

HOW TO DEVELOP BODHICITTA

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Week Two:

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*** 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, affectionate love and compassion** 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 in the ebook, ***How to Generate Bodhicitta***
 3. See if you can bring the practice into your daily life and discuss with your buddy or class next week if you'd like. One suggested practice is to consciously (not outloud:) label everyone you see as "kind mother sentient being." Just a suggestion. Try it for just one week.