

## **The Method to Meditate on the Four Thoughts That Turn the Mind to the Dharma**

1. Precious human life
2. Impermanence
3. Karma, Cause and Result
4. Suffering of Samsara

## **The Method to Meditate on Loving-kindness**

### **The four kindnesses the mother has shown:**

1. She gave birth to one's body
2. She would give up her life for oneself
3. She taught one what to take up and what to abandon
4. She performed austerities for one's benefit.

## **The Method to Meditate on Compassion**

### **Visualize one's own mother suffering in each of the six realms:**

1. Being tortured by demons in the hell realms
2. Experiencing hunger and thirst in the hungry-ghost realm
3. Being beaten and eaten in the animal realm
4. Suffering sickness and old age in the human realm
5. Conflict and heedless pleasure in the jealous-god realm
6. Pride and desperate falling in the god realm