

The Utilization of Practice in One's Whole Life

A Summary of the essential instructions: train in the five forces.

Impetus: "From this moment until enlightenment, at least from now until I die, and especially for the next year and the next month, and definitely from today until tomorrow, the two aspects of bodhicitta will never be absent from my mind."

Familiarization: Study and train in bodhicitta as your principal form of virtuous activity.

Virtuous Seeds: Always concentrate your full energy...on virtuous activity. Never be content with your efforts to arouse and strengthen bodhicitta.

Repudiation: Whenever ego-cherishing thoughts come up, abandon them completely by thinking....

Aspiration: At the end of any virtuous activity, pray sincerely and dedicate all virtue to these objectives: (never forget twofold bodhicitta, may it grow stronger, "whatever adverse conditions I encounter, may I take them as aids to bodhicitta.")

The Mahayana instructions for how to die are the five forces. Posture is important.

When a person who has trained in this teaching is stricken by terminal illness....

Virtuous Seeds: give away all possessions without a trace of attachment, clinging, or concern. In general, they can be given to one's gurus or to the Jewels. In particular, they can be given wherever the person thinks they can be most helpful.

Aspiration: Make enlightenment the single focus of aspiration...may I never forget and strengthen precious bodhicitta in all future experiences of existence...

Repudiation: "This ego-cherishing has led me to suffer for countless existences, and now I experience the suffering of dying. Ultimately, there is nothing that dies, since neither self nor mind have true existence. I'll do whatever I must to destroy you, ego-clinging, who constantly think in terms of "I'm ill, I'm dying."

Impetus: "I will never be without the two kinds of precious bodhicitta, not at death, nor in the intermediate state, nor in any future existence."

Familiarization: bring clearly to mind the two bodhicittas that have been practiced previously.