

Meditation 3

A Daily Practice of Pure Motivation

In each moment, ask yourself what your motivation is for everything you do.

Each morning, establish your motivation for the day as soon as you wake up. Make a commitment that everything you do today and every future day will be for the purpose of true and lasting benefit—not just to yourself but to those around you and, ultimately, to all living beings equally, in the short and long term.

Take a moment to set your motivation for working with this material: That whatever you learn, and whatever you practice may truly be of benefit—not just to a few but ultimately to every living being, now and in the long term. Make the wish to increase your pure motivation in your mind and heart, and bring that motivation into the thoughts and actions of your daily life, so it's not just an idea in your head, an empty value, but it becomes you and is expressed in everything you do.