

Outline of the Seven Points of Mind Training (Lojong)

Compiled by George Draffan (NaturalAwareness.net) based on *The Great Path of Awakening* by Jamgon Kongtrul.

Point One: The Preliminaries which teach the support for Dharma

1. First, train in the preliminaries. (precious human existence, impermanence, karma, samsara, refuge and bodhicitta).

Point Two: The Actual Practice: Training in Bodhicitta

2. Regard all phenomena as dreams.
3. Examine the nature of unborn awareness.
4. Even the remedy is freed to subside naturally.
5. Rest in the nature of all, the basis of everything.
6. In post-meditation practice, be a child of illusion.
7. Train in taking and sending alternately, put them on the breath.
8. Three objects, three poisons, three seeds of virtue.
9. Use sayings to train in all forms of activity.
10. Begin the sequence of exchange with yourself.

Point Three: The Transformation of Adverse Circumstances into the Path of Awakening

11. When evil fills the world and its inhabitants, change adverse conditions into the path of awakening.
12. Drive all blames into one. (Self-grasping and -cherishing).
13. Be grateful to everyone.
14. To see confusion as the four kayas, the protection of emptiness is unsurpassable. (Empty in nature, appearing with clarity, occurring together, inseparable).
15. The four applications are the best method. (Gathering merit, confessing evil actions, offerings to gods and demons, offerings to dakinis and protectors).
16. In order to take unexpected conditions as the path, immediately join whatever you meet with meditation.

Point Four: Using the Practice in One's Whole Life

17. A summary of the essential instructions: train in the five forces. (Impetus, familiarization, positive seeds, repudiation, aspiration).
18. The Mahayana instructions for how to die are the five forces; how you act is important.

Point Five: The Extent of Proficiency in Mind Training

19. All Dharma has a single purpose. (To tame self-clinging and -cherishing).
20. Of the two judges, rely on the principle one. (Your judgment).
21. Always have the support of a joyful mind.
22. You are proficient if you can practice even when distracted.

Point Six: Commitments of Mind Training

23. Always practice the three general principles. (Don't break vows; discard obnoxious behaviors; don't be one-sided).
24. Change your attitude, but remain natural.
25. Do not talk about weak points.
26. Don't think about the affairs of others.
27. Work on the stronger disturbing emotions first.
28. Give up all hope for results.
29. Give up poisonous food.
30. Don't rely on consistency.
31. Don't be excited by cutting remarks.
32. Don't wait in ambush.
33. Don't make things painful.
34. Don't put the horse's load on a pony.
35. Don't aim to win.
36. Don't revert to magic.
37. Don't reduce a god to a demon.
38. Don't seek pain as a component of happiness.

Point Seven: Guidelines for Mind Training

39. All active meditation is done in one way. (The intention to help others).
40. All corrections are made in one way. (Exchanging self and others).
41. At the beginning and at the end, two things to be done. (Morning and night, maintain bodhicitta).
42. Whichever of two occurs, be patient. (Happiness or suffering).
43. Observe these two, even at the risk of your life. (General precepts and lojong precepts).
44. Learn the three difficulties points. (Recognize, stop, and repudiate disturbing emotions).
45. Take up the three primary resources. (Teacher, proper practice, practice necessities).
46. Don't allow three things to weaken. (Faith, enthusiasm, precepts).
47. Make the three inseparable. (Body, speech, mind).
48. Train in all areas with impartiality; overall deep and pervasive proficiency is important.
49. Always meditate on volatile points.
50. Don't depend on external conditions.
51. This time, practice the important points. (Kongtrul's list: prioritize the future over the present; freedom over success; others' welfare over your own; practicing meditation over teaching; bodhicitta over other practices; your teacher's instructions over analyzing texts; and meditation practice over other activities).
52. Don't make mistakes.
53. Don't fluctuate.
54. Train wholeheartedly.
55. Find freedom through both examination and investigation.
56. Don't make a fuss.
57. Don't be caught up in irritation.
58. Don't be temperamental.
59. Don't expect thanks.