



Course 1: The Principal Teachings of Buddhism
 Level 1 of the Steps to Buddhahood



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**Class 8:
 Developing Bodhichitta**



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**The Benefits
 of Developing Bodhichitta**

- Your good deeds are
 - a cause for omniscience and buddhahood
 - mahayana dharma
 - the activity of a bodhisattva
- Bodhisattvas are
 - worthy of reverence from people and pleasure beings
 - more valuable than a hinayana arhat
- Buddhas consider you their child.
- Bodhisattvas consider you a sibling.
- You can become a buddha in one lifetime.

Class Objectives

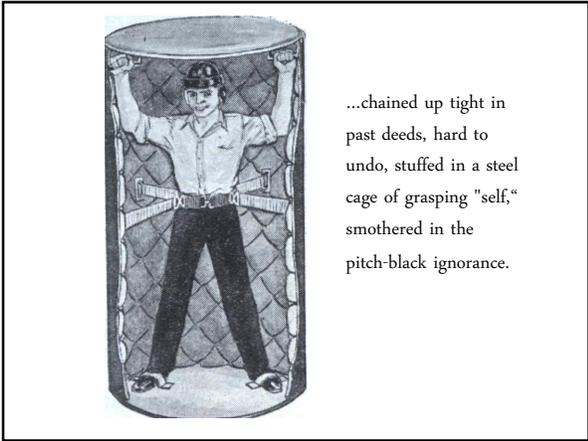
- Understand the seven-step cause-and-effect method for developing bodhichitta.
- How to know when you've developed bodhichitta.

Root Text: Line 7

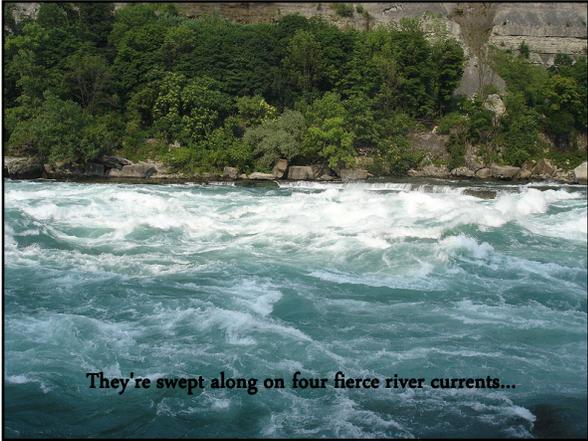
They're swept along on four fierce river currents, chained up tight in past deeds, hard to undo, stuffed in a steel cage of grasping "self," smothered in the pitch-black ignorance.

--- Je Tsongkapa





...chained up tight in
past deeds, hard to
undo, stuffed in a steel
cage of grasping "self,"
smothered in the
pitch-black ignorance.



They're swept along on four fierce river currents...



Root Text: Line 8

In a limitless round they're born, and in their births are tortured by three sufferings without a break; think how your mothers feel, think of what's happening to them: try to develop this highest wish.

--- Je Tsongkapa

The Three Sufferings

- **The suffering of suffering**
–Pain and unpleasant feelings
- **The suffering of change**
–Pleasant things ending
- **All pervading suffering**
–Having a body that ages and dies

Root Text: Line 8

In a limitless round they're born, and in their births are tortured by three sufferings without a break; **think how your mothers feel, think of what's happening to them: try to develop this highest wish.**

--- Je Tsongkapa

Two Classic Methods for Developing Bodhichitta

1. Exchanging Self with Others

- Explained in "The Guide to the Bodhisattva's Way of Life" by Master Shantideva (ACI Course: 10, 11 and 12).
- Really a practice in working for the happiness of others first.

2. The Seven-Step Cause-and-Effect Instruction

- This process is explained here by Pabongka Rinpoche.

Seven-Step Cause-and-Effect Method

མང་ཤེས།

marshie

འིན་འགྲོ།

drindren

འིན་གཞོ།

drinso

ཡིང་འོང་གྲམས་པ།

yi-ong jampa

སྙིང་ཇེ་ཆེན་པོ།

nyingje chienpo

ལྷག་བསམ་ནམ་དག།

hlaksam namdak

གུང་རྒྱལ་གྱི་སེམས།

jangchub kyi sem

also spelled as:

སེམས་བསྐྱེད།

semkye

"Proof" of Future & Past Lives

- Recognize that mind is different than physical stuff.
- Mind of the current moment is preceded by mind of the moment before and so on.
- The mind continues as a stream since beginningless time
- The mind has experienced countless physical incarnations.

Preliminary Practice – Developing Neutrality

- Realize that we have been born countless times.
- Our best friend has been our enemy and our enemy has been our best friend countless times.
- All living beings are equal in that we all want to be happy
- All living beings are equal in that we want to avoid discomfort
- All beings are equal in that they have all been our friend

Recognize All Beings as One’s Mother

མར་ཤེས།
marshé

Contemplate this until you are certain that all beings have been your mother countless times.

Feel Gratitude for Their Kindness

རྗོན་བློ།
drindren

Contemplate all the good things that a mother does for a child and begin to develop a feeling of gratitude for everyone’s kindness.

Wish to Repay Their Kindness

དྲིན་གཤོ།
drinso

A natural outgrowth of recognizing and appreciating what all beings have done for us when they were our mother.

“Beautiful” Loving-Kindness
Towards All Beings

ཡིད་འོང་གུས་སེམས་པ།
yi-ong jampa

Love each being as your own child.
Love is defined as a feeling/obsession to make someone happy.

Great Compassion

སྙིང་ཇེ་ཚེན་པོ།
nyingje chempo

Want to remove the suffering
from all beings.

Resolve to Personally Help
Everyone Else,
Even if No One Else Helps.

ལྷན་བསམ་ནམ་དག
hlaksam namdak

Take personal responsibility
for the state of all beings.

Realize True Bodhichitta

བྱང་ལྷན་གྱི་སེམས།
jangchub kyi sem
also spelled as:
སེམས་བསྐྱེད།
semkye

Realize that reaching total enlightenment
is the best way to help everyone
end their suffering.

Seven-Step Cause-and-Effect
Method

- Preliminary Stage is to develop a feeling of neutrality towards all beings.
- 1. Recognize all beings as one's mother
- 2. Feel gratitude for their kindness
- 3. Wish to repay that kindness
- 4. Loving-kindness towards all beings (The desire that they are happy)
- 5. Great Compassion (The desire that all beings are free of suffering)
- 6. Resolve to personally help everyone else, even if no one else helps
- 7. Bodhichitta – The desire to become a buddha to benefit all beings

Homework #8

- Questions
- Memorization: memorize the fourth verse of the Three Principal Paths
- Meditation: Fifteen minutes each day analytical meditation on the seven steps for developing the wish for enlightenment

(Remember to record date and time of meditation.)
