

2018_09_30_pm1_Shamatha_LMC.mp4

zhinay practice of resting awareness on whatever experience arises

[00:04:05] So, we begin by... establishing the inner environment for our meditation. ... And we do that by turning our minds to... the Dharma. Turning our minds to the practice of zhinay, which is the practice of resting one's awareness... on an object or... *just* resting the awareness. In this way, we establish... an appropriate environment, which is appropriate because... it supports our meditation. ... As part of that process, we... recite the refuge prayer together three times considering... just that we are still... establishing the environment for our meditation.

sangha [00:05:36] *reciting Refuge & Bodhicitta Prayer*

[00:07:15] Regarding... the practice of zhinay... resting our awareness on an object... or just resting our awareness... it's important to understand that there are... many, many... maybe hundreds... even more, methods of practicing zhinay. So later, when you encounter... various instructions, you understand that... there are many alternative methods.

[00:08:10] Here this evening... we want to... rest our awareness upon... whatever experience is arising. Whether it be a physical experience like... a discomfort, by virtue of sitting in whatever posture you're sitting in. Could be a very pleasant experience as the mind settles peacefully. ... And everything in between.

[00:09:10] As we settle the mind then on whatever experience we're having... we also need to know that the experience we're having in this moment... will not survive... likely, more than a moment. So, the experiences come... continuously... and dissolve... into emptiness continuously... whether we... want them to or not. And so, resting the mind on experiences as they arise, abide for a moment and dissolve... is a very fruitful method for practicing zhinay.

[00:10:10] In time, engaging in this practice... we each will come to the place of recognizing the experience that arises... as the expression of mind itself. ... So, the result of this practice is really... extraordinary. And worthwhile engaging in... many times during every day. ... So, for the duration, for about another 40 minutes or so... if you can continually place your mind upon whatever experience you are having. ... Rest your awareness on whatever experience you're having. ... See it clearly with the mind's eye... without attachment, without aversion, without expectation, without hope, without fear. ... Doing this consistently... the fruit of the practice will... be born naturally and effortlessly.

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

sangha [00:41:27] *dedicating the merit*