

# HOW TO DEVELOP BODHICITTA

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Week One:

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** for the remaining time. Suggest using **Enso/Meditation Timer** and **Bell app**  
  
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 of equanimity into your daily life and discuss with your buddy or class next week if you'd like.