



1. Reflect on the qualities and benefits of bodhicitta

Print the handout “Bodhicitta is the Essence of Dharma” from the class webpage.

Settle your attention in the breathing body for a few minutes, and then take refuge and generate bodhicitta.

Then read one of the lines or verses on the qualities and benefits of bodhicitta.

After reading a line or verse, pause to feel how the text lands in your bodymind.

Can you recall (or feel now) when bodhicitta (awareness-compassion) has arisen in your experience to interrupt a confused reaction?

Can you imagine ways to cultivate that quality until it is readily available to you?

2. Carry refuge and bodhicitta into daily life

When you find yourself in a challenging situation, pause and look right at your experience, whatever it is: sensations, pleasant/unpleasant feelings, thoughts.

Notice when you feel one of the klesha-realms arising -- watch to learn how it operates. (The kleshas are anger, greed, instinct, desire, jealousy, and pride).

Is there a sense of your view and intention collapsing down to self-defense or self-offense?

Notice when a challenging situation arises, but you find yourself turning your awareness and compassion toward the well-being of another person.

Note: This isn't a recommendation for shame or struggle. We take refuge in all sorts of things many times every day. The exercise is simply to notice what you take refuge in in various situations -- to learn the nature of various refuges, and to increase your capacity to turn toward a genuine refuge.
