

# Lojong 2021 - Class 13 (4.24.21)

## Today's Agenda:

Cultivate pure motivation of love  
(may all beings benefit from our  
Dharma practice)

Begin Point 6: *The*  
commitments of mind training



# Join Us - IBC Activities

**Join Slack for course materials**

<https://indianabuddhi-qzm6984.slack.com/ssb/redirect>

## IBC Activities

1. Sunday Intro to Buddhism 11am
2. Sunday Sashi Zangpo 1pm
3. Sunday Geshe La Teachings 3:15pm
4. Wednesday night prayers and chanting 6:30



# 7 Point Mind Training

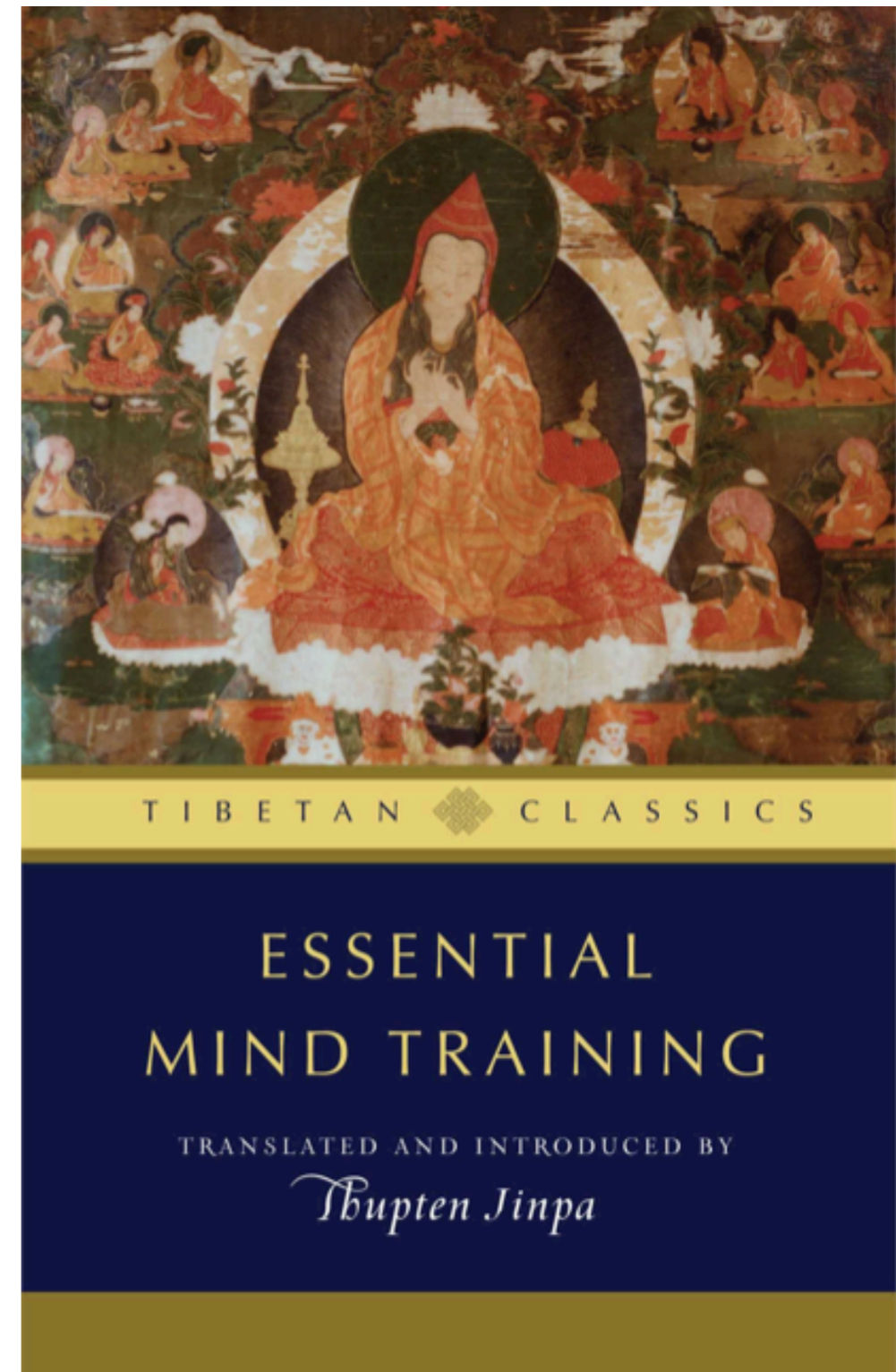
1. Presentation of the preliminaries, the basis
2. Training in the awakening mind, the main practice
3. Taking adverse conditions onto the path of enlightenment
4. Presentation of a lifetime's practice in summary (how to use this practice throughout your life)
5. Presentation of the measure of having trained your mind
- 6. Presentation of the commitments of mind training**
7. Presentation of the precepts (the rules) of mind training



Geshe Chekawa Yeshe Dorje  
(1101-1775)

