

2019_05_12_am1_Shamatha_LMC.mp4

imagining all beings present when giving rise to bodhicitta, the practice of bringing awareness to our experience is vessel for entire Dharma

[00:07:28] So, we begin this morning by reciting together individually... the Refuge Prayer for turning our minds from all of our worldly concerns. Placing our full attention... instead, upon... why we're here. Which is... for spiritual development... and not for other things, for this period this morning. So, we'll begin by reciting the Refuge & Bodhicitta Prayer together three times.

sangha [00:08:25] *reciting Refuge & Bodhicitta Prayer*

[00:10:33] Take a moment... to remind ourselves... that our primary reason for engaging in the practice of calm abiding, as well as all our other practices... is to benefit all sentient beings. So, the calm abiding practice is not *merely* to establish calm abiding for ourselves... but to establish the well-being... of *all* sentient beings, human and otherwise.

[00:11:37] In order to... engage in that... activity, in the most fruitful way, we imagine... that we are sitting with all sentient beings. Present with us at this moment. And we can... imbue the presence of all beings by literally visualizing them. Humans and animals. Beings that we cannot see. Uncountable. Infinite in number. And our objective first... is to connect with all those beings who experience the same things we experience. And most importantly... to begin with, we need to have the experience... that the well-being of all of these sentient beings... is *primary* in our interest. ... If we can do that, if we can maintain that attitude and intention... then our own benefit, and *only* then, our own benefit will arise... naturally, by virtue... of the profound goodness of our intentions.

[00:14:08] So, we begin... by noticing... our bodies. Some of which... are likely comfortable and others not so comfortable. And if you need to move during this session in order to become more comfortable, that's okay. ... We also need to notice... in addition to our physical bodies, we have a mental... body in the sense of ... experiencing... positive, pleasant experiences and not so pleasant ones.

[00:15:15] The practice of calm abiding... bears its fruit most... clearly... when we are aware of our experience without... holding on to it. Without grasping it. Without pushing it away. Without putting too much energy into wishing that it was pleasant, more or... less painful. In other words, we have a sense of equanimity with our... bodies as well as our minds. What arises as an experience... is just that. No need to make it less or more.

[00:16:39] When we're distracted, which is virtually certain... as soon as possible, we recognize we're distracted and it may bring our awareness back... to whatever the experience is in this moment. That activity... of bringing awareness to our experience is the very foundation... of our practice. And it is through *doing* that... that our empathy with others... is nourished. So easy... to just continually bring your awareness to the experience.

[00:17:50] Sometimes we say... the practice is to do that without hope and without fear. Without hoping for a different experience, without fearing that we'll be unhappy or more pained. We just bring the awareness back. In many ways, we could say... that simple, straightforward practice is indeed... the vessel for the entire Dharma.

[00:18:36] So, there are many practices. Elaborate and simple. In some way, they are all based upon our ability and our willingness... to just be present... with a sense of equanimity in relationship to our experiences. Without hope and without fear.

[00:19:18] So, in that way, continue for the duration of this session. Reestablishing... that practice as often as necessary. Put aside disappointment. Put aside hope of a better session. Just engage in it in the same way that you would walk across the street. Putting one foot in front of the other. ... In that way, the fruit... will naturally arise. And you'll notice it.

[00:20:10] period of meditation

sangha *[00:50:05] dedicating the merit*