

7 Points of Mind Training

Teaching Session 1

29 October 2025

Essence of Mind Training (Lojong)

Shift from fear based self-contraction (egocentricity)
to opening our heart to the richness, beauty and
messiness of life (bodhicitta)

Key Practice of Lojong

❖ Instead of resisting and avoiding pain and difficulty,

turn towards it

❖ Instead of holding onto happiness and good fortune,

give it away

Basis of Tonglen – key *Lojong* practice

Key Principles of Lojong

- ❖ Use every life circumstance – pleasant or painful – as way of
cultivating the wise and compassionate heart of bodhicitta
- ❖ Nothing falls outside the path – obstacles and difficulties are the
fuel of awakening
- ❖ Instead of them dragging you down, they become your teachers

Bodhicitta (Awakening Heart)

Shift in mentality from being self-focused to other-focused

“I am one and others are many.” HH Dalai Lama

Self-Focused (Egoclinging)

Hedonic happiness

Poverty mentality

Dukkha

Other-Focused (Bodhicitta)

Value based happiness

Interbeing

Abundance mentality

Sukkha

Egoclinging is not the same as a strong and
healthy ego

Egoclinging

Contracting inwardly around 'me'

Feeling separate from who or what is 'other'

Trapped in egocentricity

Lojong counteracts this tendency

Strong and Health Ego

Identify and meet one's emotional needs

Create clear and strong boundaries

Basis for opening to others

Lojong builds on this capacity

Meaning of Bodhicitta

A commitment to dedicate one's life to the benefit of all living beings and to postpone one's own enlightenment to help others achieve liberation.

Bodhisattva – Someone who practices bodhicitta

Bodhisattva Vow

“For as long as space endures
And for as long as living beings remain,
Until then may I too abide
To dispel the misery of the world”

Shantideva

Two Aspects of Bodhicitta

Absolute Bodhicitta – Teachings and Practices on
Emptiness and Buddha Nature

Relative Bodhicitta – Teachings and Practices on Skilful
Means and Compassion

Lojong Approach to Absolute Bodhicitta

- ❖ Lojong pulls the rug from under our solid constructs of self and others
- ❖ We see how we box ourselves into the prison of 'me' and throw away the key!
- ❖ It initiates us into the vast, open dimension of life (interbeing)
- ❖ It shows us the potential for living with lightness and openness and connection to all of life

This wisdom is expressed in pithy slogans that we use in daily life

Lojong Approach to Relative Bodhicitta

- ❖ Lojong is focused on ordinary, everyday situations in life
- ❖ It shows us how to work with the tendency to shut down in the face of adversity
- ❖ It encourages us to face things honestly, keep our heart open and be flexible
- ❖ It encourages us to see that everything that happens in life – both good and bad – is an opportunity to cultivate the awakening heart of bodhicitta

