

## **PURE MOTIVATION AND A GOOD HEART**

**By Pierre Zimmerman**

When everything is auspicious and things are going well, it helps to have a good understanding of the teachings. This is also true during difficult times when obstacles appear; we can manage life well. Pure motivation and a good heart are fundamental. A person needs three basic qualities: to have a good heart, to be stable and reliable, and to be spacious and at ease with oneself.

A good heart allows us to give unconditional, unlimited love, with a quality of freedom like that in powerful, devotional love. It springs from our innermost being with radiance and has the power to dispel fear of the unknown, gives refuge from anxiety, and grants serenity and peace.

We often lack stability because everything is in a constant state of flux, and when our mind is not strong, we can be swept away by many circumstances. A string of beads has a thread running through all the beads, keeping them together. We need a thread too, to keep our life together and prevent us from falling apart. Stability, sanity, and flexibility, prevent the thread from breaking. The practice of meditation and being mindful is a refuge for those qualities.

When we are at ease with our body, heart, and mind, we can be at ease with others. When we are not, our imagination runs wild, and we become suspicious of others. They might appear to be condescending. When we are spacious, we bring a sense equilibrium and confidence; we don't feel on edge, don't worry what people think about us, how we look or behave. We know ourselves in our deepest essence as a decent human being, standing firm and open.

These three qualities, a good heart, stability, and spaciousness and ease with oneself, will guide us on the path of liberation from harm, causing harm, or killing the mind of compassion.

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