

Cultivating a Compassionate Heart:

THE YOGA METHOD OF CHENREZIG

Bhikshuni Thubten Chodron



SNOW LION PUBLICATIONS
ITHACA, NEW YORK • BOULDER, COLORADO



Contents

Foreword by His Holiness the Dalai Lama	9
Preface by Lama Zopa Rinpoche	11
Acknowledgments	15
Meditation on Thousand-Arm Chenrezig	17
A Lamentation Requesting Blessings from the Great Compassionate One	31
Commentary on the Yoga Method of Chenrezig	
1. Getting Started	39
2. Purifying Negativities and Accumulating Positive Potential	59
3. Request Prayer	67
4. <i>The Eight Verses of Thought Transformation</i>	73
5. Purifying and Receiving Inspiration	93
6. Meditating on Emptiness	99
7. Appearing as Chenrezig	119
8. Clear Appearance and Divine Identity	135
9. Mantra Recitation	155
10. Working with Our Stuff	171
11. More Meditations	187
12. Concluding the Sadhana and Practicing in Daily Life	195
Glossary	199
Additional Reading	205