

THE SEVEN-POINT MIND TRAINING



B. Alan Wallace

Sevenpoint Mind Training

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Sevenpoint Mind Training:

The Seven-Point Mind Training B. Alan Wallace, 2012-05-16 A guide to the Tibetan Buddhist practice of lojong meditation or mind training as a way to pause reflect and discover the true meaning and value of life In this society with its hurly burly pace demanding of our time it is ever so easy to let life slip by Looking back after ten twenty thirty years we wonder what we have really accomplished The process of simply existing is not necessarily meaningful And yet there is an unlimited potential for meaning and value in this human existence The Seven Point Mind Training is one eminently practical way of tapping into that meaning At the heart of the Seven Point Mind Training lies the transformation of the circumstances that life brings us however hard as the raw material from which we create our own spiritual path The central theme of the Seven Point Mind Training is to make the liberating passage from the constricting solitude of self centeredness to the warm kinship with others which occurs with the cultivation of cherishing others This Mind Training is especially well suited for an active life It helps us to reexamine our relationships to family friends enemies and strangers and gradually transform our responses to whatever life throws our way [An Extensive Commentary on the Seven Point Mind Training](#) Lobsang Gyatso, 2017-01-01 The mind training tradition that developed in Tibet has its source from the great Indian masters Nagarjuna and Shantideva and it was brought into Tibet by Atisa in the eleventh century The practice of Mind training is based on the essential Mahayana teachings of impermanence compassion and the exchange of self and other The lojong teachings are a source of inspiration and guidance shared by masters of all Tibetan traditions The Seven Point Mind Training is a popular Tibetan Buddhist text by a twelfth century Kadampa master Geshe Chekawa An Extensive Commentary on the Seven Point Mind Training is a commentary on The Seven Point Mind Training by Geshe Lobsang Gyatso In this book he explains the practice of Mind Training as the synthesis of all the various trainings of Mahayana Buddhism into one practice with nothing omitted whatsoever He constantly emphasizes the daily practice of the Mind Training teachings over mere study or memorization and enjoins us to place whatever intellectual understanding we may have into pure Dharma practice right now Since the root text used here comprises pithy statements handed down by the great Kadampa masters of Tibet that require further elucidation Gen Lobsang Gyatso explains them with the expertise of an individual who has lived these teachings for many years and has come to a personal experiential mastery of them He espouses them as the fundamental antidote to our samsaric suffering and afflictive emotions the adamant antidote that crushes our own worst enemy our self centered attitude Among many text on Mind Training Geshe Chekawa's Seven Points for Training the Mind is widely used Chekhawa was said to possess all the marks of a great being right from his birth He received the Milarepa instructions from Rechungpa and had many other great teachers like Geshe Tsan Jayulpa and so forth It is said that he had memorized over one hundred scriptures but always felt incomplete thinking that there must be some other teaching for achieving enlightenment Then at thirty he met the great teacher Sharawa who gave him experiential teaching for twelve years Geshe

Chekhawa was very satisfied as we see at the end of his text on the Seven Points of Mind Training where he says Now I have no regrets even if I die Sharawa gave this practice of exchanging oneself for the other as a secret teaching to Chekhawa Thus the special focus of this text is how to eliminate self cherishing attitudes which are the source of all the sufferings and problems that we face in our life

Enlightened Courage Dilgo Khyentse,2006-06-20 A practical guide to Buddhahood and Seven Point Mind Training the meditation practice at the very heart of the Tibetan Buddhist tradition Highly respected by thousands of students throughout the world Dilgo Khyentse Rinpoche was one of the foremost poets scholars philosophers and meditation masters of our time Here he speaks frankly drawing on his own life experience Condensing the compassionate path to Buddhahood into practical instructions that use the circumstances of everyday life Rinpoche presents the Seven Point Mind Training the very core of the entire Tibetan Buddhist practice

The Kindness of Others Geshe Jampa Tegchok,2006 In this book Khensur Rinpoche Geshe Jampa Tegchok explains how we can train our mind away from self cherishing the cause of all suffering and develop compassion the cause of everything that is good He bases his explanation on Kadampa Geshe Chekawa s classic text The Seven Point Mind Training which amongst other things teaches us how to transform problems into happiness

The Seven Points of Mind Training Rinpoche Thrangu,2002 This Text On Mind Training Called Lo Jong In Tibetan Was Brought To Tibet By Atisha In The Eleventh Century

Lojong Mind Training in Seven Points , Essential Mind Training ,2011-11-14 Essential Mind Training is the first volume in the Tibetan Classics series which aims to make available accessible paperback editions of key Tibetan Buddhist works drawn from Wisdom Publications Library of Tibetan Classics The key to happiness is not the eradication of all problems but rather the development of a mind capable of transforming any problem into a cause of happiness Essential Mind Training is full of guidance for cultivating new mental habits for mastering our thoughts and emotions This volume contains eighteen individual works selected from Mind Training The Great Collection the earliest compilation of mind training lojong literature The first volume of the historic Tibetan Classics series Essential Mind Training includes both lesser known and renowned classics such as Eight Verses on Mind Training and The Seven Point Mind Training These texts offer methods for practicing the golden rule of learning to love your neighbor as yourself and are full of practical and down to earth advice The techniques explained here by enhancing our capacity for compassion love and perseverance can give us the freedom to embrace the world

Mind Training Thupten Jinpa,2014-05-01 Compiled in the fifteenth century Mind Training The Great Collection is the earliest anthology of a special genre of Tibetan literature known as mind training or lojong in Tibetan The principal focus of these texts is the systematic cultivation of such altruistic thoughts and emotions as compassion love forbearance and perseverance The mind training teachings are highly revered by the Tibetan people for their pragmatism and down to earth advice on coping with the various challenges and hardships that unavoidably characterize everyday human existence The volume contains forty four individual texts including the most important works of the mind training cycle such as Serlingpa s

well known Leveling Out All Preconceptions Atisha's Bodhisattva's Jewel Garland Langri Thangpa's Eight Verses on Training the Mind and Chekawa's Seven Point Mind Training together with the earliest commentaries on these seminal texts An accurate and lyrical translation of these texts many of which are in metered verse marks an important contribution to the world's literary heritage enriching its spiritual resources [Buddhism with an Attitude](#) B. Alan Wallace, 2001 Wallace shows us the way to develop attitudes that unveil our full capacity for spiritual awakening and discover in ourselves an unfleeting truth given joy [Seven Steps to Train Your Mind](#) Gomo Tulku, 2015-03-17 Learn the ropes of cultivating a resilient and warm heart even in the face of great difficulty from one of the most beloved of the last generation of lamas trained in pre-invasion Tibet The aphorisms of the Seven Point Mind Training present a powerful and counter-intuitive call to Buddhist practice view reality as dreamlike contemplate the kindness of your enemies give up expectations of reward change yourself but remain as you are When he fled Tibet Gomo Tulku carried in his heart this widely studied Tibetan text which he turned to time and again when faced with difficulties in life Having relied on this practice to transform his own hardships he shares here an inspired commentary to help us get through ours Mirroring the simplicity of the original Seven Steps to Train Your Mind succinctly provides a practical description of how to train the mind and develop the mental qualities of peace joy and wisdom that will carry one through any circumstance

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