

# Point Seven: Guidelines of Mind Training

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## Point Seven and Postmeditation

The guidelines relate to how we proceed in everyday life.

### **39. All activities should be done with one intention**

The intention is gentleness and willingness to help at all times. Always take the attitude of being of benefit to all without exception or partiality.

### **40. Correct all wrongs with one intention**

In the midst of circumstances such as sickness, bad reputation, court cases, economic or domestic crisis, increased kleshas, or resistance to practice, develop compassion for all sentient beings who also suffer like this and aspire to take on their suffering yourself through the practice of lojong. Continue to practice, whether things are good or bad. Correct all wrongs means to stomp on the kleshas.

### **41. Two activities: One at the beginning and one at the end.**

Begin and end each day with twofold awakened heart. Recall it each morning and take the attitude of not separating yourself from it. At the end of the day, examine what you've done. Rejoice in the good, and aspire to do better if it wasn't so good.

### **42. Whichever of the two occurs, be patient.**

Practice, unswayed by joy or pain. Be patient. Avoid escapism, such as blaming others when things are painful.

### **43. Observe these two, even at the risk of your life.**

You're taking care of yourself through your commitment to practice, aiming at the happiness following from abandonment of the eight thoughts. You're aspiring to help others through Lojong. Never give up.

### **44. Train in the three difficulties.**

The three have to do with how we relate to the kleshas. First, realize that you've been tricked by the klesha. Look and understand the trick. Second, exorcise emotionalism. Third, cut through emotionalism. In other words, recognize, apply technique, and be determined to abandon kleshas (that they won't emerge in the future).

#### **45. Take on the three principal causes.**

“Cause” is that which causes you to be a good practitioner of Lojong. The first is having a good teacher. The second is applying your mind, the third is having your material needs met (food, housing). Take delight that you have these things.

#### **46. Pay heed that the three never wane.**

These are: devotion to the source of Lojong (e.g., Atisha), Delight in Lojong practice, and your commitment to practice and conduct.

#### **47. Keep the three inseparable.**

In body, in speech, in mind, practice wholeheartedly.

#### **48. Train without bias in all areas. It is crucial always to do this pervasively and wholeheartedly.**

Lojong practice includes everyone and everything. Be thorough and impartial.

#### **49. Always meditate on whatever provokes resentment.**

Always meditate on that which is most difficult. Do it now. If you wait, it might be too difficult when trouble arises.

#### **50. Don't be swayed by external circumstances.**

No matter what's happening, if things are right, breathe it out. If things are wrong, breathe it in.

#### **51. This time practice the main points.**

This time means now. In short:

1. The benefit of others is more important than your own.
2. Practicing is more important than reading/studying.
3. Practicing Lojong is more important than any other practice.

#### **52. Don't misinterpret.**

Six things that are easy to misinterpret:

1. Patience: for everything but your practice.

2. Yearning: for all the things that lead to suffering but not for practice.
3. Excitement for wealth and entertainment, but not for practice.
4. Compassion for those who are working hard at practice, and no compassion for those who are creating future suffering for themselves.
5. Twisted priorities: you want all the things that cause unhappiness and reject practice.
6. Joy: taking delight in your enemies suffering, but not in those who get attainment in their practice.

### **53. Don't vacillate**

Practice consistently.

### **54. Train wholeheartedly**

Trust yourself and your practice wholeheartedly and without distraction.

### **55. Liberate yourself by examining and analyzing**

It eliminates *kleshas* and ego-clinging.

### **56. Don't wallow in self-pity**

Don't feel sorry for yourself.

### **57. Don't be jealous**

No envy.

### **58. Don't be frivolous**

Don't demonstrate frivolous jealousy at your friends' successes.

### **59. Don't expect applause**

Don't expect others to praise you or toast to you. Don't expect credit for your good deeds or practice.

### **Source:**

Trungpa, C., 1993. Training the mind and cultivating loving-kindness. Boston, Shambhala.