

SUNLIGHT ON SHADOWS: Embracing Great Compassion

Meditation 2

I, Me, and Mine

Start by examining, deeply, in your life and the lives of others:

—How has what you repeat in your mind created certain outcomes?

—Has acting in a self-centered way—putting your needs before the needs of others—caused harm?

—At times when you weren't conscious of the needs of others, were your actions toward others careless or harmful and, if so, how?

—If your motivation isn't truly pure, does this compromise your future ability to benefit others in some way and, if so, how?

—Have your actions created a forest that produces plenty of pure medicine that you've been able to share with and benefit those around you, and how has that happened? If that hasn't been your experience, do you feel it's important to increase your capacity to make that happen?

Contemplate each of the above questions repeatedly, from many different angles, examining the circumstances of your own and others' lives.