

Tong-len / Giving and Taking

- Mentioned in the *Eight Verses* and *Seven-Point Mind Training* texts
- Chibupa's commentary to the 7-Point MT (12th c) gives a brief explanation of how to practice it: start with mother, then all sentient beings
- Some texts (e.g. *Mind Training Like the Rays of the Sun*) explain giving first, then taking.
- Others (e.g. *The Easy Path*) explain taking first, then giving.

The Combined Method

1. Equanimity
2. Recognizing all sentient beings as your mother
3. Remembering their kindness both when they were your mother and in other ways
4. Wishing to repay their kindness
5. Equalizing self and others
6. The disadvantages of self-centeredness
7. The benefits of cherishing others
8. Exchanging self and others
9. Taking others' suffering with compassion
10. Giving your happiness to others with love
11. The great resolve
12. Bodhicitta.