

How to Generate the Mind of Bodhicitta—3 points:

1. The stages of training in bodhicitta—2 points:
 - a. The sevenfold cause-and-effect instruction transmitted from Atisa
 - b. The training based on texts by the bodhisattva Shantideva
2. The measure of it having arisen
3. The way to adopt it by means of a ritual

The Sevenfold Cause-and-Effect Instruction

1. Generating certainty concerning the stages
 - a. The way compassion is the root of the Mahayana
 - 1) The importance of compassion at the beginning
 - 2) The importance of compassion in the middle
 - 3) The importance of compassion at the end
 - b. The way the other causes and effects become causes and effects of that compassion
2. The actual gradual training

The Seven Points

1. Seeing all beings as having been our mother
2. Remembering their kindness
3. Wishing to repay their kindness
4. Love
5. Compassion
6. The extraordinary attitude
7. Bodhichitta

b. The way the other causes and effects become causes and effects of that compassion

- 1) The way four of the sevenfold instructions—
from understanding as mothers through love—
are causes [of compassion]
- 2) The way extraordinary attitude and bodhicitta
are effects [of compassion]

The Buddha on Mother Sentient Beings

Bhikkhus, this samsara is without discoverable beginning. A first point is not discerned of beings roaming and wandering on, hindered by ignorance and fettered by craving. . . . It is not easy, bhikkhus, to find a being who in this long course has not previously been your mother . . . your father . . . your brother . . . your sister . . . your son . . . your daughter.

Mata Sutta, SN 15.14–19