

2019_03_03_am1_Shamatha_LMC.mp4

Carrying Practice: *regularly and repeatedly rest awareness on experience*

[00:04:03] So, first of all, welcome to all of you for this meditation session, which we'll begin with some brief instruction following our recitation of the refuge prayer. Turning our minds to refuge in the Three Jewels of the Buddha, the Dharma and the Sangha. And also... alternatively, turning our minds to refuge in the awakened mind itself, which we are each thoroughly possessed with. ... It is of some great importance... that when we sit down to meditate... that we *turn* our minds to refuge... in the Buddha, the Dharma and the Sangha. Because if we do not do that... and/ or if we do not carry that forward in our practice during the day... we *lose*... an enormous opportunity to integrate... all of the teachings that we practice when we come together, and hopefully also between sessions.

[00:06:14] When we come together and sit together and meditate... there are generally two reasons why we do it. One is... in order to imbue ourselves with a sense of... peace and confidence. ... And the other one... of significantly greater importance... is to sit down and meditate in order to... develop our ability... to *work* in wholesome ways... with difficult situations. Difficult situations physically, mentally, difficult situations in all of our relationships with each other. The point is to develop the ability... to work with those difficult situations... with earnestness. A sense of understanding the promise that lies in those practices. So, we begin this morning with a recitation of the refuge prayer together three times.

sangha [00:08:08] *reciting Refuge & Bodhicitta Prayer*

[00:10:57] In your practice of calm abiding... one of the keys... to establishing that meditation... is to repeat it... regularly. And regularly here means... repeat it often enough... during the day... and the night... whenever you have a wakeful moment... bring your awareness to resting *itself*... on whatever experience is arising. If you have your awareness resting... on a significant object, something that is *moving* for you, that's the best. And it doesn't matter whether the experience... is pleasant or unpleasant. We *want* to practice so often... that it comes *naturally* between our breaths during the day and night. And thus effortlessly... inevitably... it imbues our body, speech and mind... and our understanding goes deeper and deeper. To the best of your ability now, engage in that practice... for a while, before our break.

[00:13:27] *period of meditation*

[00:27:14] When you're sitting for... a longer or shorter period of time... it's helpful for body and mind... to take a short stretch. It can be done in place without getting off your cushion, but if you feel like getting off your cushion and stretching, that's also okay.

[00:27:41] *period of meditation*

sangha [00:47:12] *dedicating the merit*