

# 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.

# Taking Bodhisattva Precepts

- Aspiring bodhicitta – two options:
  1. Cultivating aspiring bodhicitta in a ceremony without commitment (“I will *try* to attain enlightenment for the benefit of all beings.”)
  2. Receiving aspiring bodhicitta with commitment in a ceremony (you promise to train in preventing your bodhicitta from degenerating)
- Engaging bodhicitta – when you feel ready, you can take the actual bodhisattva vow (18 root precepts and 46 auxiliary precepts).