Cultivating Bodhichitta through Intention and Practice

The Way of the Bodhisattva

Absolute Bodhichitta

Wisdom:

- Realizes ultimate reality in degrees
- Is perfected when the ego is dead
- Embodies the true nature of selflessness, emptiness, and clarity
- Recognizes divinity in all beings
- Informs, enlightens, and inspires compassion for suffering

Relative Bodhichitta

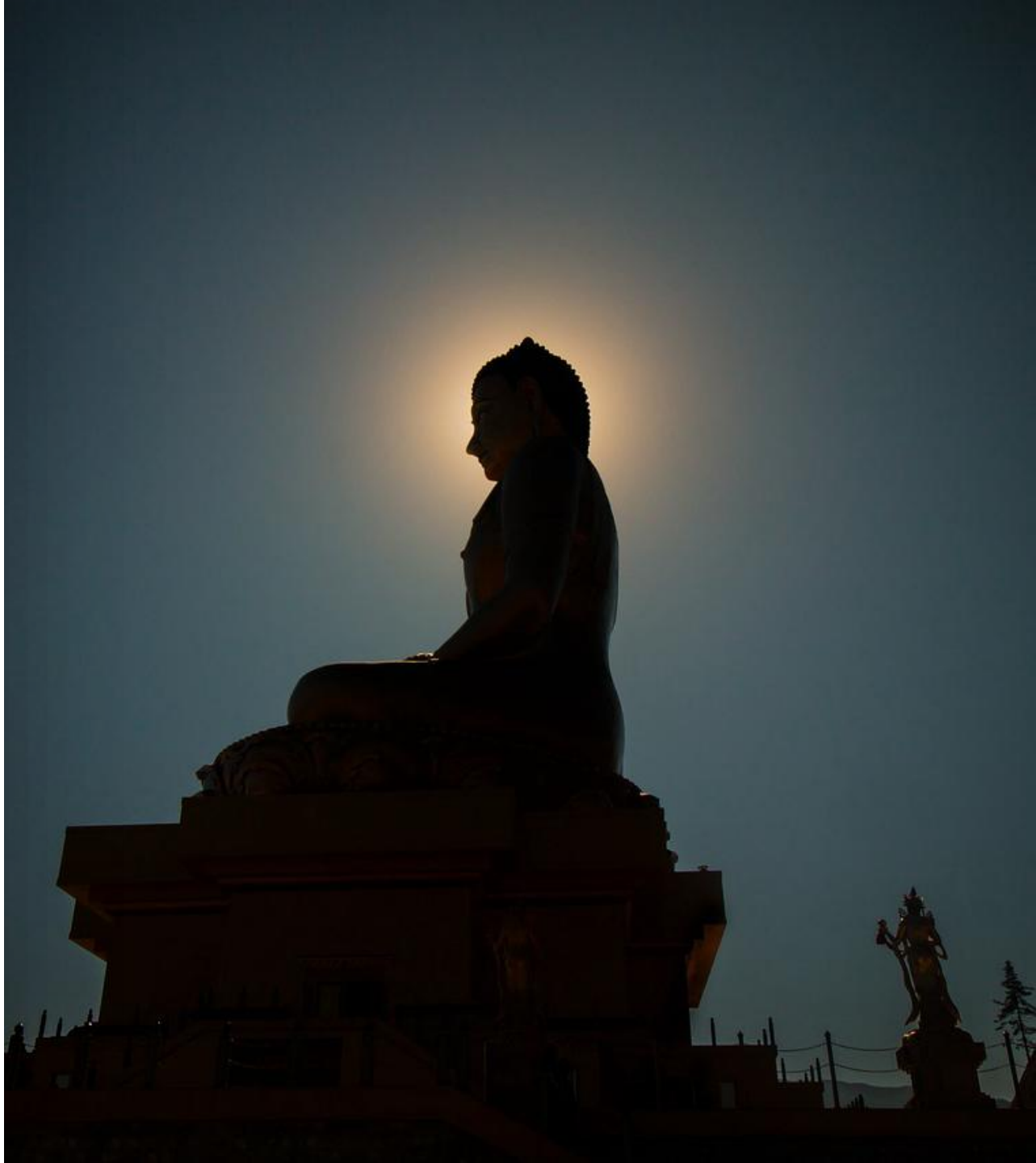
Compassion

- Aspires to alleviate all suffering
- Extends to beings in conventional reality
- Renounces desire to elevate others' spirituality
- Empowers and is empowered by genuine insight