These skilful means are expressed in pithy slogans that we use in daily life

Buddha Nature

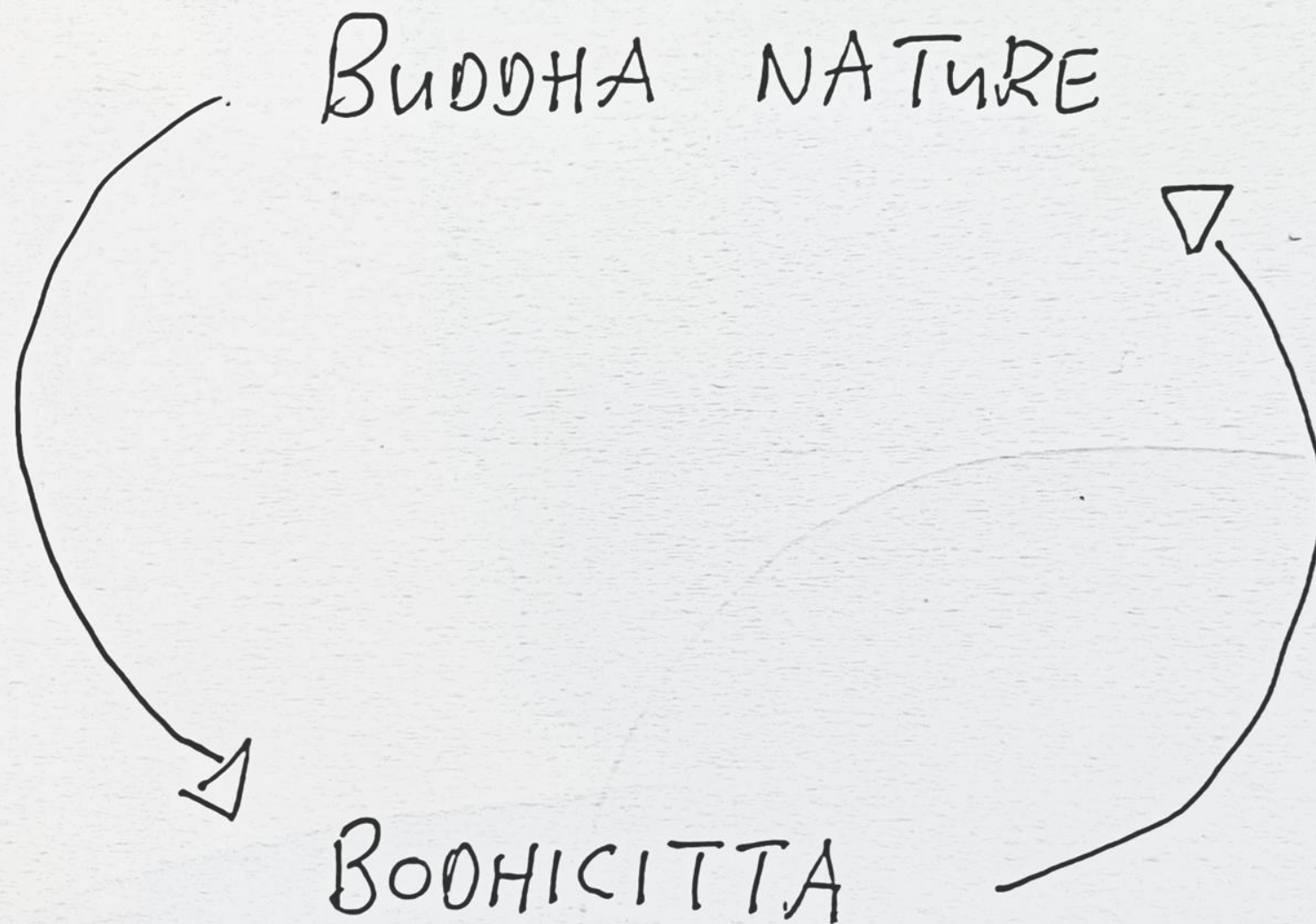
This is part of Absolute Bodhicitta

Buddha Nature is that part of ourselves that is always at peace, free and fundamentally okay

It provides an inner anchor as we practice Lojong

We use imagination and ritual to get a felt sense of it

Buddha Within Practice



Buddha Within Practice

Palden tsaway lama rinpoche

Dagee chiwor pay day den zhook la

Ka drin chenpo go nay jay zung tay

Ku sung tuk jee ngö drup tsal du sol

Most precious and resplendent root guru,

Seated on a lotus and moon throne above my head,

I pray that you care for me with your great kindness

And grant me all the physical, verbal and mental accomplishments of enlightenment

Four Limitless Contemplations

Bodhicitta Prayer

May all beings have happiness and the causes of happiness (loving kindness)

May all beings be free of suffering and the causes of suffering (compassion)

May all beings experience great joy untainted by suffering (sympathetic joy)

May all beings abide in equanimity free from attachment or aversion (equanimity)

Recommended Reading

- ❖ Jamgon Kontrul (2005) *The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion*. Shambhala Publications
- ❖ Chogyam Trungpa (1995) *Training the Mind and Cultivating Loving Kindness*. Shambhala Publications
- ❖ Pema Chodron (2005) *Start Where You Are* plus Compassion (Lojong) cards. Element Books
- ❖ Akong Tulku Rinpoche (1994) *Taming the Tiger*. Rider