

Immeasurable Compassion, Great Compassion, and the Great Resolve

- Immeasurable compassion is wishing all beings to be free of suffering. It must be accompanied by an actual *dhyana* (concentration).
- Great compassion is wishing to completely eliminate all the dukkha of all living beings (including the 3rd type of dukkha).
- The great resolve assumes the responsibility to bring sentient beings happiness and to eliminate their suffering : “I will give happiness to all sentient beings and free them from dukkha.”

The Sevenfold Cause-and-Effect Method

[Prelude: Equanimity]

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