Awakening Bodhichitta

Intention

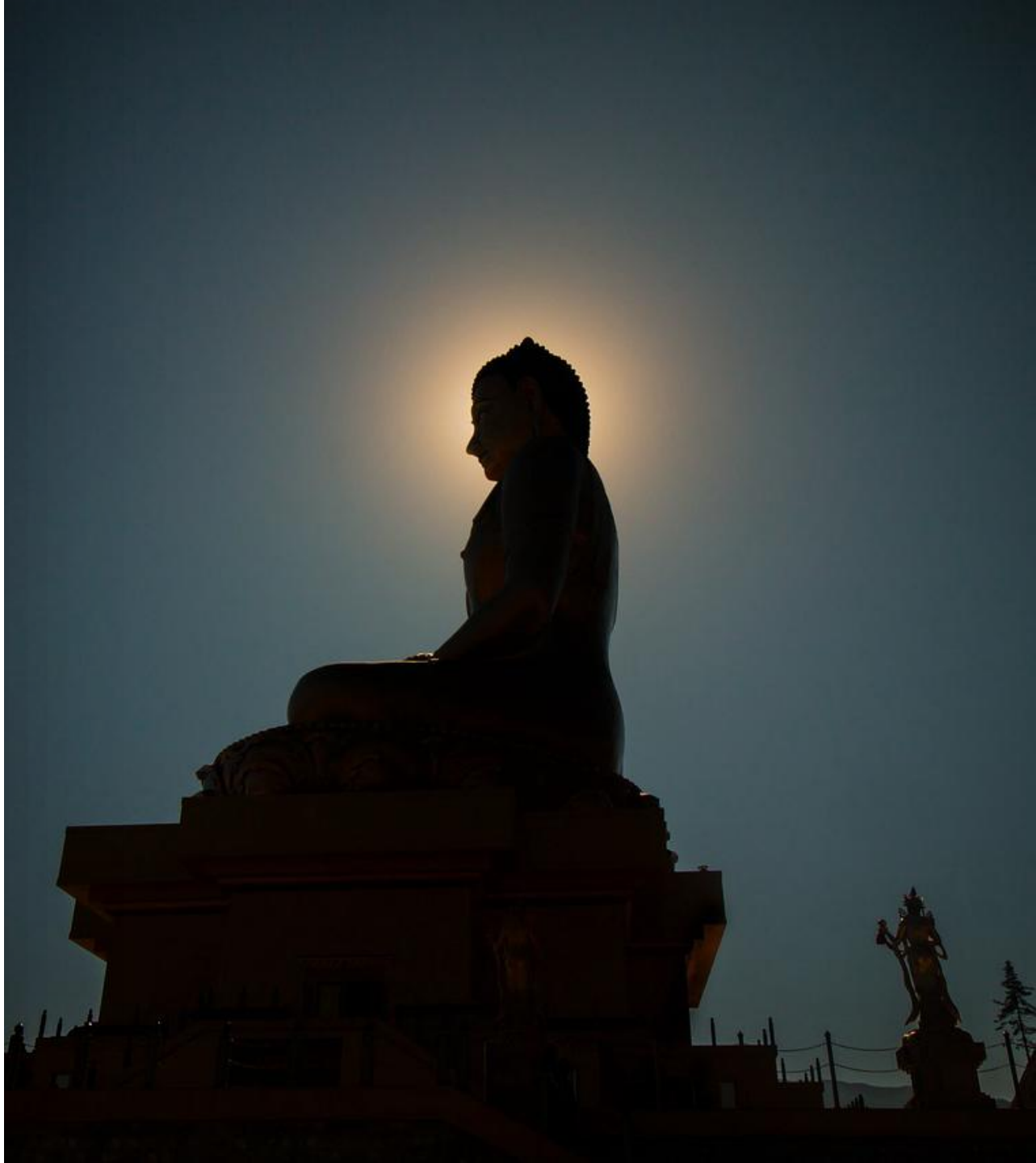
- Aspiration for psychological change
- The rare wish to alleviate suffering, i.e. “The wish to travel”
- Boundless merit equal to a buddha’s worship
- Longing to understand and master karma / causality
- Intermittent inspiration and positive influences in the wheel of life
- Temporary results in helping humanity



