

***The Practice Of Lojong Cultivating Compassion Through Training
Mind Traleg Kyabgon***

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The Practice Of Lojong Cultivating

Lojong (Tib. ལོ་ཇོང་, Wylie: blo sbyong) is a mind training practice in the Tibetan Buddhist tradition based on a set of aphorisms formulated in Tibet in the 12th century by Chekawa Yeshe Dorje. The practice involves refining and purifying one's motivations and attitudes. The fifty-nine or so slogans that form the root text of the mind training practice are designed as a ...

Lojong - Wikipedia

Pema Chödrön's commentary on Atisha's famed mind-training slogans that utilize our difficulties and problems to awaken the heart. When I first read the lojong ("mind training") teachings in The Great Path of Awakening by the nineteenth-century Tibetan teacher Jamgön Kongtrül the Great, I was struck by their unusual message that we can use our difficulties and problems to awaken our ...

Pema Chödrön on Lojong Mind Training Slogans - Lion's Roar

Practice. In the practice, one visualizes taking in the suffering of oneself and of others on the in-breath, and on the out-breath giving recognition, compassion, and succor to all sentient beings. As such it is a training in altruism.. The function of the practice is to:

Tonglen - Wikipedia

That's how things start to lighten up. See also The Gift of "I Don't Know": How Mary Beth LaRue Is Embracing Life's Uncertainties Practice: Four Limitless Qualities to Gain Happiness. A teacher once told me that if I wanted lasting happiness, the only way to get it was to step out of my cocoon.

Lighten Up! How to Cultivate Joy, Fearlessness, and ...

Dharmagiri, which means sacred mountain, is the name of a hermitage founded by Kittisaro and Thanissara on the border of Lesotho and South Africa in 2000. Drawing inspiration from the mountain where Dharmagiri is nestled, this small center hosts meditation retreats and educational courses. In alliance with friends from the international Buddhist community, Dharmagiri also initiated and ...

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