

Lojong 2021 - Class 12 (4.17.21)

Today's Agenda:

Cultivate pure motivation of love
(may all beings benefit from our
Dharma practice)

Begin Point 4: The
presentation of a lifetime's
practice in summary



Link to 7 point mind training text https://www.icloud.com/iclouddrive/0gJ8DLNdP9b7j8oIfo92OaN_w#Bardor_Tulku_Teachings

Join Us - IBC Activities

Join Slack for course materials

<https://indianabuddhi-qzm6984.slack.com/ssb/redirect>

IBC Activities

1. Sunday Intro to Buddhism 11am
2. Sunday Sashi Zangpo 1pm
3. Sunday Geshe La Teachings 3:15pm
4. Wednesday night prayers and chanting 6:30



7 Point Mind Training

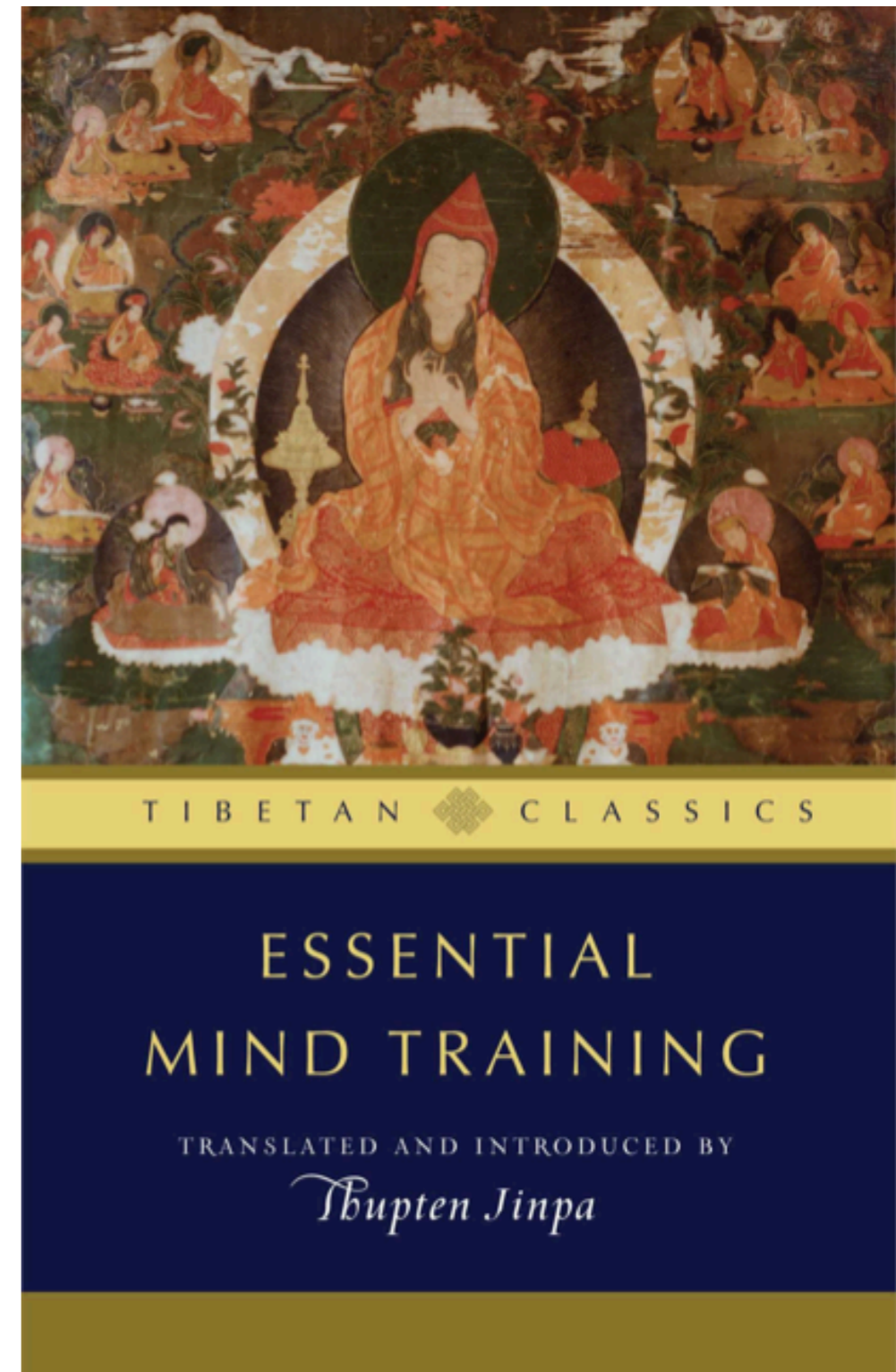
1. Presentation of the preliminaries, the basis
2. Training in the awakening mind, the main practice
3. Taking adverse conditions onto the path of enlightenment
4. Presentation of a lifetime's practice in summary (how to use this practice throughout your life)
5. Presentation of the measure of having trained your mind
6. Presentation of the commitments of mind training
7. Presentation of the precepts (the rules) of mind training



