

SUNLIGHT ON SHADOWS: Embracing Great Compassion

Meditation 46

Daily Life Practice

Begin by establishing pure motivation for your practice.

Then reflect on a recent interaction with someone where you lost your practice. Walk yourself through what happened so that you're clear about the point at which the interplay became about you and not bodhicitta.

If you became angry at how you were being treated, start by thinking of everyone else who's feeling mistreated but who doesn't know what to do with their anger other than express it and create non-virtue. Do tonglen meditation for them, breathing in their anger and misery and sending all your merit and bodhicitta. Expand your visualization in ever-widening spheres of benefit until it encompasses all beings, including those who were mistreating you.

If you still find residual anger in your mind, try bringing it to the Four Powers of Purification meditation, regretting whatever past actions you took that are ripening in your current circumstances as well as your habit of anger and aversion and all the karma you've created by acting on those emotions instead of transforming them. If your primary response to that incident was feeling judgmental and righteous, try bringing to mind the three combined Equanimity meditations with the person(s) mistreating you, expanding the scope of your intention to ultimately include all living beings.

If you find you were envious of those who were being praised instead of mistreated, practice rejoicing in the causes and current conditions of their happiness and wishing for them that these never diminish but only increase until their enlightenment.

Then dedicate the merit of your practice to those you felt were mistreating you, and then to all beings, that it may serve as the cause of their complete awakening from the causes and conditions of suffering.