

Meditation 7

Practicing Pure Motivation

Establish pure motivation throughout the day. When you see what's in the way of your being able to do this, think of others with the same kinds of challenges and wish that they may be able to overcome them. Make a commitment to apply the remedies for change on their behalf, beginning with pure motivation in everything you do.

Check your mind as you go through the day. Are you repeating the "I, me, mine" mantra all day, every day? Are you being a good listener, paying attention to and being responsive to the needs of others? When you've refreshed and acted from pure motivation, have you been happier and more content or more miserable? If you become lost in old, self-centered habits and apply the remedy to think about others, does that change your experience and, if so, how? Has developing pure motivation helped sustain your energy to benefit others? In trying to benefit others, have you experienced more compassion fatigue or stuff fatigue? Have you been more effective in bringing benefit when acting from your positive qualities? Do you see an increase in your positive qualities? If not, what needs adjustment in your practice?

As you go through your day, do you regularly generate and check your motivation, and is it producing change that's beneficial? What kinds of reminders could you structure into your day to bring your mind back to bodhicitta, such as setting an alarm to go off at regular intervals or remembering bodhicitta each time you open a door or answer your phone?