

The Seven Points of Training the Mind (Lojong Teachings)

One: The Preliminaries

- 1 First, train in the preliminaries.

Two: The Actual Practice, Training in Bodhicitta

- 2 Regard all dharmas as dreams.
- 3 Examine the nature of unborn awareness.
- 4 Self-liberate even the antidote.
- 5 Rest in the nature of alaya, the essence.
- 6 In postmeditation, be a child of illusion.
- 7 Sending and taking should be practiced alternately. These two should ride the breath.
- 8 Three objects, three poisons, and three seeds of virtue.
- 9 In all activities train with slogans.
- 10 Begin the sequence of sending and taking with yourself.

Three: Transforming Negative Conditions into Aids on the Path

- 11 When the world is filled with evil, transform all mishaps into the path of bodhi.
- 12 Drive all blames into one.
- 13 Be grateful to everyone.
- 14 Seeing confusion as the four kayas is unsurpassable shunyata protection.
- 15 Four practices are the best of methods.
- 16 Whatever you meet unexpectedly, join with meditation.

Four: The Doctrine of a Practice for One Lifetime

- 17 Practice the five strengths, the condensed heart instructions. *
- 18 The mahayana instruction for ejection of consciousness at death is the five strengths: How you conduct yourself is important.

Five: The Measure to Which the Mind Has Been Trained

- 19 All dharma agrees at one point.
- 20 Of the two witnesses, hold the principal one.
- 21 Always maintain only a joyful mind.
- 22 If you can practice even when distracted, you are well trained.

Six: The Commitments of this Mind-training System

- 23 Always abide by the three basic principles.
- 24 Change your attitude, but remain natural.
- 25 Don't talk about injured limbs.
- 26 Don't ponder others.

- 27 Work with the greatest defilements first.
- 28 Abandon any hope of fruition.
- 29 Abandon poisonous food.
- 30 Don't be so predictable.
- 31 Don't malign others.
- 32 Don't wait in ambush.
- 33 Don't bring things to a painful point.
- 34 Don't transfer the ox's load to the cow.
- 35 Don't try to be the fastest.
- 36 Don't act with a twist.
- 37 Don't make gods into demons.
- 38 Don't seek others' pain as the limbs of your own happiness.

Seven: Advice to Lojong Practitioners

- 39 All activities should be done with one intention.
- 40 Correct all wrongs with one intention.
- 41 Two activities: one at the beginning, one at the end.
- 42 Whichever of the two occurs, be patient.
- 43 Observe these two, even at the risk of your life.
- 44 Train in the three difficulties.
- 45 Take on the three principal causes.
- 46 Pay heed that the three never wane.
- 47 Keep the three inseparable.
- 48 Train without bias in all areas. It is crucial always to do this pervasively and wholeheartedly.
- 49 Always meditate on whatever provokes resentment.
- 50 Don't be swayed by external circumstances.
- 51 This time, practice the main points.
- 52 Don't misinterpret.
- 53 Don't vacillate.
- 54 Train wholeheartedly.
- 55 Liberate yourself by examining and analyzing.
- 56 Don't wallow in self-pity.
- 57 Don't be jealous.
- 58 Don't be frivolous.
- 59 Don't expect applause.

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