

Mahayana and “Training” (jong) the “Mind” (lo)

Atisha/Kadampa tradition – Shantideva

Lineage of “Atisha’s slogans”

Compassion and Bodhicitta (Awakened Mind or Awakened Heart or Mind of Enlightenment)

Absolute: “The mind of ultimate enlightenment is beyond the world, free from all elaborations, the supremely pure, subject of the ultimate – stainless, unmoving, and very clear like the continuity of a lamp sheltered from the wind.”

Relative: “,,vows to liberate all sentient beings from suffering through compassion.”

(Aspiring and Entering Relative Bodhicitta)

“...May whatever temporary conditions arise

Be conditions for realizing things as they are

Grant your blessings so that the natural state may dawn from within.”

Seven Points of Mind Training

1. The Preliminaries
2. The Actual Practice: The Cultivation of Bodhicitta
3. Transforming Adversity into the Path of Awakening
4. Maintaining the Practice for the Duration of Our Lives
5. Measuring the Success of Mind Training
6. Commitments of Mind Training
7. Guidelines of Mind Training