

Benefits of Cherishing Others

- Shantideva said: “Whatever joy there is in this world, all comes from desiring others to be happy.”
- Happiness and good experiences are the result of virtuous karma, created out of cherishing others.
- It enables us to create the causes of fortunate rebirths, liberation, and enlightenment.
- The Dalai Lama says: “Even if you want to selfishly care about yourself, the best way to achieve your own happiness is to take care of others.”

Exchanging Oneself with Others

- We recognize the faults of self-centeredness and the benefits of cherishing others, and decide to switch those two attitudes.
- This is possible through familiarization, and by understanding there's no inherently existent I or mine in our body, feelings, etc.
- We need to overcome two obstacles:
 - Thinking self and others are inherently separate
 - Thinking we don't need to remove others' suffering because it doesn't harm us.