

## SUNLIGHT ON SHADOWS: Embracing Great Compassion

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### Meditation 47

#### *Meditation on Boundaries with Bodhicitta*

With every action you take for the benefit of others, ask yourself, is this of benefit not just in the short term but also the long term, and not just for this person but for all beings?

Is your motivation to help protect somebody from themselves, from non-virtue, and from the consequences of their actions, or simply to try to get them to do what you want and need or think is best for them?

In the evening, as you review your day, check every single action you took against those criteria.

Did you have attachment or aversion to certain outcomes? Were you able to purify and transform those habits by re-establishing bodhicitta? If not, practice repeatedly transforming your mind's poisons by bringing the mind back to bodhicitta as you review the day's events.