

Meditation 8

Practicing Bodhicitta in Daily Life

Contemplate the difference between bodhicitta and simple good heart.

Give rise to bodhicitta as much as possible as the basis and reason for your meditation practice. Start by thinking of those you have connection with that you want to help, and then slowly expand that intention to include more and more beings you'd like to be able to help until it includes all beings. Reflect on how everyone's moments of happiness are impermanent, and wish for all beings that they find fulfillment that's not subject to change.

In your daily life, give rise to bodhicitta with everything you do.