta prayer, and I want to just say a couple of things again. ... I need to remind *myself*... why we're here and not somewhere else. ... All of us should be aware of... our more or less continuous... identifying all of our... worldly activities, our worldly speech and possessions... identifying all of these things as a cause of happiness... and even sometimes a cause for virtue. In order to... go deep into the practice of meditation, we have to abandon that approach. ... Which is not easy. And so, in order to... encourage ourselves, we regularly turn our minds to refuge *instead*... in our... inherently awakened mind... with the wish and the aspiration that we might be able to be a cause... for the benefit of all sentient beings. ... So, we begin by reciting this refuge prayer three times together and... as you begin it, try and keep in mind the reason why you're reciting it.

sangha [00:07:50] *reciting Refuge & Bodhicitta Prayer*

[00:10:01] Calm abiding is... often thought of... as a means... to settle... our mind. ... As means to put aside distraction s.... And to rest, just present... in whatever experience arises.

[00:10:59] It's helpful, I think... to *not* assume... that the mind will settle quietly... and remain quiet... and that we will feel a sense of peacefulness... sense of contentment. There is no certainty of this. In fact, it could be that the mind becomes... more unstable just by virtue of making the effort to remain stable.

[00:12:06] So, perhaps the more fruitful approach is to... raise your awareness... for whatever experience... is occurring, that you're having.

[00:12:32] If your legs are uncomfortable, then you can notice that. If you find your mind busy... occupied with coming events of the day or memories of yesterday... you can even rest your awareness on that... process as it unfolds... as if you were *witnessing* it... rather than *being* it. So, as many times as necessary during the session... just remind yourself, gently... of the instruction. Let go of your identification and attachment... to experiences that arise and just be... fully present with them. Bringing your mind back to that as many times as necessary.

[00:13:56] *period of meditation*

sangha [00:44:15] *dedicating the merit*