

From Chapter Five of Shantideva's Bodhichariavatara

Verses 48-55

The Twenty-Seven Instances When One Should Remain Like a Log with Body, Speech and Mind

1. When feelings of desire arise.
2. When feelings of wrathful hate arise.
3. When the mind is wild with mockery.
4. When the mind is filled with pride and haughty arrogance.
5. When you want to show the hidden faults of others.
6. When you want to bring up old dissensions.
7. When you want to act deceitfully.
8. When you want to fish for praise.
9. When you want to criticize another.
10. When you want to spoil another's name.
11. When you want to use harsh speech.
12. When you are sparring for a fight.
13. When you yearn for wealth.
14. When you yearn for attention.
15. When you yearn for fame.
16. When you yearn for a circle of admirers serving you.
17. When you look for honors.
18. When you search for recognition.
19. When you want to do another down.
20. When you desire to cultivate advantage for yourself.
21. When the wish to gossip comes to you.
22. When you feel impatient.
23. When indolence overcomes you.
24. When you feel faint-hearted.
25. When you are moved to haughty speech.
26. When you are inclined to insolence.
27. When you are attached to your side of things.

When any one of these 27 instances surge up in the mind, it is then that like a log we should remain.

Nine Ways to Engage Positively Which Brings Benefit to Others

1. Doubtless conviction in the bodhicitta practice.
2. Having complete faith in the bodhicitta.
3. Not being persuaded away from one's positive intention.
4. Respect and a joyful attitude to engage in the practice.
5. Showing respect to the spiritual friend and the teacher.
6. Cultivating and preserving *ngo tsa* or dignity.
7. Cultivating and preserving *trel yü* or decency.
8. Having a reasonable 'apprehensive fear' towards displeasing the Buddhas and Bodhisattvas, as well as the teacher's mind.
9. Abiding in peace.