Geshe Chekawa Yeshe Dorje
(1101-1775)

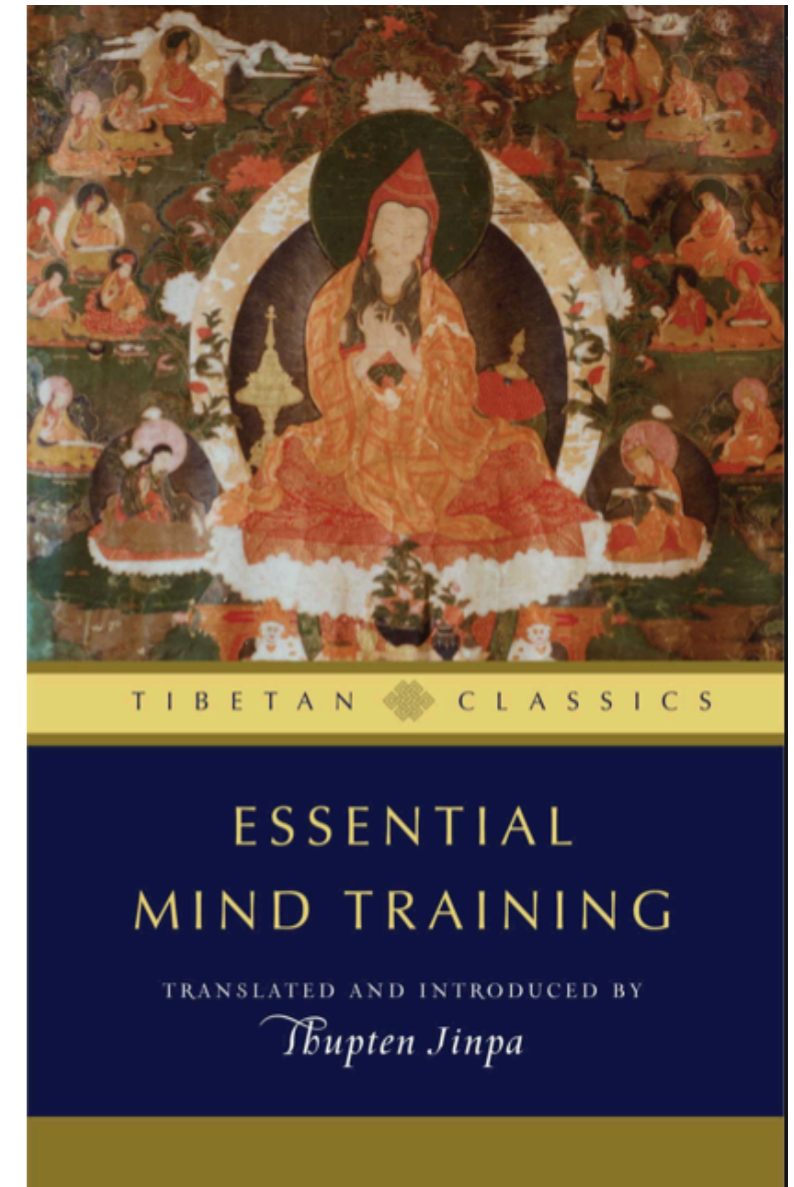
Point 3: Taking adverse conditions onto the path of enlightenment

- “When the world and its inhabitants boil with negativity, transform adverse conditions into the path of enlightenment.
- Banish all blames to the single source.
- Toward all beings contemplate their great kindness.
- With the three views and treasury of space, the yoga of protection is unexcelled.
- By meditating on illusions as the four buddha bodies, emptiness is protection unsurpassed.
- **The fourfold practice is the most excellent method.**
- **Relate whatever you can to meditation right now.**



The fourfold practice is the most excellent method

1. Accumulation of Merit
2. Purification of Negative Karma
3. Making Offerings to Malevolent Forces
4. Offering Torma to the Dharma Protectors



Relate whatever you can to meditation right now

[Practice instructions located here](#)

1. Accumulation of Merit
2. Purification of Negative Karma
3. Making Offerings to Malevolent Forces
4. Offering Torma to the Dharma Protectors



Presentation of a lifetime's practice in summary

[Practice instructions located here](#)

Instructions while alive

1. Power of Propelling Intention
2. Power of Acquaintance or Habit
3. Power of Positive Seeds
4. Power of Eradication
5. Power of Aspirational Prayer



Presentation of a lifetime's practice in summary

[Practice instructions located here](#)

Instructions for death

1. Power of Positive Seeds
2. Power of Aspirational Prayer
3. Power of Eradication
4. Power of Propelling Intention
5. Power of Acquaintance or Habit



