

**Meditation 4**

*Reviewing Teachings on Pure Motivation*

Review everything we've discussed above, paragraph by paragraph, reading and thinking about it but also examining and contemplating it as it applies to your own life and experience. Ask yourself if the framework and the principles make sense.

Have you seen, in your own life and the lives of those around you, that including the welfare of others in your intentions and actions creates more benefit than just thinking of your own, and, if so, how?

Have you seen that including the long-term as well as short-term welfare of others in your thinking brings more benefit, and, if so, in what ways? Has it brought more insight? More maturity and less reactivity?