

2019_08_11_am1_Shamatha_LMC.mp4

resting the mind on whatever arises as antidote for our busy mind habit

[00:04:29] So, we'll begin this morning turning our... minds... to refuge in the three jewels, the Buddha, Dharma, and sangha.

sangha [00:04:54] *reciting Refuge & Bodhicitta Prayer*

[00:07:17] So, in the practice of calm abiding... we usually begin... by placing our awareness on an object of some kind. A little statue of a Buddha. Or a stick or a stone. Anything at all seems to be helpful. However, this morning... I want to suggest... a variation. Our usual intention includes the aspiration... to rest our awareness... on the mind. Or *in* the mind... by some variation. ... But this approach also has its shortcomings. ... The shortcomings... have to do with our conceptual understanding of what we're doing... by settling the mind... in a way, which for most of us, is... to some degree... in an odd way, *unnatural*. If we might make a distinction between what we easily and usually do... when we are out and around or having conversations... our minds are busy. And we encourage them to *be* busy. And that deep habit when we sit down... is difficult to abandon.

[00:11:14] So, one antidote... for that... fault... is to allow our minds... and let's say first, '*allow*' is really the wrong word since... we actually, if we noticed, we don't get to decide what our mind is mulling over. Or what our distractions are. We are, for the most part, helpless in that context. So, rather than try to *fix* it... we can step up to a slightly more, let's say, exalted standard. Where we make an agreement with ourselves... that *whatever* arises in the mind... and for however long... whatever arises in the mind abides... we will turn our meditation to rest our awareness on those things that arise. ... So, try this morning... to not pick and choose what the object of the meditation is. See if you can rest your awareness... on whatever arises. As it arises. For as long as it arises. ... And when nothing arises... just let your awareness rest in *that* place. So, to the best of your ability... try this alternative approach for the duration of our session this morning.

[00:14:18] *period of meditation*

[00:27:41] Take a couple of minutes and stretch a bit. Relax.

[00:28:40] When we sit in shamatha, we often... find that we have an attachment to various things that arise in our minds. And conversely, an aversion to other things which arise. Perhaps we get angry. And then we judge ourselves for being angry. ... Perhaps we make an effort to *not* be angry. The instruction this morning is... do not fix anything. Let it be like it is. And to the best of your ability... remain lightly aware... of the feelings, the thoughts, the experiences. ...

[00:30:14] Let us imagine that... we have only just met ourselves. ... So, we have no idea who we are. What we do. We have no ethics. No behavior standards. So, we are just *still*... and lightly noticing the things which arise... and dissolve back into our mindstream. And the things which arise and do not dissolve back into our mindstream. ... Don't fix it. ... So, we'll continue for a while.

[00:31:25] *period of meditation*

sangha [00:46:20] *dedicating the merit*