7 Point Mind Training

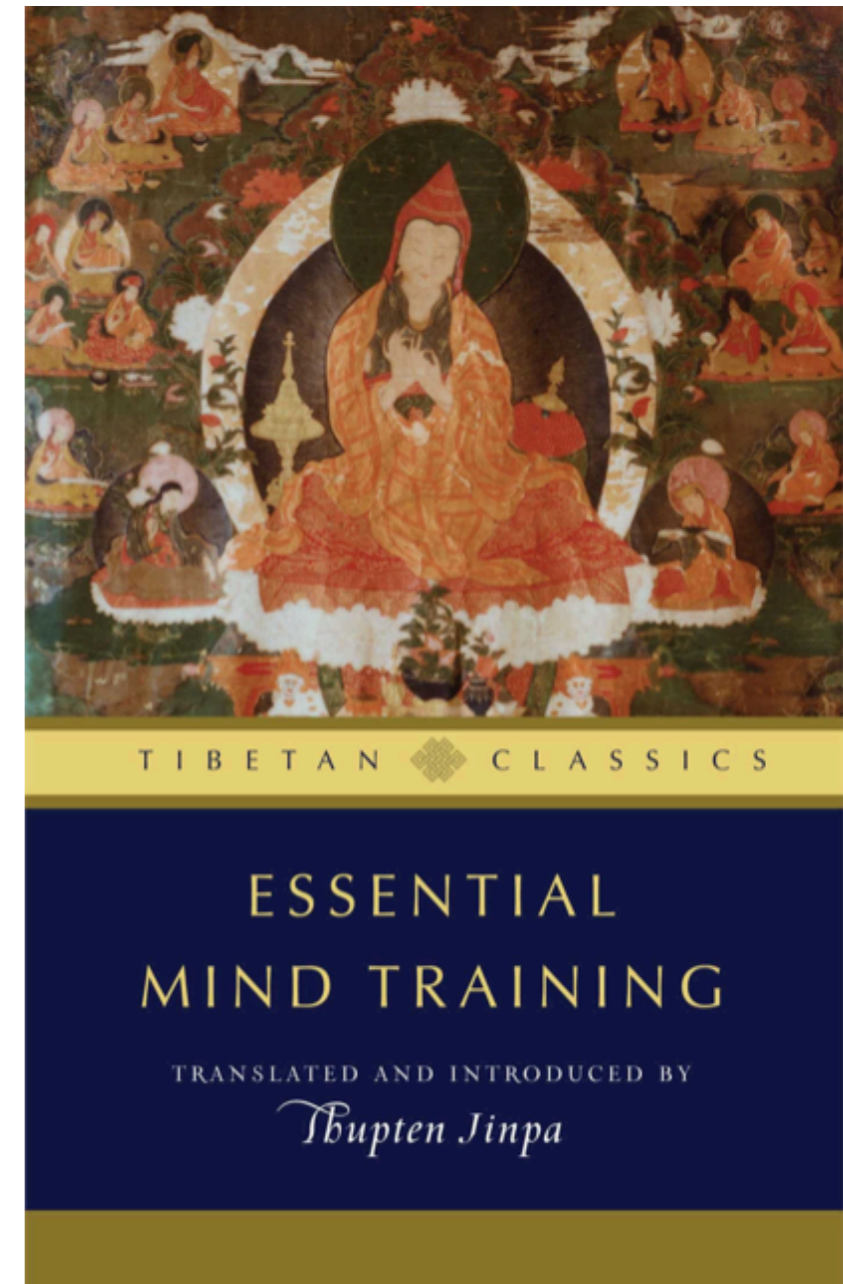
1. Presentation of the preliminaries, the basis
2. Training in the awakening mind, the main practice
3. Taking adverse conditions onto the path of enlightenment
4. Presentation of a lifetime's practice in summary (how to use this practice throughout your life)
- 5. Presentation of the measure of having trained your mind**
6. Presentation of the commitments of mind training
7. Presentation of the precepts (the rules) of mind training



Geshe Chekawa Yeshe Dorje
(1101-1775)

Presentation of the measure of having trained your mind

1. Intent of all teachings converges on a single point (am I destroying self grasping)
2. Of the two witnesses, upload the principal one
3. Cultivate constantly the joyful mind alone
4. If this can be done even when distracted, you are trained



Point 6: Presentation of the commitments of mind training

1. Train constantly in the three general points.
2. Transform your attitudes but remain as you are.
3. Do not speak of the defects [of others].
4. Do not reflect on others' shortcomings.
5. Discard all expectations of reward Discard poisonous food.
6. Do not maintain inappropriate loyalty.
7. Do not torment with malicious banter.
8. Do not lie in ambush.
9. Do not strike at the heart.
10. Do not place the load of a dzo onto an ox.
11. Do not sprint to win a race.
12. Do not abuse this [practice] as a rite.
13. Do not turn the gods into demons.
14. Do not seek misery as a means to happiness.



Point 7: Presentation of the commitments of mind training

Train constantly in the three general points.
Transform your attitudes but remain as you are.
Do not speak of the defects [of others].
Do not reflect on others' shortcomings.
Discard all expectations of reward.

