

Stages of Practice on the Path to the Great Perfection  
January 6, 2024  
B. Alan Wallace

I. Cultivate conative intelligence by arousing a spirit of emergence and bodhicitta

The liturgy for taking the bodhisattva vows to be recited three times as taught by His Holiness on Dec. 29, 2022:

“I take refuge in the Three Jewels.  
I disclose each and every misdeed.  
I rejoice in the virtues of living beings.  
I bear in mind the enlightenment of the Buddha.  
In the Buddha, Dharma, and Supreme Community  
I take refuge until enlightenment.  
In order to perfectly achieve my own and others’ welfare,  
I shall generate bodhicitta.  
Having generated supreme bodhicitta,  
I will invite all sentient beings as my guests  
And engage in the supreme, exquisite conduct of the bodhisattvas.  
May I achieve Buddhahood for the benefit of sentient beings.”

For as long as space remains,  
For as long as living beings remain,  
So long may I remain  
To dispel the suffering of the world.

To view HHDL’s December 2022 teachings, which begin at 31:00:

<https://www.youtube.com/watch?v=TDvN-PWuiZ4>

HHDL’s teachings in December 2023:

<https://www.dalailama.com/videos/teachings-in-bodhgaya-2023>

II. Cultivate ethical intelligence by adopting the bodhisattva way of life, guarded by the bodhisattva vows

- Following the bodhisattva way of life:
  - Cultivating the six [transcendences](#), on the basis of guarding the bodhisattva precepts; dedicating one’s merits for future rebirths as a human being with leisure and opportunities for practicing Dharma
  - Cultivating the four causes for rebirth in Sukhāvātī
    - The first cause: Keep in mind the outer aspect of Sukhāvātī.
    - The second cause: Gather the accumulations of merit and knowledge and purifying obscurations with the Seven-Branch Devotion.
    - The third cause: Cultivate bodhicitta.
    - The fourth cause: Dedicate your merit by praying to be born in Sukhāvātī.