

## Intro to Buddhism (May, 2019): How to generate Altruism (Bodhichitta)

### *From the Sutra:*

By realizing the complete suffering of oneself and others,  
Pacify one's own suffering and pacify completely of others,  
I will place all living beings to that mind,  
The mind that is of bodhichitta's nature.

### *The Ornament for Clear Realization:*

The development of the spirit of enlightenment  
Is the desire for perfect enlightenment for others' welfare.

### *Precious Garland:*

If you and the world  
Wish to obtain unexcelled enlightenment,  
Its root is the spirit of enlightenment,  
Firm as the king of mountains.

### *Engaging in the Bodhisattva Deed:*

Whatever worldly joy there it is  
Arises from wishing for others' happiness.  
Whatever worldly suffering there is  
Arises from wishing for your own happiness.

### *The Thirty-Seven Practices of All the Bodhisattvas:*

The practice of all the bodhisattvas is to arouse bodhicitta,  
So as to bring freedom to all sentient beings, infinite in number.  
For how can true happiness ever be found while our mothers,  
Who have cared for us throughout the ages, endure such pain?

Three ways of generating Bodhichitta:

- 1) King, 2) Shepherd and 3) Boatman

### *Two Practice Lineages:*

1. The "Seven Causes and Effects" that originates from Maitreya. (1. Recognizing all beings as your mothers 2. Recollecting their kindness, 3. The wish to repay their kindness, 4. Love, 5. Great compassion, 6. Wholehearted resolve, 7. Bodhichitta)

2. "Exchanging and Equalizing Self and Others," taught by Shantideva

### General outline:

1. The object of the observation of Bodhichitta
2. The cause and nature of Bodhichitta
3. The method of generating Bodhichitta

### Web Resources:

<https://www.lamayeshe.com/article/chapter/session-two-bodhicitta>  
<https://thubtenchodron.org/1993/05/generate-altruistic-intention/>