

2018_11_25_am1_Shamatha_LMC.mp4

instructions for placing awareness on object or experience for short times many times

[00:03:10] So, as we begin our morning session... it's always helpful to review in our minds... the foundation of our... practices. And a quick planting of the seed in our minds... that we... engage in our meditation... in order to accomplish the benefit of others. ... And we go for refuge... to the awakened mind itself... which we call the Buddha. Going for refuge to the awakened the mind itself is... an *alternative* to our usual... refuge and reliance upon... all our worldly endeavors... our worldly possessions and so on. All these things that constitute our usual *worldly* refuge... which by the time that we... have reached the age that most of us have reached... we might have recognized the futility of those refuges as a source of happiness and peace of mind and insight into the nature of mind and so on. So, we begin this morning, then by... turning our minds to refuge... to the Buddha, to the awakened the mind... by reciting the Refuge Prayer and making an effort to pay attention to it as we recite it.

sangha [00:06:01] *reciting Refuge & Bodhicitta Prayer*

[00:08:32] First, as we... begin our session, we settle our bodies. Relaxed... as much as we are able. Sitting vertical, if at all possible... in order to remain more awake, more clear. ... And in this practice of calm abiding, or shamatha... we want to encourage ourselves... to remain still in the body. And encourage... our minds to also settle and remain still... and awake. ... Of course, we... may be distracted... whether we want to or not. And so, it can be helpful... to have an object upon which to rest our awareness... thereby making it easier to remain still and clear.

[00:11:00] There are many different objects upon which we can rest our awareness. Could be a feeling in your body. A pleasant feeling or an unpleasant one. ... It's best not to grasp... after the pleasant ones. Best not to develop an aversion to the unpleasant ones. If you're not familiar with the practice of settling the mind in this way... one suggestion that can be very helpful is to... place the mind for only a very short time... on an object. Whether it's, again, a feeling or a physical object in front of you... rather than trying to settle the mind clearly for the duration of this meditation session, which could be quite difficult... settle the mind first for just a few moments. ... And in those few moments... place your awareness upon... whatever experiences are arising... in the mind or in the body. Just for a few moments. Maybe 10 seconds.

[00:13:21] And if that short term... passes and you... can say that you had the experience that you were not distracted during those few moments... then rest just another few moments and try it again. ... It's much easier... to rest the mind for a few moments or a few seconds... on any... object, including your own awareness. Much easier to do that in a short time than a longer time. And the important thing is success. So, if you try it and it works, then you can try a little longer session. And if it doesn't work, then try a shorter session. Until you have the clear and definite experience... that the mind relaxed and rested for a few moments. And then just repeat that... regularly... periodically... during the remainder of the session.

[00:15:02] *period of meditation*

sangha [00:46:52] *dedicating the merit*