

Techniques to Generate Bodhichitta

Preliminary Step: Developing equanimity

1) The Seven-Point Cause-and-Effect Instruction

- I. Perceiving all beings as one's mother
- II. Remembering their kindness
- III. Wishing to repay their kindness
- IV. Generating great love
- V. Generating great compassion
- VI. Developing the pure superior (altruistic) intention
- VII. Resulting in the mind of enlightenment, *bodhichitta*

2) Instruction on Equalizing and Exchanging Self with Others

- I. Equalizing oneself and others
- II. Contemplating the shortcomings of self-cherishing
- III. Contemplating the advantages of cherishing others
- IV. The actual thought to exchange self with others
- V. Taking and giving:
 - a. Taking on the suffering of others through the power of the motivating vision of compassion
 - b. Giving away your happiness to others through the power of the motivating vision of love
- VI. Developing the pure superior (altruistic) intention
- VII. Resulting in the mind of enlightenment, *bodhichitta*

3) The Eleven-Step Combined Method

- I. Developing equanimity
- II. Perceiving all beings as one's mother
- III. Remembering their kindness
- IV. Wishing to repay their kindness
- V. Equalizing oneself and others
- VI. Contemplating the shortcomings of self-cherishing
- VII. Contemplating the advantages of cherishing others
- VIII. Taking on the suffering of others through the power of the motivating vision of compassion
- IX. Giving away your happiness to others through the power of the motivating vision of love
- X. Developing the pure superior (altruistic) intention
- XI. Resulting in the mind of enlightenment, *bodhichitta*

For more information: <https://www.lamayeshe.com/sites/default/files/HGB.pdf>