

2019_10_06_am2_Shamatha_LMC Ig.mp4

letting our awareness encompass all with no need to fix anything

[00:04:48] So in this session it will be good to make an effort to soften your attention. So if you have the habit, of again focusing spiritually on something, try to let go of that. And bring your awareness softly to your entire experience. The itch on your head or the pain in your back... or some discomfort in the way you are sitting... or some kind of an emotional experience, do not separate all of those things. ... Let your awareness just encompass the entire thing... all at once. And it is not necessary to hold it all together. Definitely not to *fix* it into something that doesn't move or change. And let go of it and come back to it. Let go of it and come back to it. ... And over some time, it will feel natural to rest with the totality of your experience.

[00:06:38] short period of meditation

[00:07:20] If you find yourself in a strong emotional state... best not to do anything with it, not to change anything... even if that emotional state is anger or disappointment. Whatever it is just be that. As our teachings are... our negative emotions in and of themselves are not an issue. They are only an issue when we give rise to attachment and aversion. Otherwise, they are just experiences. And in this version of shamatha, the experiences themselves are the object of meditation. So there is no need, fact best not, to try to make those things into something. Just whatever it is that arises is fine.

[00:08:58] period of meditation

Sangha [00:50:18] dedicating the merit

[00:51:27] Okay, we'll take a stretch break... and then sit for 3 more hours. [laughter] We'll take a little break and then come back and have our... conversation, Q&A, those things.