

Training the Mind in Absolute Bodhicitta

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Whatever arises in experience is your own mind.
Mind itself is free of any conceptual limitations.
Know that and don't generate
Subject-object fixations — this is the practice of a bodhisattva.

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When you come across something you enjoy,
Though beautiful to experience, like a summer rainbow,
Don't take it as real.
Let go of attachment — this is the practice of a bodhisattva.

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All forms of suffering are like dreaming that your child has died.
Taking confusion as real wears you out.
When you run into misfortune,
Look at it as confusion — this is the practice of a bodhisattva.