

Developing the Wish for Enlightenment/Bodhicitta

The following section describes an extraordinary combination of the two methods (seven cause/effect and equalizing/exchanging self and others) for reaching the wish for Enlightenment. The lineage of these teachings is from Buddha Shakyamuni eventually through Lama Atisha to today's masters.

There are twelve steps in the instructions on the combined practice.

1. Developing equanimity.
2. Knowing all living beings as our mother.
3. Remembering the past and present kindness of all mother beings.
4. Developing the wish to repay the kindness of all mother beings.
5. Equalizing self and others.
6. Contemplating from many angles, the dangers of self-cherishing.
7. Contemplating from many angles, the advantages of cherishing others.
8. The actual practice of exchanging self-cherishing for cherishing others.
9. The practice of taking, focusing on compassion.
10. The practice of giving, focusing on love.
11. Developing superior intention.
12. Developing Bodhicitta.