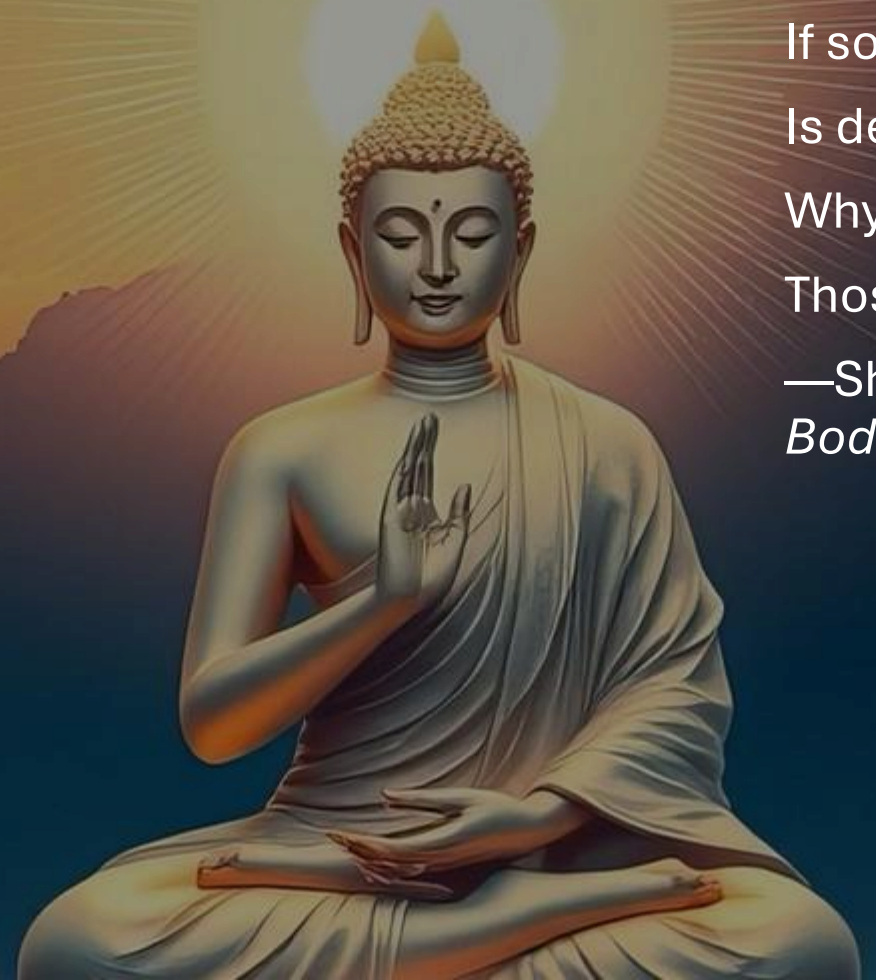
Mastering Bodhichitta

Action

- Profoundly changing for the benefit of humanity
- The even more rare act of alleviating suffering, i.e. “Actually travelling”
- Incalculable merit from genuine, compassionate deeds
- Self-mastery and understanding of karma / causality
- Ceaseless streams of wholesome merit even during sleep and inattention
- Actually bringing others to realization



The Selfless Nature of Bodhichitta



If someone who returns a favor
Is deserving of some praise,
Why need we speak of Bodhisattvas,
Those who do good even unsolicited?

—Shantideva, *The Way of the Bodhisattva* 1.29-31

Prayer to Develop Bodhichitta

May all beings be happy!
May all beings be joyful!
May all beings be in peace!

Aum

Dissolving Enmities

Lie down on the bed. Relax all the muscles of the body. Enter into a slumber state and concentrate on the heart of the enemy. Imagine the enemy's heart like a tabernacle that treasures infinite love. Then, mentally place your image (the image of the disciple, an image full of love) within the enemy's heart.

Subsequently, the disciple must imagine that he is looking at the area between the enemy's eyebrows. Thereafter, the disciple must place his/her image, full of intense love, between the two eyebrows of the enemy, within the enemy's mind. In this exercise, it is necessary for the disciple to feel a true love for that enemy that hates him.

Let us understand that this is not a matter of trying to pretend we love the enemy: for us, it is indispensable for the feeling of love to surge forth towards that individual, towards the enemy who hates us. —Samael Aun Weor, *The Divine Science*: *Logos, Mantra, Theurgy*, "White Magic and Black Magic"