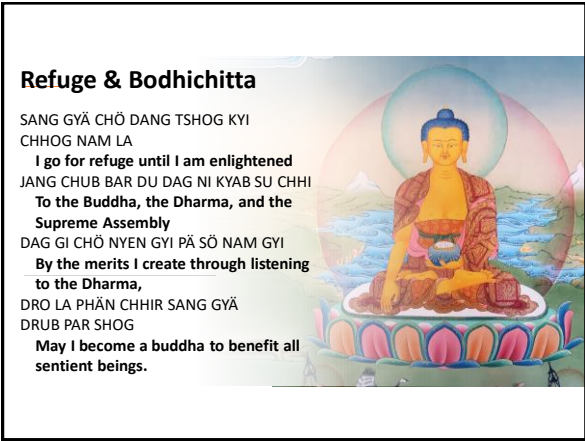
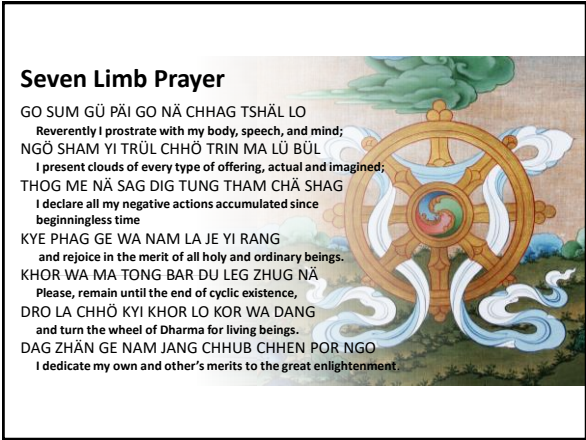




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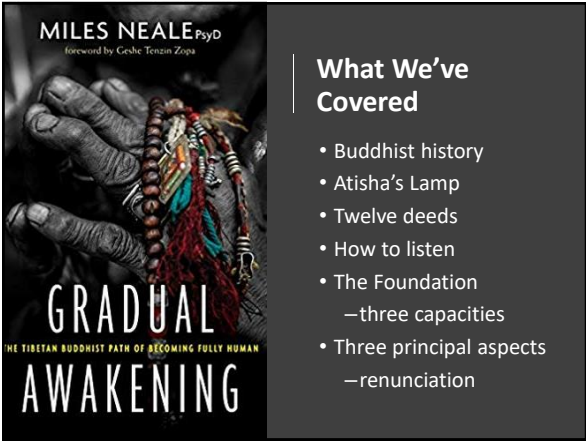
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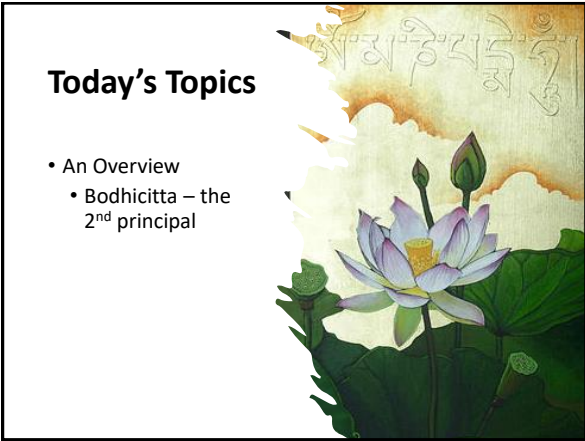
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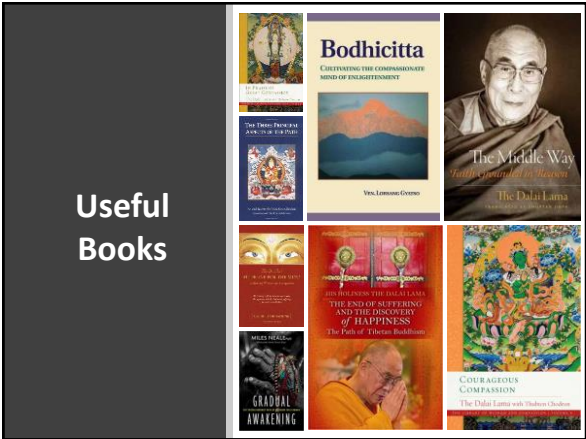
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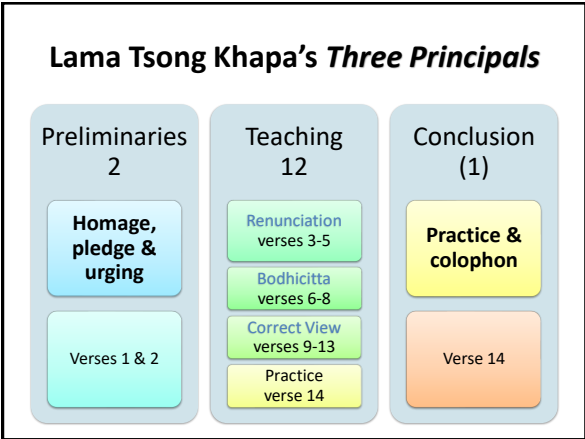
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7



