

## Bodhipath San Luis Obispo, November 6, 2016

Discussion of Shamar Rinpoche's "*The Path to Awakening*" the Seven Points of Mind Training (Lojong), available at the SLO Bodhipath Center

Additional Lojong Resources:

The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion by Jamgon Kongtrul and Ken McLeod (at [Amazon](#))

Training the Mind and Cultivating Loving-Kindness by Chogyam Trungpa (at [Amazon](#))

Start Where You Are by Pema Chödrön (at [Amazon](#))

Enlightened Courage by Dilgo Khyentse Rinpoche (at [Amazon](#))

The Practice of Lojong by Traleg Rinpoche (at [Amazon](#))

Article: Lojong: How to Awaken Your Heart, Pema Chödrön, Shambhala Sun, Sept. 2003 ([link to online article](#))

The following points about Lojong are adapted from talks by Tim Olmstead, Senior Tergar Instructor and Director of the Steamboat Springs Buddhist Center

- The term Mind Training in this context refers to the idea that the conceptual mind needs to be trained. There are two domains of mind. The first is mind's essence, mind's fundamental nature, mind's basis, which is open stable, clear, and non-conceptual (fundamental awareness). This mind is the basis of enlightenment. This fundamental basis of mind has been obscured by a lifetime of running after the objects of the senses.
- The second domain is the conceptual, active quality of mind, that is constantly running after life and is rooted in the concept of self and other. In order to awaken, we need to recognize the fundamental basis of mind and come back to it over and over in meditation. In order to do this, the active, conceptual mind needs to be trained.
- The conceptual mind is trained through the seven points of mind training. This involves understanding how things really are and bringing a quality of warmth and compassion to our life and relationships. We can't change what's out there, but we can change our relationship to what's out there. The mind training process causes agitated mind to become wise, stable and skillful in helping oneself and others.
- The Seven Points of mind training include 59 slogans, some are simple and obvious, others not. The goal is to learn and contemplate these slogans (or tips) so that when circumstances arise in life we think of the slogans and apply the wisdom in them.
- The slogans contain the whole map of training along the path.

---

Discussion of The Path to Awakening

*The First Point: Learn the preliminaries; think that all phenomena are like a dream.*

- Think that all phenomena are like a dream: The Four Thoughts That Change the Mind
- Refuge and the Qualities of the Objects of Refuge
- Calming the Mind with Meditation; calm-abiding, shamatha, "shiné"
- Controlling "surface" distractions using antidotes