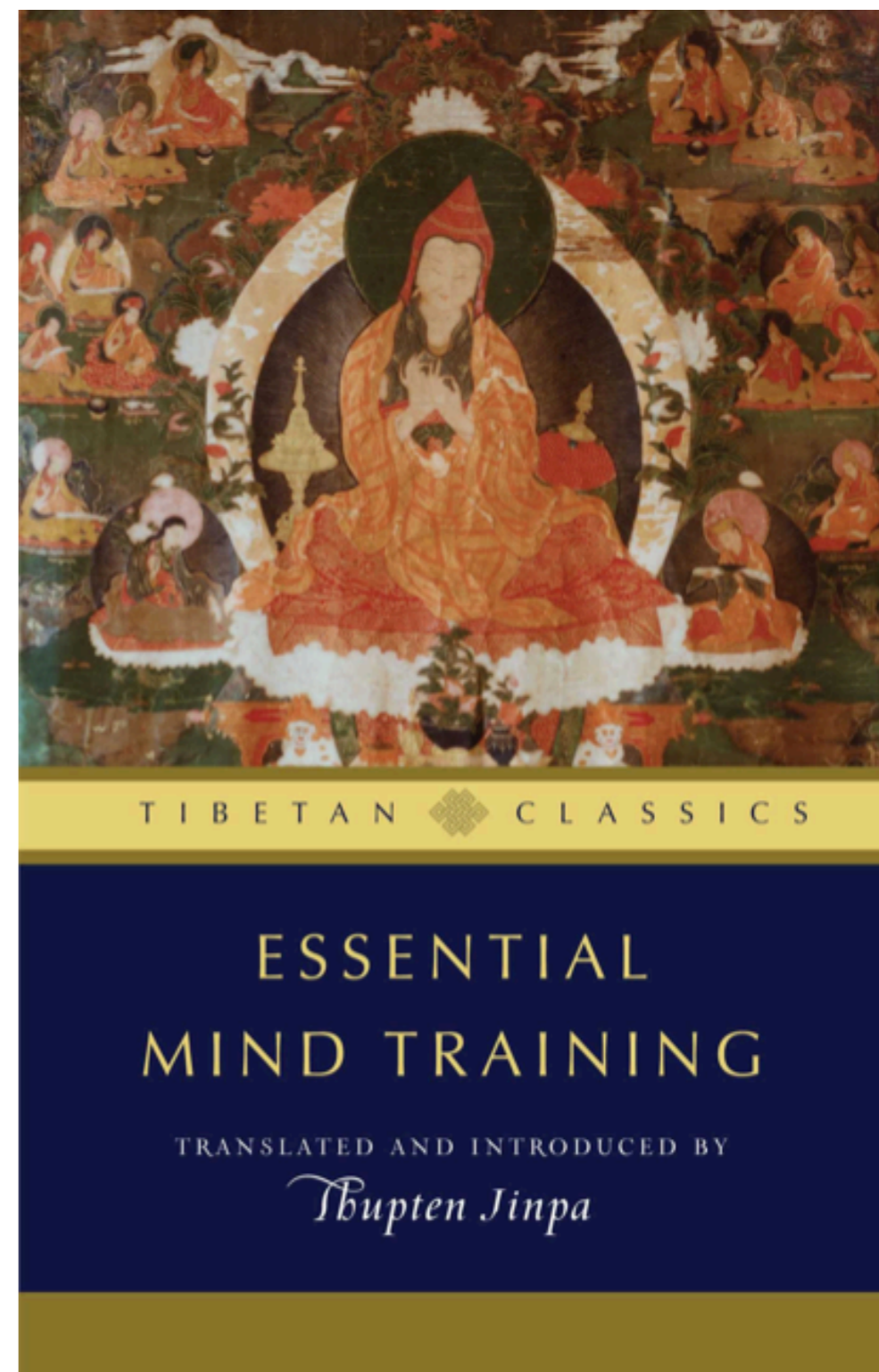
## Point 6: Presentation of the commitments of mind training

- Train constantly in the three general points.
- Transform your attitudes but remain as you are.
- Do not speak of the defects [of others].
- Do not reflect on others' shortcomings.
- Discard all expectations of reward.
- Discard poisonous food.
- Do not maintain inappropriate loyalty.
- Do not torment with malicious banter.
- Do not lie in ambush.
- Do not strike at the heart.
- Do not place the load of a dzo onto an ox.
- Do not sprint to win a race.
- Do not abuse this [practice] as a rite.
- Do not turn the gods into demons.
- Do not seek misery as a means to happiness.



