

Developing the Good Heart

ACI Course 14

Class 5 — Seven-step Practice, Part Two

Part Four:

A Summary of an Entire Lifetime's Practice

1. **Projecting power.** འཕམ་པ་གྱི་སྟོབས་ལ། (*pen-pa-kyi top*)
2. **Getting used to cherishing others first.** གོམས་པ་གྱི་སྟོབས་ལ། (*kom-pa kyi top*)
3. **The force of pure white seeds.** ཀླར་པོ་ས་བོན་གྱི་སྟོབས་ལ། (*kar-po sa-bön kyi top*)
4. **Destruction: to rip out the heart.** སུན་འབྲིན་པ་གྱི་སྟོབས་ལ། (*sün-chin-pa-kyi top*)
5. **Prayer.** མྱོན་ལམ་གྱི་སྟོབས་ལ། (*mön-lam kyi top*)

Geshe Chekawa's Powa

ངས་སེམས་ཅན་ཐམས་ཅད་ཀྱི་དོན་དུ་མནར་མེད་དུ་འགོ་བར་སློན་པར་བྱས་ཀྱང་།
མི་འགོ་བར་འདུག །དག་ཞིང་གི་སྤང་བ་ཤར་བྱུང་།

I was praying that I could pass on to the lowest hell
for the sake of every living being.

It's not working. I can't go.

All I can see before me now is the paradise of
enlightenment.

Part Five:

The Point at Which One Can Say That He or She
has Successfully Developed the Good Heart

All Dharma comes down to a single point.

There are two judges; keep the main one.

Be joy alone, in an unbroken stream.

It's there when you can keep it unthinking.

Part Six:

Pledges to Keep for Developing the Good Heart

Keep to the three laws.

Change your mind and stay the same.

Speak not of what was broken.

Never worry about what they're doing.

Rid yourself of the biggest affliction first.

Never hope for any reward.

Part Six:

Pledges to Keep for Developing the Good Heart

Stop eating poison food.

Don't let the stream flow smooth.

Forget repaying criticism.

Give up laying ambushes.

No going for the jugular.

Load your own truck, no passing the buck.

Part Six:

Pledges to Keep for Developing the Good Heart

Don't get fixed on speed.

Don't feed the wrong face.

Don't turn the sweet angel to a devil.

Don't look for crap to make yourself happy.

Part Seven:

Certain Advices on Developing the Good Heart

Figure out both and free yourself.

Stop thinking all the time about how wonderful you are.

Don't expect any thanks.