

# Point Six: Disciplines of Mind Training

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## Point six and wisdom

These slogans deal with sharpening your intelligence in order to work with yourself. Wisdom (“prajna”) is the sword that cuts ego’s bondage. Awareness is another name for the sword. You develop concentration, and you’re in a state of compassion, kindness, openness, and gentleness. Without ego, we’re not clinging to anything, and therefore you’re having an easy time as you live the lojong principles. Without ego, it’s easy to exchange self for others. You can overcome obstacles and relate to the world.

## 23. Abide always by the three principles

Even when things are going well, keep going.

Keep going with:

1. Meditation practice and Lojong
2. Refraining from outrageous actions (drawing attention to yourself, and especially yourself as a practitioner).
3. Patience. Be patient with everyone, not just your friends.

Prajna frees you from the tyranny of trying to become someone in particular, a type of personality or image. You are watchful and don’t need to make a big deal of yourself.

## 24. Change your attitude, but remain natural.

Normally we want to protect our territory first. We want to change that around so we reflect on others first. The slogan applies to our attempts to impose power and authority over others, to get away with things. “Remain natural” has connotations of relaxation, taming your basic being. Cherish others, then relax.

## 25. Don’t talk about injured limbs

“Injured limbs” refers to people’s psychological or physical state. Nobody should be condemned on account of such defects. If someone is freaked out, it’s seen as their response to reality.

## 26. Don’t ponder others.

It means picking on others’ little misgivings and problems. When someone does something that violates our principles we keep picking on that particular thing. Maybe you’ve developed pride because of all the tonglen work you’ve done, and pick on someone who doesn’t practice tonglen.

## **27. Work with the greatest defilements first.**

Work with your greatest obstacle first, such as aggression, pride, jealousy, passion, ignorance, or whatever. Work with the highlights of your experience, “The chicken, not the chickenshit.” Work with these highlights rather than regard them as junk.

## **28. Abandon any hope of fruition**

Give up any possibilities of becoming the greatest person in the world by your training. You might be hoping impatiently that you’ll become a better person, and get invitations to clubs and such people who are impressed with you. Give up on such hopes. They’ll make you an egomaniac. It’s too early to have disciples. Don’t practice out of hope that you’ll subjugate the world. Any pursuit of life’s happiness, joy, fame, or wisdom, or the hope of attaining some state of glorious liberation in the life hereafter, could be regarded as a problem.

## **29. Abandon poisonous food.**

This refers to practice used to build ego. “Egolessness as a way to build your ego.” It’s like eating poisoned food. Beware of “self-improvement.” “Personal achievement,” being right (and others wrong), wanting to conquer others’ “wrongness,” because we’re on the side of truth, light and God...These are all poisonous foods.

## **30 Don’t be so predictable.**

A literal translation of this is “Don’t be so consistent,” but it’s more like “Don’t be so kind and faithful, so guileless.” Don’t hold grudges. It can also apply to social indebtedness, quid pro quo’s, etc. An example given involves waiting for someone to write a bad article about us and then we’re enemies. Instead, consider befriending that person rather than waiting for them to strike.

## **31. Don’t malign others.**

It’s like saying that others are stupid and you’re smart. It’s based on showing off your virtue, counting on others’ seeing it and comparing it unfavorably with others. Maybe it’s that your attention span in meditation is better than someone else’s, or you know more words.

## **32. Don’t wait in ambush.**

This means waiting for someone to fall down so you can attack. You want misfortune to happen. You don’t want to attack when someone might get the better of you, so you wait, then attack when misfortune falls, sometimes posing as an advisor to that person “I’ve been meaning to tell you this. You’re not so good. I’m better than you.” It’s a type of opportunism.

### **33. Don't bring things to a painful point.**

Don't blame your dissatisfactions, etc, on somebody else. Don't lay your power trips on them. Don't try to humiliate them. Instead, encourage them on their own path toward happiness.

### **34. Don't transfer the ox's load to the cow.**

It's blaming others. The ox is much stronger than the cow. Don't transfer your heavier load onto someone who is weaker than you. Don't pass the buck. We're trying to leave the world a little less tangled.

### **35. Don't try to be the fastest.**

This involves competitiveness as a practitioner. It lacks gentleness and benevolence. Don't seek distinction.

### **36. Don't act with a twist.**

You think you're going to get the best in any case, so you might as well volunteer for the worst. You pose as a virtuous person who always takes the blame, realizing all along that you're going to get the best. It's harboring ulterior motives for practicing lojong, such as practicing it so you'll avoid sickness.

### **37. Don't make gods into demons.**

It means going through life dwelling on pain and constantly complaining. It's making painful what is inherently joyful. You've achieved a certain level of taming yourself by this point. But it becomes arrogance and you show off. It shouldn't be seen as a way to improve yourself and build up your ego.

### **38. Don't seek others' pain as the limbs of your own happiness.**

This means hoping others will suffer so you'll benefit. For example, hoping someone will die because you'll inherit something. Happiness built on pain is hollow and only leads to depression in the long run.

#### ***Source:***

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