



Kelsang Jampa on Guided Meditation at TEDxSarasota (Full Transcript) | 1

Here is the full transcript of an American Buddhist monk Kelsang Jampa's TEDx Talk on Guided Meditation at TEDxSarasota Conference.

MP3 Audio:

<https://singjupost.com/wp-content/uploads/2017/01/Kelsang-Jampa-on-Guided-Meditation-at-TEDxSarasota.mp3>

YouTube Video:

Kelsang Jampa - American Buddhist monk

Our mental peace or inner peace is the true source of happiness, and when I say happiness, I don't just mean superficial happiness, like our ordinary pleasures that easily turn into pain, or our excitements that easily become disappointments.

When I say happiness, I mean a deep inner peace and joy, a contentment and well-being that we can share with others. A happiness that makes others happy. It's very beautiful.

And also, our inner peace, the source of our happiness, also happens to be the source of outer peace. From inner peace, naturally outer peace will follow, of course.

So, now for the next maybe 12 or 13 minutes, what I'd like to do is guide a

breathing meditation, so you can follow, and collectively we're going to create maybe not world peace, but theater peace together. It's a good beginning.

OK, so to begin. Whenever you begin meditation, the first thing to do is find a comfortable meditation posture. And the most important thing is that your back is nice and straight. This will help you to remain much more alert during the meditation.

Your eyes can be partially closed, and your hands resting comfortably inside your lap.

And then, allow your mind to just relax, letting go of all ordinary concerns, and temporarily to stop thinking about anything.

And then you can turn your attention to the sensation of your breathing. Gently and naturally, inhale and exhale through your nostrils. Become aware of the sensation of your breath right at the tip of your nostrils as you inhale and exhale. This sensation is your object of meditation.

With mindfulness, focus on this sensation, the gentle rhythm of your breathing, to the exclusion of everything else. If other thoughts begin to arise, resist the temptation to follow them.

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Remain mindful of the sensation of your breathing, moment by moment. If, at any time, your mind has wandered and is following your thoughts, then immediately, but gently bring your awareness back to the sensation of your breath.

Continue to do this until your mind begins to settle or rest in a gentle



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rhythm of your breathing.

And just for the last minute or so, remain mindful of the sensation of your breath. And in this way, through gentle effort in meditation, when the busyness of turbulent distracting thoughts subside, we have the opportunity to experience our own mind as very still, peaceful, clear, and spacious. And this mental peace is a sign of the much greater potential for peace that already lies within us. We are tapping into our potential to create peace.

And before we arise from this meditation, we can develop a determination to maintain this peaceful mind and good heart, and to share this experience with others. In this way, may everyone find true happiness, and may we create peace in our world.

And so, when you're ready, you can begin to gently relax your concentration, and as you slowly arise from the meditation, please bring this peaceful feeling with you.

Thank you very much.

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