

Lojong Slogans**Point 1: Groundwork**

1: First Train in the Preliminaries

Point 2: Formal Practice

Absolute Bodhichitta

- 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

Relative Bodhicitta

- 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

Point 3: Working with Adversities

- 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 sunyata protection
- 15: Four practices are the best of methods
- 16: Whatever you meet unexpectedly, Join it with meditation

Point 4: Using the practice in Whole Life

- 17: Practice the five strengths, the condensed heart instructions
- 18: The Ejection of Consciousness

Point 5: Evaluation of Mind Training

- 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

Point 6: Disciplines of Mind Training

- 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 and 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

Point 7: Guidelines of Mind Training

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 analysing
56. Don't wallow in self-pity
57. Don't be jealous
58. Don't be frivolous
59. Don't expect applause

Books: Jamgon Kongtrul, *The Great Path of Awakening: The Classic Guide to Lojong*, Shambhala Classics, 2005

Geshe Jampa Tegchok, *The Kindness of Others: A Commentary to the Seven-Point Mind Training*, Lama Yeshe Wisdom Archive, eBook.

Pema Chödrön books, e.g. *Always Maintain a Joyful Mind*, Shambhala Publication, 2007

Dilgo Khyentse, *Enlightened Courage: An Explanation of the Seven-Point Mind Training*, Padmakara Translation Group, 2006

Chögyam Trungpa, *Training the Mind and Cultivating Loving-Kindness*, Shambhala Classics, 2003

Dzigar Kongtrul, *The Intelligent Heart: A Powerful Practice for Discovering Happiness by Shifting the Focus from Yourself: A Guide to the Compassionate Life*, Shambhala Publications, 2016

Web: <https://en.wikipedia.org/wiki/Lojong>
<http://www.tricycle.com/complete-lojong-slogans>
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