

- Some explorations to take away with you...
  - Random: when you notice irritation or you are suddenly pleased or saddened by something, ask yourself how the object of that emotion could be or is an emissary of bodhicitta. Use a random ordinary object and ask yourself the same. Look first, go deeper, go broader
  - Using a sense, ask:
    - how do I assume this as an expression of me?
    - how do I assume this is a possession of my self, how is it mine?
    - how do I assume this is within myself?
    - how do I assume this as the environment for my self?
  - Based on the “7 Mahayana exercises” (7-branch prayer) i.e., how one relates to an embodiment of bodhicitta (BC)
    - what would you offer, what benevolent act would you offer?
    - what do you want to share/acknowledge with them about your activities and attitudes?
    - be admiring of how they express and share the qualities and activities of BC and rejoicing in that, a kind of adoration
    - asking them to share their knowledge with you and others in whatever ways are best for the time and circumstances
    - out of gratitude, and from your heart, wishing that they remain here and in samsara
    - wishing strongly that whatever clear insight and inspiration has occurred based on this exchange or activity be available to all beings