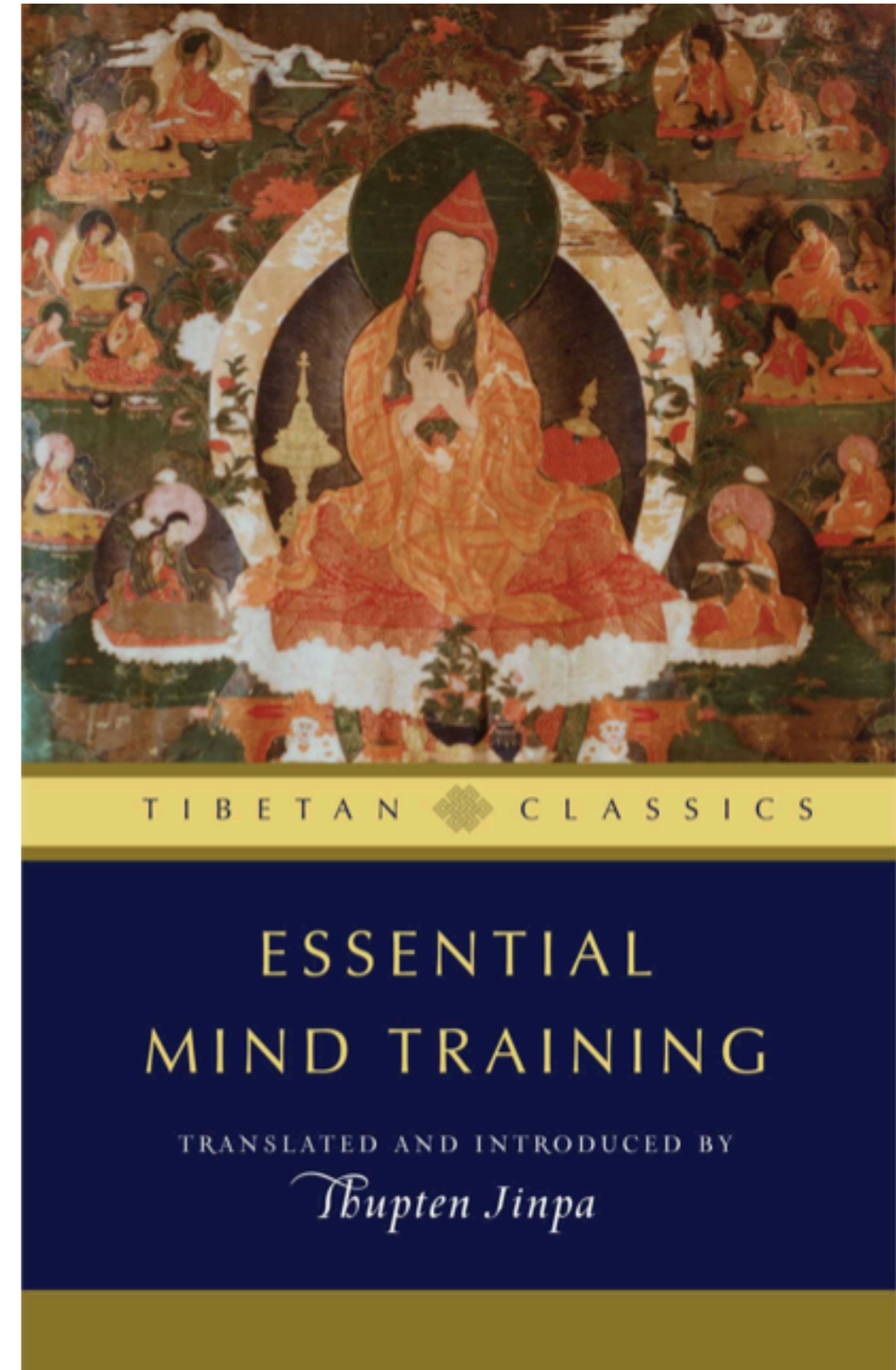
# Train constantly in the 3 general points

1. Your mind training should not contravene your pledges
  1. Don't ignore commitments thinking nothing can harm you since you're doing Lojong
2. Your mind training should not become ostentatious
  1. Don't engage in risky, dangerous behavior thinking "I can do anything since I'm practicing Lojong"
3. Your mind training should not be biased
  1. Patience should be maintained in all situations. You should not, for example, be patient with friends, and impatient with strangers.
  2. Cultivate patience & loving kindness without bias



