

# Mahayana Heart Cultivation

## **One :: The Preliminaries**

First, do the groundwork.

## **Two :: The Main Practice**

Think, “Everything is dream-like.”

Seek the nature of unborn awareness.

Let even the remedy release itself.

Rest in the natural state, the source of everything.

Between sessions, be a child of illusion.

Gradually train in giving and receiving.

Synchronize that with the breath.

Three objects, three poisons, three sources of goodness.

During all activities, train with phrases.

The process of acceptance starts with you.

## **Three :: Transforming Adversity into the Path of Enlightenment**

When the world seems full of darkness, transform difficulty into the bodhi path.

Drive all blames into one.

Be grateful to everyone.

The non-self that sees deluded appearances as the four kayas is the best protection.

A supreme method is to maintain four practices (cultivate goodness, purify bad habits, make offerings, pray).

When you meet something unexpected, apply the practice.

#### **Four :: Applying the Practice throughout the Whole of Life**

Engage the five forces, the essence of the heart teachings (the force of motivation, the force of familiarization, the force of good works, the force of renunciation, the force of aspiration).

The Mahayana advice on how to die is subsumed in the five forces.

How you act is important.

#### **Five :: The Measure of Mind Training**

All dharma has one purpose.

Of the two witnesses, trust the main one.

Always rely on a joyful mind.

If you can do it even when distracted, you are trained.

#### **Six :: The Commitments of Mind Training**

Always avoid three things (inconsistency, pretentiousness, and partiality). Change your attitude, but remain natural.

Do not speak of others' faults.

Do not judge others.

Work on your strongest flaw first.

Give up all hope of results.

Give up poisonous food.

Do not be predictable.

Don't get upset when insulted.

Don't wait in ambush.

Don't strike at vulnerabilities.

Don't pass the buck.

Don't be competitive.

Don't rely on magical thinking.

Don't make the quest for freedom your prison.

Do not wish suffering on others.

### **Seven :: The Precepts of Mind Training**

Practice all yogas in one way.

Overcome all hardships in one way.

At the beginning and end, two things to do.

With either condition (happiness or suffering), stay on course.

Observe both (attitude and behavior), even at the cost of your life.

Train in the three challenges (recognition, correction, and resolve).

Adhere to three essentials (your teachers, their instruction, and the requisites for practice). Don't let three things deteriorate (reverence, enthusiasm, and commitment).

Keep the three (body, speech, and mind) undivided from goodness.

Train without bias.

It is crucial to train extensively and deeply.

Always meditate on difficult ones.

Don't be swayed by conditions.

This time do what's important.

Don't do the antithesis.

Don't be erratic.

Train wholeheartedly.

Find freedom through investigation and analysis.

Don't make a big deal.

Don't be reactive.

Don't be hypersensitive.

Don't expect thanks.

Translation by L. Willa Miller © 2010