

Bodhicitta Meditation by Kamalashila

Script from CBC visit 2006

In this Bodhicitta practice trying to get in touch, try to connect with our deepest love for all beings

Staying with the breathing, staying with awareness of the body, staying with the stillness

Staying with the immediacy of our experience

In this practice recollecting that we are literally surrounded by others

Not only us here, but surrounded by all beings in every direction everywhere

Most of these people we've never met

But at the same time we have 1000s and 1000000 and 10000000s of connections with others

Some of these others are our great benefactors

For example the Buddha

And the many streams of influence that have reached us and to which we have responded in finding our practice of
the Dharma

And all these beneficial influences that inspire us, breathe them in

Let them come into us, let them flow through us with each breath, encouragement of the Buddhas, our spiritual
friends

Breathing them in

Breathing them out, because we are also an influence on others

We can't not be connected to others

And our influence on others is pretty mixed, I suppose. But it's true

I think we want that influence to be one of love, kindness, compassion, helpfulness

So as you breath in, recollecting the influence of others

As you breath out, recollecting your influence on others

Just relaxing into the reality – the truth – of that

Not an easy place to be, but it's true

Receiving the influence of all beings, not just Buddhas, Bodhisattvas and spiritual friends, but all beings – their joys
their sorrows, their sufferings – are also a big influence on us

On the outbreath, just giving

Giving who you are, who you aspire to be, sitting in the reality of that inescapable web of connections

And let the practice move you in your heart to respond with as much love, generosity that you can find

Really try to meet whatever arises.

Whatever you take in really try to meet it with love as deeply as you can, as generously as you can