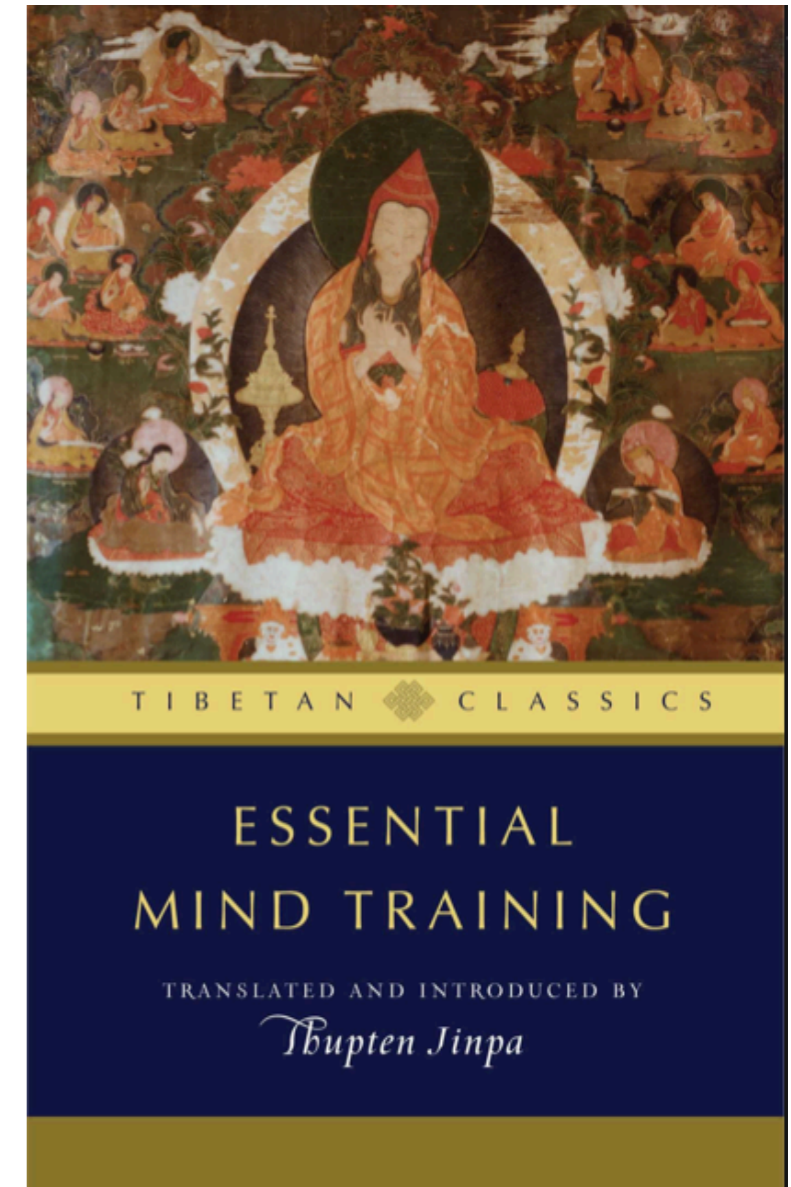
# Transform your attitudes but remain as you are

1. While practicing mind training, maintain your previous outer appearance
2. Do not show off “WOW, I’m a lojong practitioner”



