

SUNLIGHT ON SHADOWS: Embracing Great Compassion

Meditation 10 *Creating Merit*

Contemplate the benefit of making your motivation limitless.

What's the benefit of thinking of all beings—not just human beings and not just beings we can see, but, if there are any other beings, for them too?

What's the benefit of thinking “for all time?”

Notice the difference in the impact in your mind and heart when you establish pure motivation with the understanding of the limitlessness of the scope.

What's the difference in the quality of the action, of your relationship to the action, and of your relationship to the results of the action when the scope is so vast?