Lojong 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.4. Self-liberate even the antidote.5. Rest in the nature of *alaya*, the essence.6. In postmeditation, be a child of illusion.

*[Relative* Bodhichitta *Slogans]*

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 THREE: *Transformation of Bad Circumstances into the Path of Enlightenment***

*[The* Paramita *(“perfection” or virtue) of Patience]*

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 it with meditation.

**POINT FOUR: *Showing the Utilization of Practice in One’s Whole Life***

*[The* Paramita *of Exertion]*

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.

**POINT FIVE: *Evaluation of Mind Training***

*[The* Paramita *of Meditation]*

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 SIX: *Disciplines of Mind Training***

*[The* Paramita *of Wisdom /* Prajnaparamita*]*

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 SEVEN: *Guidelines of Mind Training***

*[Postmeditation]*

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.

**Primary commentators/commentaries:**

Jamgon Kongtrul

Chögyam Trungpa Rinpoche

Pema Chödrön

Traleg Kyabgon Rinpoche

**The slogans as presented refer primarily to:**

Chögyam 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 specific commentary texts:**

- Jamgon Kongtrul, *The Great Path of Awakening*, trans. Ken McLeod, (Boston: Shambhala, 1987).

- Pema Chödrön, *Start Where You Are*, (Boston: Shambhala, 2001).

- Pema Chödrön, *Always Maintain a Joyful Mind*, (Boston: Shambhala, 2007).

- Traleg Kyabgon, *The Practice of Lojong, Cultivating Compassion Through Training the Mind*, (Boston: Shambhala, 2007).

- The Seventh Dalai Lama, *Meditations to Transform the Mind*, trans. Glenn H. Mullin, (Ithaca, Boulder: Snow Lion, 1999).

- His Holiness the (14th) Dalai Lama (Tenzin Gyatso), *Transforming the Mind: Eight Verses on Generating Compassion and Transforming your Life*, (London: Thorsons, 2000).

- Dilgo Khyentse, *Enlightened Courage*, (Ithaca, Boulder: Snow Lion, 2006).

- Norman Fischer, *Training in Compassion: Zen Teachings on the Practice of Lojong*,  (Boston: Shambhala, 2013).

- Geshe Kelsang Gyatso, *Eight Steps to Happiness: The Buddhist Way of Loving Kindness*, (Ulverston: Tharpa, 2000).

- Geshe Kelsang Gyatso, *Universal Compassion: Inspiring Solutions for Difficult Times*, (Ulverston: Tharpa, 2002).

- Geshe Rabten and Geshe Dhargyey, *Advice from a Spiritual Friend,* trans. Brian Beresford, (Sommerville: Wisdom, 1977).

- Chögyam Trungpa Rinpoche, *Training the Mind and Cultivating Loving-Kindness*, (Boston: Shambhala, 2005).

- Thubten Jinpa trans., *Mind Training: The Great Collection*, (Sommerville: Wisdom, 2005).

- Thubten Jinpa, *Essential Mind Training*, (Sommerville: Wisdom, 2011).

- Alan B. Wallace, *The Seven-Point Mind Training: A Tibetan Method For Cultivating Mind And Heart*, (Ithaca, Boulder: Snow Lion, 1992).

- Alan B. Wallace, *Buddhism With An Attitude: The Tibetan Seven-Point Mind Training*, (Ithaca, Boulder: Snow Lion, 2003).