

2019_06_02_am1_Shamatha_LMC.mp4

Carrying Practice: with unbounded interdependence 4 Immeasurables and bodhicitta 24/7

[00:05:28] Of course, we will have our meditation. Followed by some more meditation. And then somewhere, not too far from now, we'll have an open conversation. And first of all, I would like to just make a couple of... observations, in case you didn't notice. ... And the observation is... not just an observation, but... an injunction. *Please notice...* that everything that we do... bears a result. And in that simple... most likely, thoroughly obvious... formula... the vast majority... of all the teachings... of all the schools, more or less... rest in that... simple causal condition, which we call... unbounded interdependence. ... You could ponder it... day and night, but likely it's one of those things that the first time you hear it, it immediately is clear what it means. ... It's helpful for us, whether we are engaging in our meditation practice or... going for a walk. Paying attention to our experiences as they flow. ... Everything we do... and everything we think about what we do... and every word we utter to our friends and colleagues about what we do... bears results. And it is of *great* importance for us to hold that view as often... as possible. Because even when we forget... forgetting itself, bears results. ... And that can lead to problems.

[00:09:16] So, when we begin by... going for refuge to the Buddha... it's helpful to recall... one or more of the meanings of going for refuge to the Buddha, one of them is to go for refuge to... the statue of the Buddha. Or the personage who *was* the Buddha. Or maybe we shoot for the sky and say we're going for refuge... to our own awakened mind. Try to make it up that ladder as quickly as possible. ... So, holding that in mind... when we recite the refuge liturgy... and that will be helpful to bear more positive results... then merely a pro forma recitation with perhaps little or no meaning behind it.

sangha [00:11:08] reciting Refuge & Bodhicitta Prayer

[00:13:13] Normally when we ponder... the meaning of interdependence... I imagine, that for most of us, it is a thoroughly *conceptual*... pondering. Trying to see... how today comes from yesterday and tomorrow comes from today. ... But again, this is simply a form... that will bear little, if any, fruit. ... So, when we meditate upon the... experience of... causes and conditions and interdependence... it's of great importance not to spend our time trying to see *how* things are connected. It's far better... and far more efficacious to... just hold the view... that there is no such thing... as an action that I commit that will not bear its fruit. There *is* no such thing... as an action committed that does not bear its fruit. Whether it is positive or negative... it is infallible. And... that infallibility... can become our view... of all of our experiences. ... Which makes it *possible*... to recognize the *value*... of loving kindness. ... Value of compassion. ... The wish for the happiness of all beings and the wish that they are free from the causes... and the experience of suffering. Holding that view... in your hand... helps to... *engage* in those activities... that bring happiness to ourselves and to others.

[00:17:06] So, when you rest in the... practice of calm abiding... it's okay... to add to that practice... an *awareness*... that you are *resting* your awareness... on the experience... of those meditations. ... In that way, we little by little... encourage ourselves. During the day... and the evening and the night and when we're asleep even... to hold the wish... of the goodness for *all* beings that they might be free of suffering and the causes... of suffering. And that they... might engage in the activities which become the cause of... benefits... for oneself and for all of those we touch. ... So, having gone for refuge... then we just relax. Not sleep, but relax. And as often

as necessary, bring our awareness, our attention back to... our experience of the meditation. Placing our awareness there over and over. And each time, having placed the awareness there, we let go. ... Little by little, it becomes so natural... that we do it even in the midst of conversations, even in the midst of dreams.

[00:19:46] period of meditation

sangha *[00:47:32] dedicating the merit*