

TARA INSTITUTE
STUDY GROUP DISCUSSION NIGHT - 22nd June 1999

Seven Point thought transformation - Development of Conventional Bodhicitta

1. Equating Self with others

What is the main contemplation that allows us the 'equalise' self with others?

What stages here are in common with the seven-fold cause and effect meditation?

Why is the development of loving kindness and compassion more intense using the method of exchanging self with others when compared with the seven fold cause and effect method?

2. Contemplating the many faults resulting from self cherishing

Define 'self cherishing'. How does it give rise to desire and hatred?

Discuss how self cherishing leads to problems in our relationships with others.

Why is self cherishing the source of all non-virtuous actions?

3. Contemplating the many good qualities resulting from cherishing others.

Define 'cherishing others'.

Discuss the benefits of cherishing others and how is this the source of all virtues?

4. The actual contemplation on the interchange of self and others

Discuss what is meant by 'exchanging' self with others.

5. With these serving as the basis, the way to meditate on giving and taking

What is the practice of 'taking' and what is its purpose? Give an example of a meditation on taking. Which exceptions should not be used as objects in the meditation of taking?

What is the practice of 'giving' and what is its purpose? What are the three objects of giving? Describe the technique of combining giving and taking with breathing meditation.

6. Compulsory Question

Discuss the meaning of the following verse from Maitreya's text 'Ornament of Clear Realisation'

“Bodhicitta is a mind which wishes to achieve full enlightenment for the sake of others.”