

2019_04_14_pm1_Shamatha_LMC.mp4

the actual experience of the body being still and relaxed, tips for short time many time method

[00:04:12] So, good evening to all of you. It's nice to spend the evening with you today. Our first piece is to recite the Refuge & Bodhicitta Prayer... trying to keep in mind the experiences that arise as you recite that prayer. Resting your awareness on the experience of it. We will recite it together three times.

sangha [00:04:58] *reciting Refuge & Bodhicitta Prayer*

[00:06:42] Beginning the meditation practice of calm abiding this evening... in the beginning... we sit down and relax. And the relaxed part has a... special meaning, in that our intention should be, and our efforts should be, focused upon... the actual experience of the body sitting here. ... Without the need for personal commentaries. ... Without attachment to any of the experiences which arise. Without aversion or disappointment. Our objective is to remain still in the body. And still... in the mind.

[00:08:25] So, periodically... which could mean... very short period, like just a few seconds or a few minutes... check to make sure that you have not... taken refuge in your distractions. ... And if you have... taken refuge in your distractions, then... refresh your mind a little bit. Move your body, even get up and move... and start fresh. That is to say, sit down. Begin again. ... Relax the body. Relax the mind. ... Bring your awareness to the experiences naturally arising all the time. ... Relax.

[00:09:39] *[period of meditation]*

sangha [00:49:15] *dedicating the merit*