

2019_02_03_am1_Shamatha_LMC.mp4

refuge as abandoning the causes of confusion and so able to embrace causes of enlightenment, importance of relaxing

[00:06:56] Let's remind ourselves... that when we turn our minds to... refuge in the Three Jewels... we are turning our minds from... the confusion of the world. And we are also turning our minds from... actively participating in that confusion... from which there is no end. So, it's important when we recite the... Refuge Prayer to the Buddha, Dharma, and Sangha... that we do not arrogantly... think that we are abandoning something which is external to ourselves. Rather, we are... abandoning... the causes... of confusion and thereby making it possible to embrace... the causes of enlightenment. So, we'll recite this prayer now three times together.

sangha [00:09:02] *reciting Refuge & Bodhicitta Prayer*

[00:11:31] In the... most profound aspects of... the *simple* practice of calm abiding... we are meant to discover... to recognize... at any moment... and for any duration... the nature of mind itself. ... And as we have previously mentioned... in other times... that is often the case... that practicing calm abiding... can *feel*... like it is a cause of confusion. This meditation is not a *cause* for confusion. ... It's more a cause for recognizing that confusion. And so, while we often carry our confusion with us to all of our friends... to the people we have never met before, but will meet... today and some other time... it's helpful... to keep in mind... that when we see clearly... our own confusion... when we see that confusion clearly, we are also in that moment witnessing... the cause of that seeing. Which is to see... the confusion and its cause... is the same as to recognize the *nature* of that cause, which is in essence the nature of mind itself.

[00:14:46] So, when we relax here in this practice of calm abiding... do your best to stay... present. Without wandering into today's... planned activities, whatever they might be. Without wandering into previous conversations. This time of sitting in calm abiding is precious... for many reasons. One is that... the very length of our own lives is uncertain. ... And so, to waste this precious time would be a shame.

[00:15:56] So, keeping this in mind... we'll begin the practice of calm abiding. Relax. Relax is more important than any other single thing in this practice. For without it, you have no hope of practicing calm abiding. So, while sitting still... imagine that all of your concerns... are dissolving. And that your sole intention and interest... is to accomplish the benefit of all sentient beings... directly... through your understanding... *witnessed* in the context of calm abiding. During the session, if you find yourself... unstable... physically unstable, mentally unstable... just as many times as necessary, bring your awareness back. Place your awareness on whatever experience you're having in that moment... *This* moment. And relax your awareness on that experience.

[00:17:50] Even if the experience is traumatized, even if the experience is very naturally still... the practice of calm abiding itself... will carry... you forward. And with the intention... to bring great benefit in this life to all sentient beings... you will discover that benefit... in your own practice.

[00:18:32] period of meditation

sangha [00:46:53] dedicating the merit