

Nine key points of Heart Cultivation:

1. Suffering is useful.
2. Every difficult condition is a gift.
3. Suffering and difficulties are made useful through transformative practice.
4. The condition that you most wish to avoid is the key to your freedom.
5. Sentient beings are precious.
6. However they manifest is a teaching.
7. Sentient beings and their actions become appreciated through transformative practice.
8. The person that you most wish to avoid is your best guru.
9. There is always a vast context.