

(about)Lojong(prefs)

❖ The Slogans

POINT ONE:  
The Preliminaries  
which are a basis for  
dharma practice  
1. First, train in  
the preliminaries.  
POINT TWO:  
The Main Practice  
which is training in *bodhichitta*  
[Ultimate or Absolute  
Bodhichitta Slogans]  
2. Regard all dharmas  
as dreams.  
3. Examine the nature  
of unborn awareness.

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❖ Selected Bibliography

The slogans as presented  
refer primarily to:  
- Chogyam Trungpa, trans., *The  
Root Text of the Seven Points  
of Training the Mind*, 1981,  
revised by Diana J. Muckpo  
and the Nalanda Translation  
Committee, c. 1993.  
Selected references  
and commentaries:  
- The Seventh Dalai Lama,  
*Meditations to Transform  
the Mind*, trans. Glenn H.  
Mullin, (Ithaca, Boulder:

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About Lojong

❖ Lojong Explained  
Lorem ipsum dolor sit amet,  
consetetur sadipscing elitr  
❖ The Slogans  
At vero eos et accusam et justo  
duo dolores et ea rebum.  
❖ Tonglen  
sed diam nonumy eirmod  
tempor invidunt ut labore et  
dolore magna aliquyam erat

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Lojong



Fifty-nine timeless  
slogans to inspire  
and encourage  
loving kindness  
and compassion

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18.  
The Mahayana  
instruction  
for ejection  
of consciousness  
at death is  
the five strengths:  
How you  
conduct yourself  
is important.

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❖ Commentary

1. First, train  
in the preliminaries.  
Lorem ipsum dolor sit amet,  
consetetur sadipscing elitr, sed  
diam nonumy eirmod tempor  
invidunt ut labore et dolore  
magna aliquyam erat, sed diam  
voluptua. At vero eos et accusam  
et justo duo dolores et ea rebum.  
Stet clita kasd gubergren,  
no sea takimata sanctus est  
Lorem ipsum dolor sit amet.  
Lorem ipsum dolor sit amet,  
consetetur sadipscing elitr, sed

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❖ Glossary

Alaya (*ah-LIE-ya*) (Soundfile?)  
(*Sanskrit*) The fundamental  
consciousness of all sentient  
beings, alaya means the  
“storehouse”, implying that this  
consciousness contains and  
preserves all past memories and  
potential psychic energy within  
its fold; it is the reservoir of all  
ideas, memories and desires and  
is also the fundamental cause  
of both *Samsara* and *Nirvana*.

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