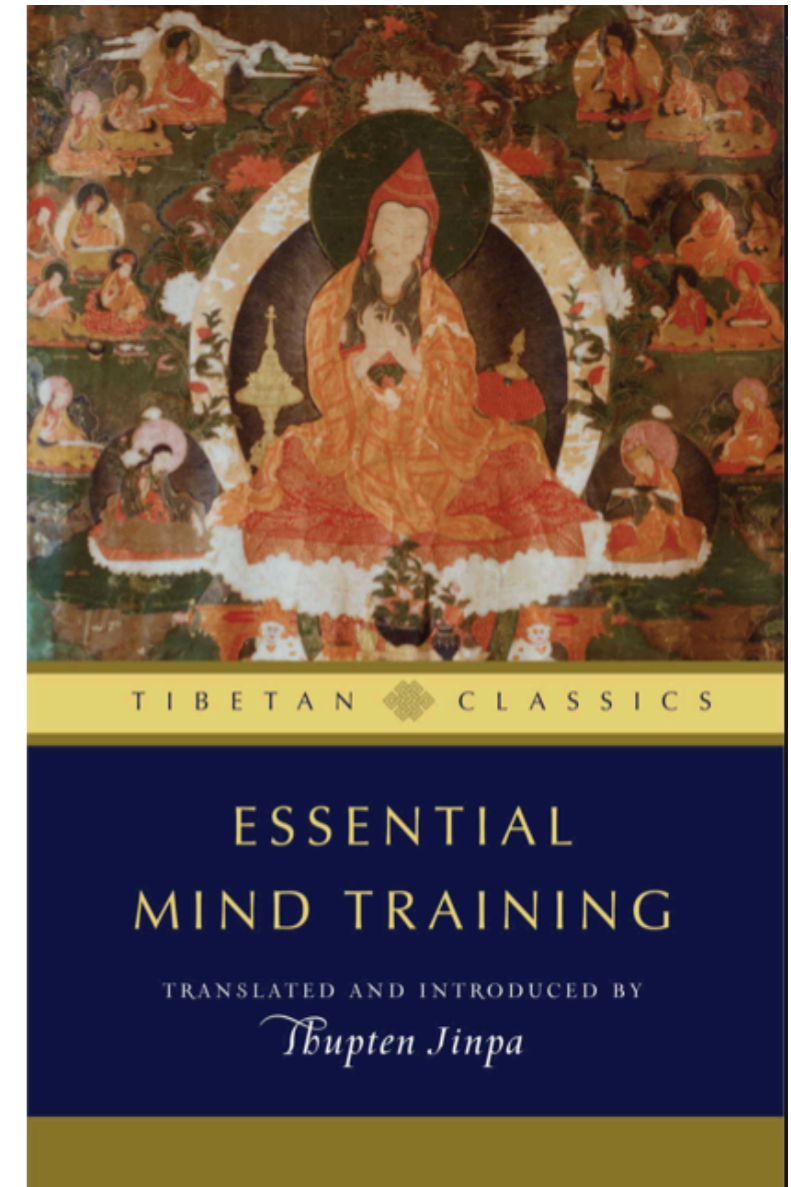
# Point 6

1. Do Not speak of others defects
2. Do not reflect on others shortcomings
3. Discard all expectations of reward
  1. Don't practice dharma for selfish reasons relating to "me". Do it to save all beings
4. Discard poisonous food
  1. "[Poisonous food is] self-interest harbored in the depths of your heart. Never fail to perceive self-grasping as the enemy, nor fail to release self-cherishing and the thoughts that grasp at the substantial reality of thing"



# Point 6

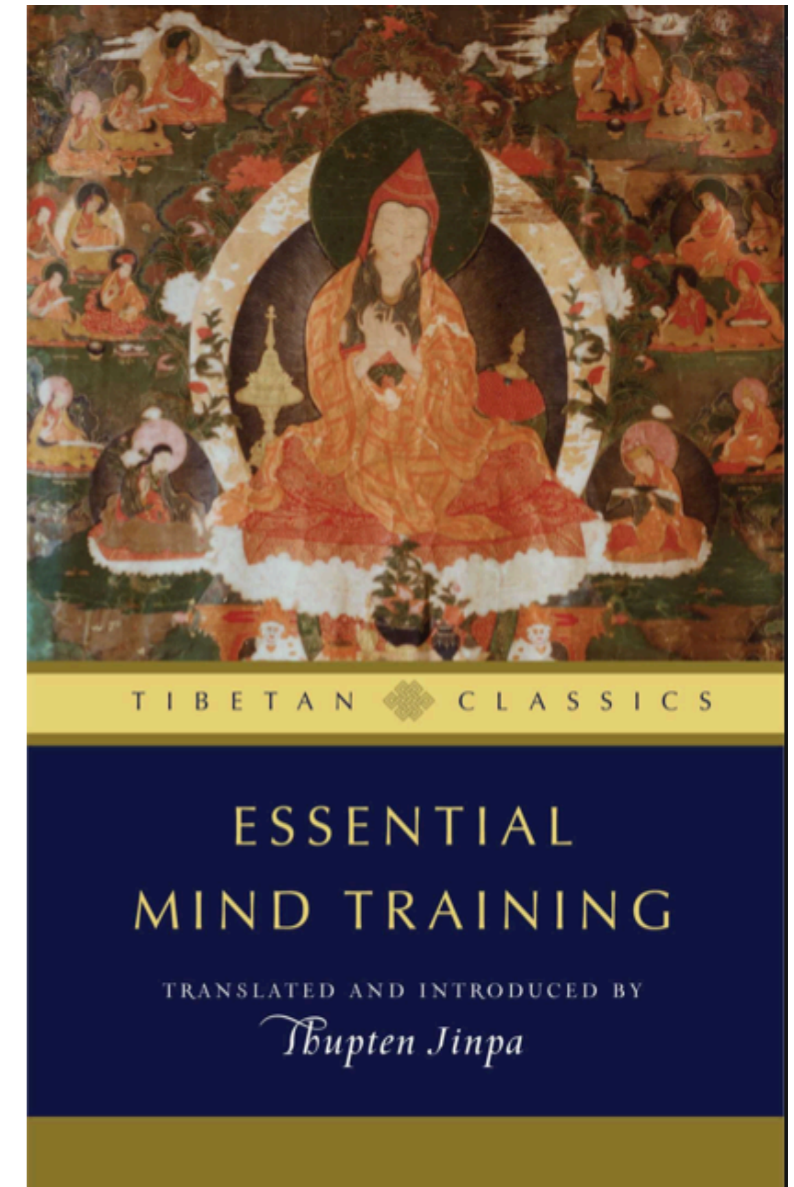
1. Do Not maintain inappropriate loyalty
  1. Refrain from not condemning acts of justice out of a misplaced sense of loyalty
2. Do not torment with malicious banter.
  1. Regardless of their culpability, don't insult, or speak harshly to others
3. Do Not lie in ambush
  1. Don't seek revenge for harms done
4. Do not strike at the heart
  1. Don't expose people's weaknesses or discuss them in the company of others
5. Do not place the load of a duo onto an ox
  1. Don't try to shift your own work or responsibility to others





