

The Seven Stages of Gradual Understanding

1. Knowing all sentient beings to have been (like) one's mother
2. Reflecting on their kindness
3. Remember the kindness of your "mothers" in this life
4. Wishing to repay her kindness and all "mothers".
5. Generate great love: may all mother sentient beings have happiness and the causes for happiness.
6. Generate great compassion: may all mother sentient beings be free from suffering and the causes for suffering
7. The result – Bodhichitta – The determination to liberate all of them