

# Taking Responsibility for Your World

## MEDITATION OUTLINE

### **Acknowledge your own and others' suffering and wish it could end**

- Try to picture people you know, a sea of humanity before you. Think how everyone suffers from mental afflictions and pain they don't want.
  - Think how nice it would be if everyone were free from mental afflictions and suffering.
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### **Investigate the relationship between your mind and your world**

- As you are now, can you free everyone from suffering and the causes of suffering?
  - Look closer. Notice that how you see people is always based on thoughts and labels from your mind. And for you, there is no reality separate from those stories. Can you establish a story independent of your own thought and label?
  - See the deepest truth. If you clean up your mind, you will project a different experience of people in your world.
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### **Take responsibility for your world**

- Take responsibility for all that your mind projects.
- Wish to become a fully enlightened being for the benefit of everyone.