

Meditation 15

The Four Powers of Purification

Begin by establishing your motivation to do this meditation for the purpose of purifying whatever obstructs your ability to be of limitless benefit to all beings.

Imagine in the space above and in front of you the embodiment of the inherent purity of your own and all beings' true nature—limitless wisdom, loving kindness, compassion, and the capacity to benefit—as the witness or support for your purification.

Bring to mind and sincerely regret anything you've ever done that caused you to fall away from your inherent purity. Think about times you've overtly harmed others, and imagine the consequences in their lives and in the lives of those around them. As well, regret any habits such as anger, guilt, or low self-image that have added ore to the crystal instead of removing it.

Make a commitment not to repeat those actions and to a process of change to ensure you don't perpetuate them. Instead of repeating, "I, me, and mine," refresh your motivation and your practice for the sake of others who may or may not have the tools they need to find the happiness they seek. Commit to continuing to purify your old habits and to reinforcing new ones for the sake of all beings.

Due to the sincerity of your regret, of taking responsibility for your actions and habits, and of your commitment to change, imagine the radiance of limitless wisdom, loving kindness, compassion, and the capacity to benefit radiating from the representation of mind's purity in the space in front of you and washing through you, completely purifying whatever it is that's in the way—the ore, the mud, or the dust of obscurity—leaving nothing but the pure, crystalline nature of your being.

Then dedicate the merit of your meditation to those you're aware of having harmed, those you're not aware of harming, and, ultimately, all beings.