8

### The Buddha Said . . .

 his mind, O monastics, is luminous, it is defiled by adventitious defilements. The uninstructed worldling does not understand this as it really is; therefore for him there is no mental development.

This mind, O monastics, is luminous, and it is freed from adventitious defilements. The instructed arya disciple understands this as it really is; therefore for him there is mental development – *Luminous 1.51-52*


9



### Liberation Is Possible

1. The basis is pure
2. The afflictions are adventitious
3. It's possible to cultivate powerful antidotes

10




### Transformation Is possible

1. The stable basis
2. Habituation is possible
3. Wisdom enhances qualities

11

### Renunciation

Having seen the faults and shortcomings of cyclic existence, you generate a very strong wish to abandon it and attain liberation



12

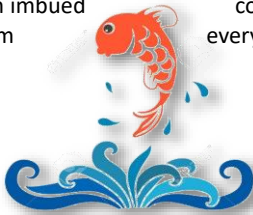
### Renunciation Is Subsumed Within Bodhicitta

**OUR OWN FREEDOM**

Depends upon a deep and pure self-compassion imbued with wisdom

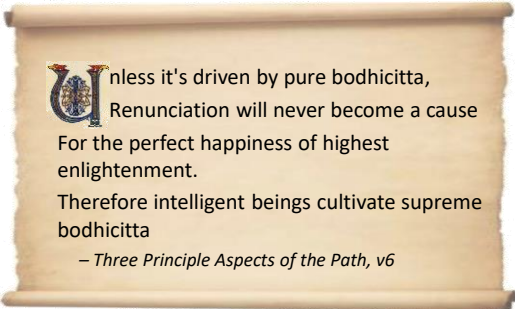
**ALL OTHERS' FREEDOM**

Depends upon us extending our compassion to every living being



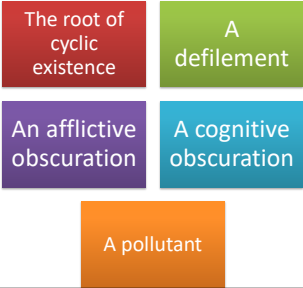
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### The Importance Of Bodhicitta



