Chapter 6 How to Train After Generating Bodhichitta

Colour scheme used

- View / Wisdom / Emptiness
- Practice / Method / Path
- Motivation / Bodhicitta / Compassion
- Pitfalls / Errors
- Foundational / Structural

1. Purpose of Training on the Mahayana Path

- To transform understanding into lived experience
- To stabilise bodhicitta and wisdom in daily life
- To prevent the path from remaining merely conceptual

2. Training Must Be Gradual and Integrated

- Training follows a progressive order
- Each stage relies on earlier foundations
- Skipping stages weakens the path

3. Training the Mind in Bodhicitta

- Reaffirm motivation repeatedly
- Guard against decline of altruistic intention
- Use all activities to strengthen concern for others

4. Training in Wisdom

- Investigate the self as a mere imputation
- Apply analysis to weaken self-grasping
- Alternate analysis with stabilisation

5. Training Through Ethical Discipline

- Ethics as protection for the mind
- Prevents agitation and remorse
- Supports concentration and insight

6. Training in Daily Conduct

- Transform ordinary actions into path
- Maintain mindfulness of motivation
- Use difficulties as training opportunities

7. Training in Adversity

- Use harm as a teacher of patience
- Use loss to weaken attachment
- Use criticism to expose self-cherishing

8. Union of Method and Wisdom in Training

- Compassion guides intention
- Wisdom guides understanding
- Neither is complete alone

9. Common Errors in Training

- Training sporadically rather than consistently
- Seeking results instead of transformation
- Separating meditation from daily life
- Mistaking calm or virtue for realization

10. Maintaining Continuity of Practice

- Regular short sessions are superior to irregular long ones
- Renew vows and intentions frequently
- Dedicate merit to preserve progress

11. Signs Training Is Working

- Reduction in self-cherishing responses
- Greater patience and flexibility
- Compassion arises more spontaneously

12. Pocket Reminder

- Training is measured by change, not by experience
- If self-importance is weakening, the path is working