

HOW TO DEVELOP BODHICITTA

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Week four:

1. Meditate 10-60 minutes per day in the following manner.
Spend 3-5 minutes practicing mindfulness of the breath 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. Be mindful of what the words are pointing to, don't just regurgitate the text... Allow yourself to be inspired, to practice well and recall life is precious and very short.

Practice the **meditation on equanimity, recognizing beings as having been our mothers, recalling the kindness of beings, resolving to repay the kindness of others, equality of self and others, faults of self-centered attitude, the great value in other cherishing mind** (these points can be covered rather superficially because we want to put most of the time and effort into meditating on)

exchanging the self-centered attitude for the other--cherishing mind tong.len/taking (compassion) and giving (love) for the remaining time.

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

2. Read Rilbur Rinpoche's ebook, **How to Generate Bodhicitta** again (at least twice)
3. Suggested mindfulness practice: **tong.len** all day long, every chance you get. Work with present and future self, then friends, strangers, enemies, everything you can imagine...even the Republicans and Democrats...Isis...all kinds of living beings.

Memorize these lines from Shantideva's text and be ready to recite next week;-))

***"Whatever suffering there is in the world
Arises from the desire for one's own personal happiness.
Whatever happiness there is in the world
Derives from desiring happiness for others.***

***If one doesn't attempt to truly exchange
One's own happiness for the suffering of others,
One will fail to become a Buddha
And even in samsara will be bereft of happiness."***