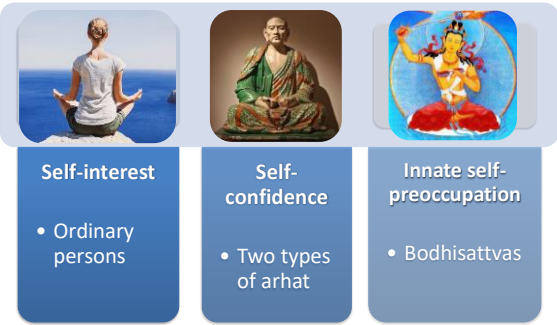
14

### What Self-Cherishing Is Not



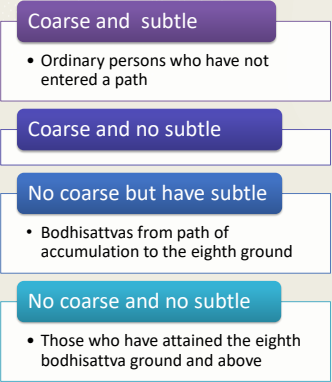
15

### Three Types Of Self-Cherishing



16

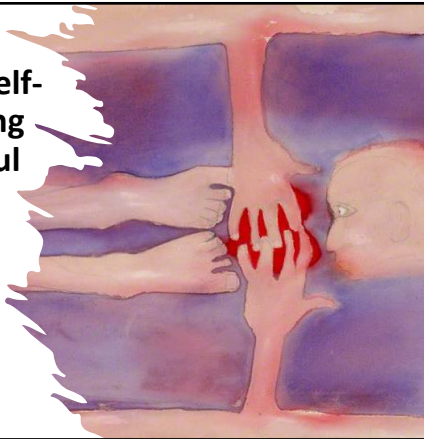
### Coarse & Subtle Self-Cherishing



17


### Coarse Self-Cherishing is Harmful

- Low esteem
- Guilt
- Rage
- Anxiety
- Unhealthy fears



18





### What Is Self-cherishing?

An “inferior obscurtion” which is a hindrance for bodhisattvas to abandon

19




### What Does Cherishing Others Mean?

All living beings are important and their happiness matters to you.

20

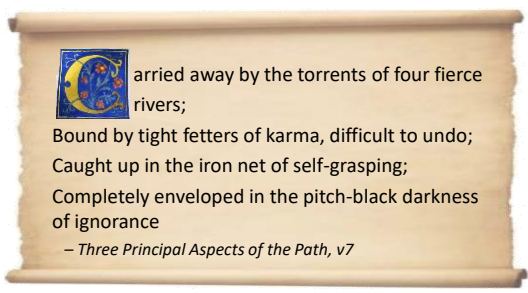
### Defining Bodhicitta

A special mental main mind which is the entry way to the Mahayana path and is concomitant with its assistant aspiration that focuses on complete enlightenment for the benefit of others.



21

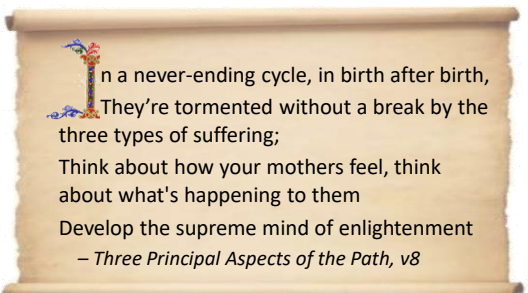
### The Methods For Development



Carried away by the torrents of four fierce rivers;  
Bound by tight fetters of karma, difficult to undo;  
Caught up in the iron net of self-grasping;  
Completely enveloped in the pitch-black darkness of ignorance  
– Three Principal Aspects of the Path, v7


22

### The Measurement Of Success



In a never-ending cycle, in birth after birth, They’re tormented without a break by the three types of suffering;  
Think about how your mothers feel, think about what’s happening to them  
Develop the supreme mind of enlightenment  
– Three Principal Aspects of the Path, v8

23



### What’s My Take-Away?

- You have an outline for the text.
- You know what bodhicitta is, how it depends on renunciation and, how and why it opposes self-cherishing.

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**Read/listen/watch**


- Pages 5-6 Path Meditations
- Exam Questions 9 & 10,
- Assessment Questions 12 & 14

**Memorise**

- The definition of bodhicitta

**Coming up**

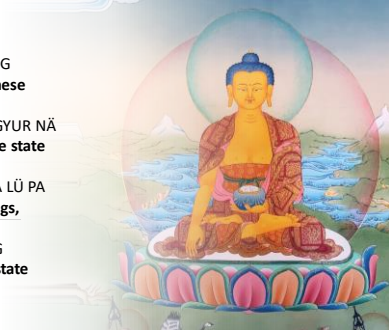
- Verses 9 – 14 Correct View



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**Dedication**


GE WA DI YI NYUR DU DAG  
Due to the merits of these  
virtuous actions  
LA MA SANG GYÄ DRUB GYUR NÄ  
May I quickly attain the state  
of a Guru-Buddha  
DRO WA CHIG KYANG MA LÜ PA  
And lead all living beings,  
without exception,  
DE YI SA LA GÖ PAR SHOG  
Into that enlightened state



26

**Bodhicitta Verse**

JANG CHHUB SEM CHHOG RIN PO CHHE  
May the supreme jewel bodhicitta  
MA KYE PA NAM KYE GYUR CHIG  
Not yet born, arise and grow  
KYE WA NYAM PA ME PA YANG  
May that born have no decline  
GONG NÄ GONG DU PEL WAR SHOG  
But increase forever more



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