

## 2019\_05\_19\_pm1\_Shamatha\_LMC.mp4

*a refuge & bodhicitta visualization*

[00:08:59] As we turn our minds to refuge in the Buddha, the awakened mind... the teachings and the community of practitioners... we imagine in front of us... all sentient beings... uncountable in number... arrayed before us... as a vast sea of beings. And we imagine that all of them... recite the refuge and bodhicitta aspirations.

**sangha** [00:10:14] *reciting Refuge & Bodhicitta Prayer.*

[00:10:14] *period of meditation*

**sangha** [00:46:24] *dedicating the merit*