# Point 6

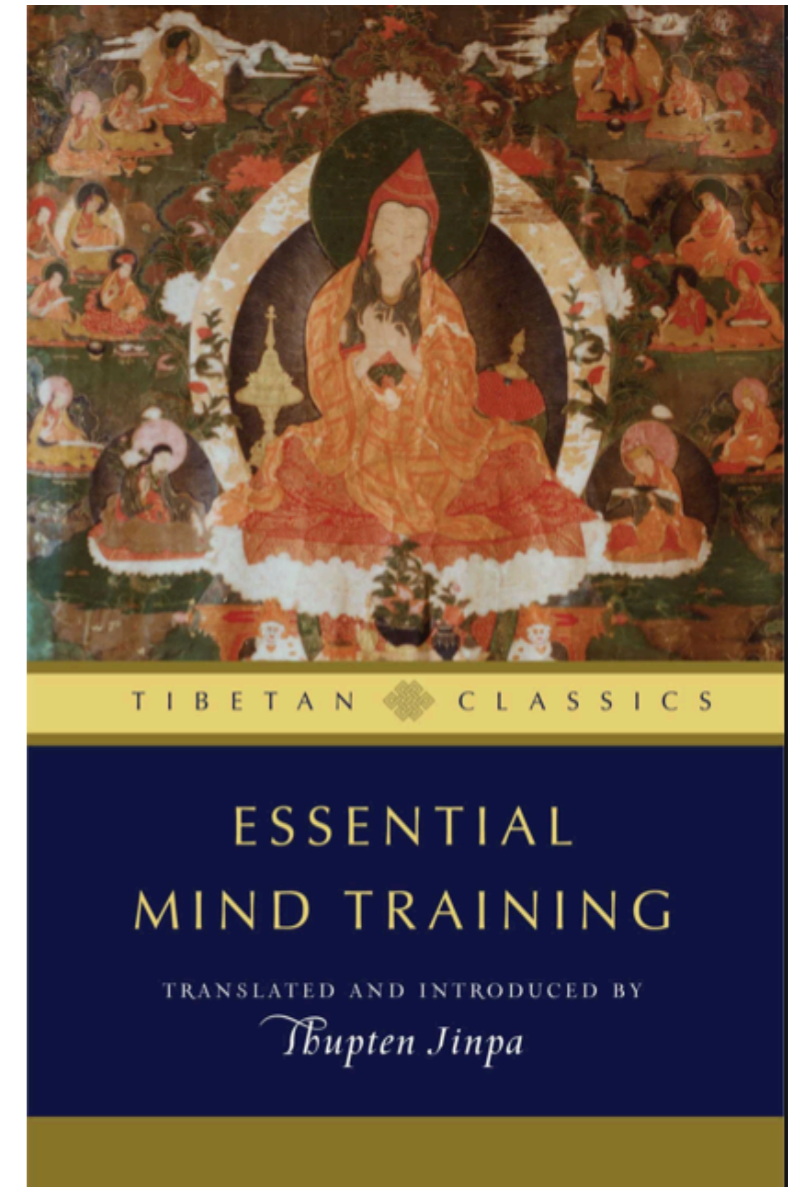
1. Do Not sprint to win a race [ambitious]
  1. Don't try to transfer publicly owned object to yourself.
  2. Don't be in a state of craving when you die. Just let go with a sense of ease
2. Do not abuse this practice as a rite
  1. Don't practice this just for your own well being. Avoid behavior such as this that fails to root out the jaundice of self-centeredness from its depth
  2. To be called Dharma practice, mind training must become an antidote to afflictions and false conceptualizations



