

The Three Methods for Developing Bodhicitta

Sevenfold cause and effect method

Basis: Equanimity

1. Viewing all beings as one's mother
2. Remembering the kindness
3. Wishing to repay the kindness
4. Love
5. Great compassion
6. Extraordinary attitude
7. Mind of enlightenment

Equalizing and exchanging self and others

1. Equalizing oneself with others
2. The disadvantages of cherishing oneself
3. The advantages of cherishing others
4. The actual thought of exchanging oneself with others
5. The meditation on giving and taking (tong-len)

Combined Eleven Point Method

1. Equanimity
2. Recognizing all sentient beings as your mother
3. Recognizing the kindness of sentient beings as your mother and in other ways
4. Repaying their kindness
5. Equalizing self and others
6. Contemplating the disadvantages of self-cherishing
7. Contemplating the advantages of cherishing others
8. Taking on the suffering of others based on compassion
9. Giving happiness and goodness to others based on love
10. Extraordinary attitude
11. Mind of Enlightenment