

Tonglen: The basis of
Taking & giving is
your Buddha nature. Your
Buddha nature is in-
destructible, timeless, and
the very nature of Clarity.
Clarity is the act of ex-
periencing phenomenon with
perfect awareness of the actual
nature of that phenomenon.
Clarity, Buddha-nature.

is independent of time.
It is independent of
Bodies & lives.

This is helpful.

From the basis of your
Buddha-nature, allow your
mind to study the point
of injury / programming. The
point of injury / programming is

not actually a part of you.

It is like a virus.

A bunch of proteins
with a function.

The "how" of the injury tells
us this.

→ The truth does
not require torture
to learn.

Ever.

→ Allow your clarity to
wash over the point of

Injury / programming (this can
be mounted on the breath).

Your compassion for the
suffering part will begin
to dissolve the injury.

Allow the compassion for the
suffering
OF THAT PART → not
the
program

to dissolve your own fear,
and your own pain, and

your separation (mistaken
as it is) from the Buddha
you will become.

Rinse! Repeat!