

Colour scheme used

- View / Wisdom / Emptiness
- Practice / Method / Path
- Motivation / Bodhicitta / Compassion
- Pitfalls / Errors
- Foundational / Structural

Chapter 4 Equalising and Exchanging Self and Others

1. Purpose of Equalising and Exchanging

- Direct method for undermining self-cherishing
- Complements the Sevenfold Cause and Effect
- Transforms perspective, not just behaviour

2. Equalising Self and Others

- 2.1 What Equalising Means
 - Recognising equal wish for happiness
 - Recognising equal wish to avoid suffering
 - No inherent difference in worth
- 2.2 Logical Basis for Equalising
 - Self is one; others are many
 - No rational basis for privileging 'me'
 - Self and others are equally dependently arisen

3. Identifying the Self-Cherishing Mind

- Source of all personal suffering
- Basis of attachment, aversion, pride, jealousy
- Mistakenly protects an imagined solid self

4. Wisdom Perspective on Self-Cherishing

- Self is a mere imputation on aggregates
- No intrinsically existent 'owner' to protect
- Self-cherishing is logically unfounded

5. Exchanging Self and Others

- 5.1 What Is Exchanged
 - Attitude of priority, not physical identity
 - Others' welfare placed above self-interest
- 5.2 How the Exchange Is Practised
 - Imagine taking the perspective of others
 - View one's own self as secondary
 - Rehearse reversal in daily situations

10. Pocket Reminder

- The enemy is not the self, but self-cherishing
- When the self is empty, preference is optional

9. Integrating Exchange into Daily Life

- Notice reflexive self-preference
- Pause and mentally reverse priorities
- Use irritation as evidence of self-grasping

8. Common Errors in the Exchange Practice

- Thinking the practice denies conventional self-care
- Forcing emotional states prematurely
- Mistaking suppression for transformation
- Neglecting wisdom while emphasising method

7. Relationship to Compassion and Bodhicitta

- Equalising enables impartial compassion
- Exchanging makes compassion active
- Bodhicitta becomes unavoidable rather than aspirational

6. Using Envy, Pride, and Competition as Practice

- View self from the standpoint of inferiors
- View self from the standpoint of equals
- View self from the standpoint of superiors
- Expose hidden assumptions of self-importance