

Mahayana Heart Cultivation



- ~ First, do the groundwork.
- ~ 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.
- ~ 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.
- ~ 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.
- ~ 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.
- ~ 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.
- ~ 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 Lama Willa Blythe Baker © 2010