

Illuminating Tara's Clear Light – A Commentary
8 – Introduction to Refuge and Bodhichitta

The four thoughts that turn the mind
end with an inferred question,
“how can we make the most
of our precious human life?”

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This is answered
during our three recitations
of the quatrain
of refuge and Bo-dhi-chit-ta.

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By way of terminology

a couplet

is a set of two lines

a triplet

is a set of three lines

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And a quatrain
is a set of two couplets.

I know it is silly
but Dza Patrul Rinpoche's
last meditation manual
is written in verse

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and its effect upon me
has been indelible.

Bo-dhi-chit-ta is a San-skrit term
that could be translated as
“mindset of enlightenment.”

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It is a blanket term
for the ultimate Bodhichitta
of the two truths of mindfulness
(*the seventh part of the eight-fold path*)

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and the wisdom of letting-go
which is accessed
through both contemplation
(the first fold of the eight-fold path)

and meditation
the (eighth fold of the eight-fold path);

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as well as the conventional Bodhichitta
of both aspirational Bodhichitta
*(the contemplations of the second fold
of the eight fold path)*

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and active Bodhichitta

the kind:

communication, conduct, and commerce

*(enumerated as
the third, fourth, and fifth folds
of the eight fold path).*

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Now that I've given you an overview
perhaps unnecessary
and a trifle overwhelming

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allow me to reassure you
that in this context
Bodhichitta refers to cultivating
an altruistic intention.

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This would be an excellent time
for you to chant
the recitation of refuge and Bodhichitta
for one repetition:

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Éternally I rely upon Buddha's:
example, teachings, and students
as well as practice Green Tara
for the benefit of all.

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