

HOW TO DEVELOP BODHICITTA

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Week three:

1. Meditate 10-30 minutes per day in the following manner.
Spend 3-5 minutes practicing mindfulness of breathing or nine-round breathing

Read and contemplate the ***Three Principal Aspects of the Path or Foundation of All Good Qualities*** as a way to setting your motivation for the actual meditation.

Practice the **meditation on equanimity, recognizing beings as having been our mothers, recalling the kindness of beings, resolving to repay the kindness of others** and then add meditations on **equality of self and others, faults of self cherishing/selfishness, the great value in cherishing others** for the remaining time.

Do a brief dedication - such as Shantideva's dedication..."May all beings everywhere plagued by the suffering of body and mind...."

2. Read Rilbur Rinpoche's biography and the Seven Point Cause and Effect Instruction and Exchanging Oneself and Others in the ebook, ***How to Generate Bodhicitta***
3. One suggested practice is to consciously recall the faults of self-cherishing/selfishness (that devilish mind that steals our chances for lasting happiness) and the value of cherishing others and bring this awareness into daily life. Also recall the equality of self and others...we all want happiness and to avoid problems/complications/suffering. Try it for just one week (or more).