

Meditation 11

The Effects of Gathering or Depleting Merit

Think back through your life to periods when you were consumed by self-concern, whether it was in the form of ambition, great bliss or suffering, or anything in between. What were the short-term consequences in your outer circumstances such as jobs or relationships? What were the consequences in your mind—the presence of altruism, selfishness, or anything in between?

What were the longer-term outcomes in your outer and inner circumstances?

Think back to periods when you were guided by selfless concern for others, whether in your personal, work, or community relationships. What were the short-term outcomes, including confidence in your positive qualities or opportunities to benefit others?

What were the longer-term consequences in your outer circumstances as well as in the presence of positivity or negativity in your mind?