

Generating Bodhichitta 3: How to Practice the Eleven-Point Method of Generating Bodhichitta

*(Combining the two methods of Equalizing and Exchanging Self with Others, and the
Seven-point Technique of Mahayana Cause and Effect)*

Preparation: Start with a 5-minute breathing meditation. Focus the attention on the breath (the sensation of the breath flowing in and out at the opening of the nostrils). Let all thoughts go, like clouds floating through the sky. If distractions arise, be aware of them without getting involved and without judgment, then gently bring the attention back to the breath.

Motivation: When the mind is calm and quiet and you feel relaxed and focused, create an altruistic motivation for the meditation session. Think that you are meditating not just for your own individual intellectual or emotional benefit, but you are taking the time now to meditate and develop your mind to reach the state of enlightenment where you can most skillfully benefit all beings. (Spend as much time as you need to feel this motivation in your heart.)

Body of the meditation:

Use the meditations of Generating Bodhichitta 1 and Generating Bodhichitta 2 of this unit, and combine them in the following way:

1. Equanimity meditation
2. Recognizing all sentient beings as having been your mother
3. Recognizing the kindness of sentient beings when they were your mother
4. Recognizing the kindness of sentient beings at all times
5. Equalizing self and others
6. The disadvantages of the self-cherishing thought
7. The advantages of cherishing others
8. Taking (Great compassion)
9. Giving (Great love)
10. The extraordinary thought
11. Generating bodhichitta

Dedicate the merits to enlightenment with an understanding of emptiness.