

**Meditation 6**

*Cultivating Bodhicitta*

Explore whether focusing on your self-centered needs and wants has been a cause of stable benefit for yourself or others. Then observe what the awareness of the needs of others does in your mind. Does it relax or transform your focus on yourself? Does it expand your love and compassion, and, if so, how?

Follow these three steps in your daily life and observe any changes that happen in your mind and outwardly in your life:

- Include the needs and wishes of all beings in any experience you're having.
- Join your thoughts and wishes with those of every being with the aspiration that we may all find the short- and long-term fulfillment we're looking for.
- Think of yourself as not separate from the needs, purposes, and wishes of all beings but as part of a whole. When you do so, are you more inclined to respond to others' needs without thinking, like the hand responding to the needs of the foot?