# Point 6 - Do not turn gods into deamons

## 1. Do not turn the gods into deamons

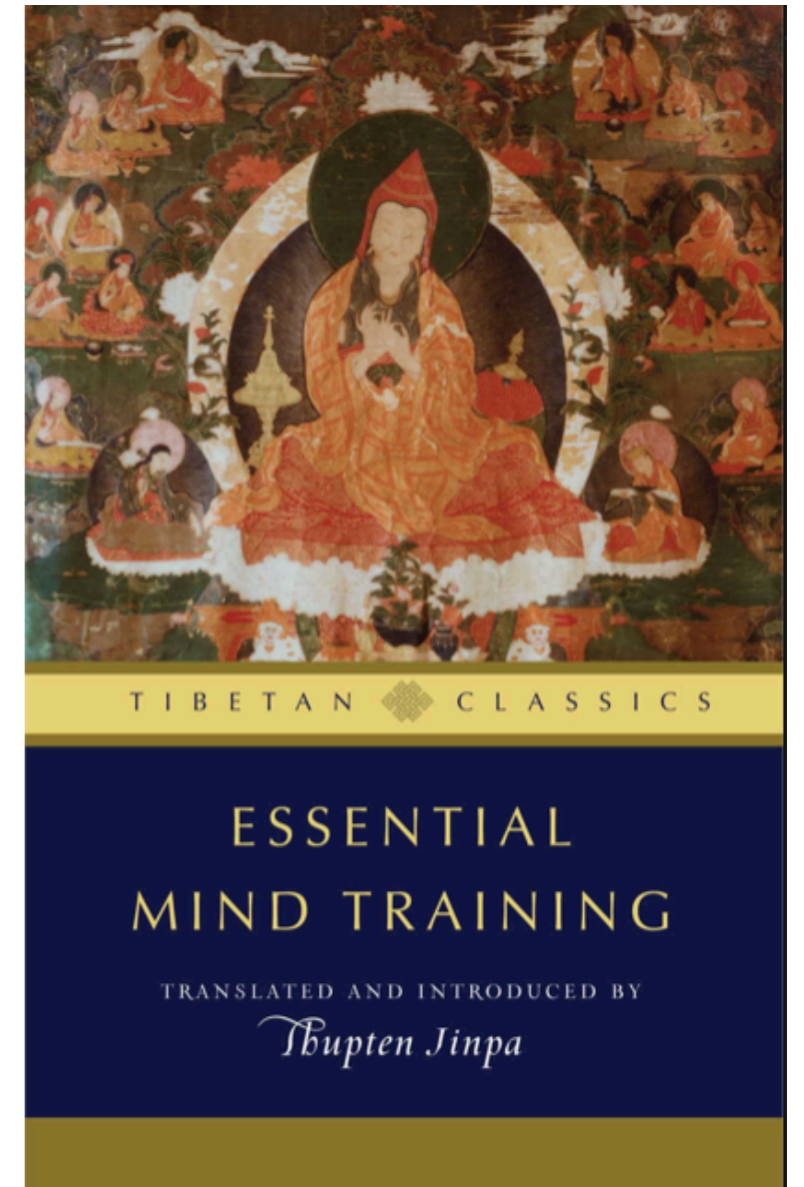
“Avoid, therefore, becoming inflated by its practice and generating conceited thoughts such as, “I am an excellent practitioner of mind training; others lack this spiritual practice.” Avoid ridiculing and insulting others out of a sense of superiority. If you strengthen your grasping at the self-existence of phenomena, your practice becomes an endeavor of the enemy. It becomes the act of allowing a thief to escape into the forest while tracking his footprints on a rocky mountain. Avoid all such conduct, and by defaming self-grasping, ensure that the medicine is applied right where the illness is. Comport yourself as the lowest of the low among the servants of all sentient beings.”



# Do not seek misery as a means to happiness

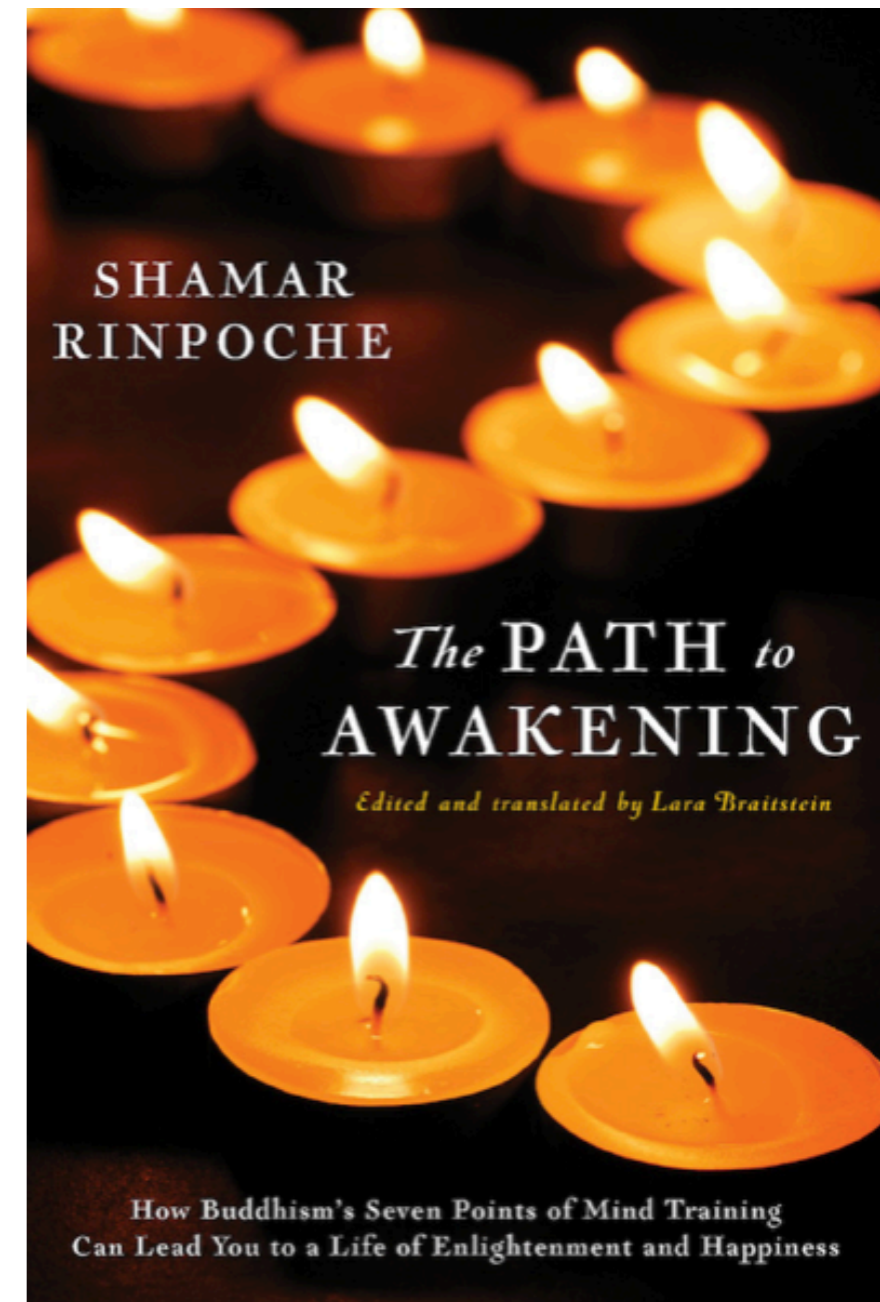
Don't draw personal gratification from others miseries

