**Seven Points of Mind Training and Associated Slogans**

(as listed in Traleg Kyabgon’s The Practice of Lojong: Cultivating Compassion through Training the Mind)

**Point One: The preliminaries**

Slogan 1. First, train in the preliminaries (Known as the Four Reminders or Thoughts)- precious human body, impermanence, the dissatisfactory nature of samsara and Karmic cause and effect.

**Point Two: The actual practice, the cultivation of bodhicitta.**

*Absolute Bodhicitta*

Slogan 2. Regard all phenomena as dreams

Slogan 3. Examine the nature of unborn awareness

Slogan 4. Even the remedy is free to self-liberate

Slogan 5. Rest in the natural state, the basis of all

Slogan 6. In postmeditation, be a child of illusion

*Relative Bodhicitta*

Slogan 7. Train in sending and taking alternatively, these two should ride the breath

Slogan 8. Three objects, three poisons, three seeds of virtue

Slogan 9. Use saying to train in all forms of activity

Slogan 10. Begin the sequence of exchange with yourself

**Point Three: Transformation Adversity into the Path of Awakening**

Slogan 11. When beings and the world are filled with evil, transform unfavorable circumstances to the path of enlightenment

Slogan 12. Drive all blames into one

Slogan 13. Meditate on the great kindness of everyone

Slogan 14. To see confusion as the four kayas, the protection of emptiness is unsurpassable

Slogan 15. The four applications are the best method

Slogan 16. Immediately join whatever you meet with meditation

**Point Four: Maintaining the Practice for the Duration of Our Lives**

Slogan 17. A summary of the essential instructions, train in the five powers

Slogan 18. The Mahayana instruction on how to die are the five powers

**Point Five: Measuring the Success of Mind Training**

Slogan 19. All dharma has a single purpose

Slogan 20. Of the two judges rely on the principle one

Slogan 21. Always have the support of a joyful mind

Slogan 22. You are proficient if you can practice even when distracted

**Point Six: The Commitments of Mind Training**

Slogan 23. Always practice the three general principles

Slogan 24. Change your attitude, but remain natural

Slogan 25. Don’t talk about others’ weak points

Slogan 26. Don’t think about the affairs of others

Slogan 27. Work on the stronger disturbing emotions first

Slogan 28. Give up all hope for results

Slogan 29. Give up poisonous food

Slogan 30. Don’t rely on your good nature

Slogan 31. Don’t react on impulse to critical remarks

Slogan 32. Don’t wait in ambush

Slogan 33. Don’t make insincere comments

Slogan 34. Don’t shift a zo’s burden to an ox

Slogan 35. Don’t aim to win

Slogan 36. Don’t put exchange value on things

Slogan 37. Don’t turn gods into demons

Slogan 38. Don’t seek others’ pain as means to happiness

**Point Seven: Guidelines of Mind Training**

Slogan 39. All spiritual practices should be done with one intention

Slogan 40. All corrections are made in one way

Slogan 41. At the beginning and at the end two things should be done

Slogan 42. Whichever of the two occurs, be patient

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

Slogan 44. Learn the three difficult points

Slogan 45. Acquire the three root causes

Slogan 46. Don’t allow three things to diminish

Slogan 47. Make the three inseparable

Slogan 48. Train in all areas without partiality

Slogan 49. Always meditate on difficult points

Slogan 50. Don’t depend on external circumstances

Slogan 51. This time, practice the important points

Slogan 52. Avoid misunderstandings

Slogan 53. Don’t fluctuate

Slogan 54. Train wholeheartedly

Slogan 55. Find freedom through investigation and examination

Slogan 56. Don’t expect gratitude

Slogan 57. Don’t react impulsively with anger or irritation

Slogan 58. Don’t be like an open book

Slogan 59. Don’t expect people to make a fuss over what you are doing