

2019_06_02_am2_Shamata_LMC.mp4

the practice of taking refuge absolutely fresh

[00:01:23] We will recite the... Refuge Prayer, again, as we did earlier. It is... too easy... to recite that prayer while we are asleep. ... But I don't mean when you're horizontal, but just when we're not paying attention. That is not the best time... to recite this prayer. In fact, it's not the best time... to do anything worthwhile.

[00:02:14] So, when we recite it... take a moment and imagine... that you had never seen... the prayer before nor recited it before. Strictly speaking, that is the truth. You have never seen it before and you have never recited it before. ... It's like the thought that comes into your mind in this moment... that thought has never appeared before. And the moment it's gone, it never returns. So... in order to keep our practice from... moldering... if we remind ourselves of that... that no experience appears twice... then when we enter the recitation of refuge... we are more likely to have the experience... that we have never turned our minds to refuge before. If we did that... every time that we recited the refuge prayer, safe to say, the experience we have would be radically different.

[00:04:14] So, take a moment or two. Let go of all the other things. Think how truly extraordinary it might be... to recite the refuge prayer and have the experience that it was absolutely fresh... every time you did it.

sangha [00:05:09] *reciting Refuge & Bodhicitta Prayer*

[00:06:59] During this session, if you... feel like it would be helpful. Don't hesitate to move your body. Stretch a little bit. Even if helpful, get up and move a bit. And then when you are ready to continue, you can sit down again. Sometimes that's... helpful. And sometimes it's helpful just to continue... with the practice. So, a little experimenting can... go a ways to... waking up again, which is the point, always.

[00:07:53] *period of meditation*

sangha [00:39:50] *dedicating the merit*