“If my spouse or this particular friend dies, there will then be no other family member left [so I will inherit everything],”



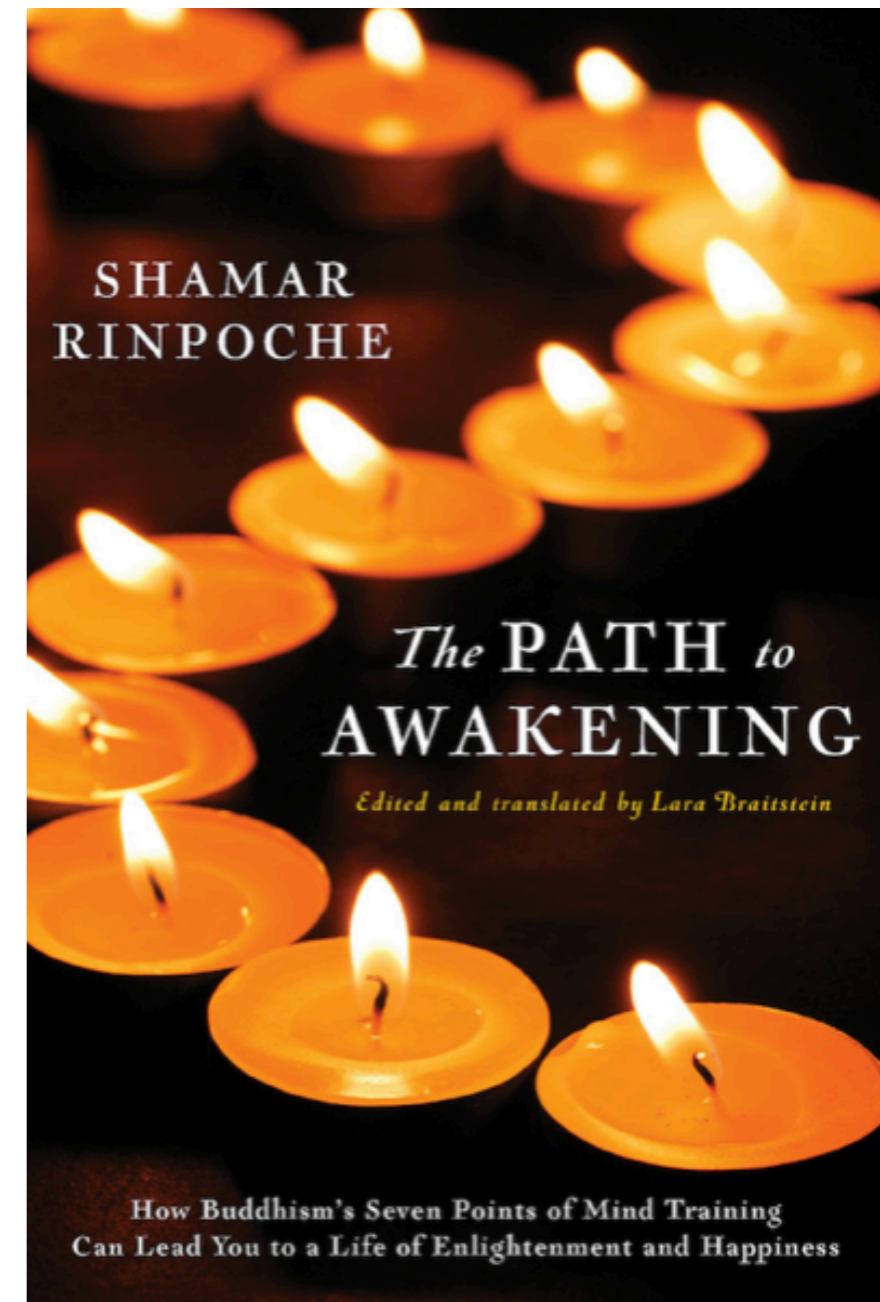
# Point 7- the precepts of mind training

1. Accomplish all yogas through a single means
  1. “whatever it is that you are doing, do it with the wish that it will bring benefit to beings”
2. Subdue all obstacles by one method
  2. Whatever difficulty you encounter, practice tonglen (giving and taking)
    1. “Through my problem, may I relieve the obstacles of all sentient beings. May I take all their problems onto myself so that they may be happy and obstacle free.”



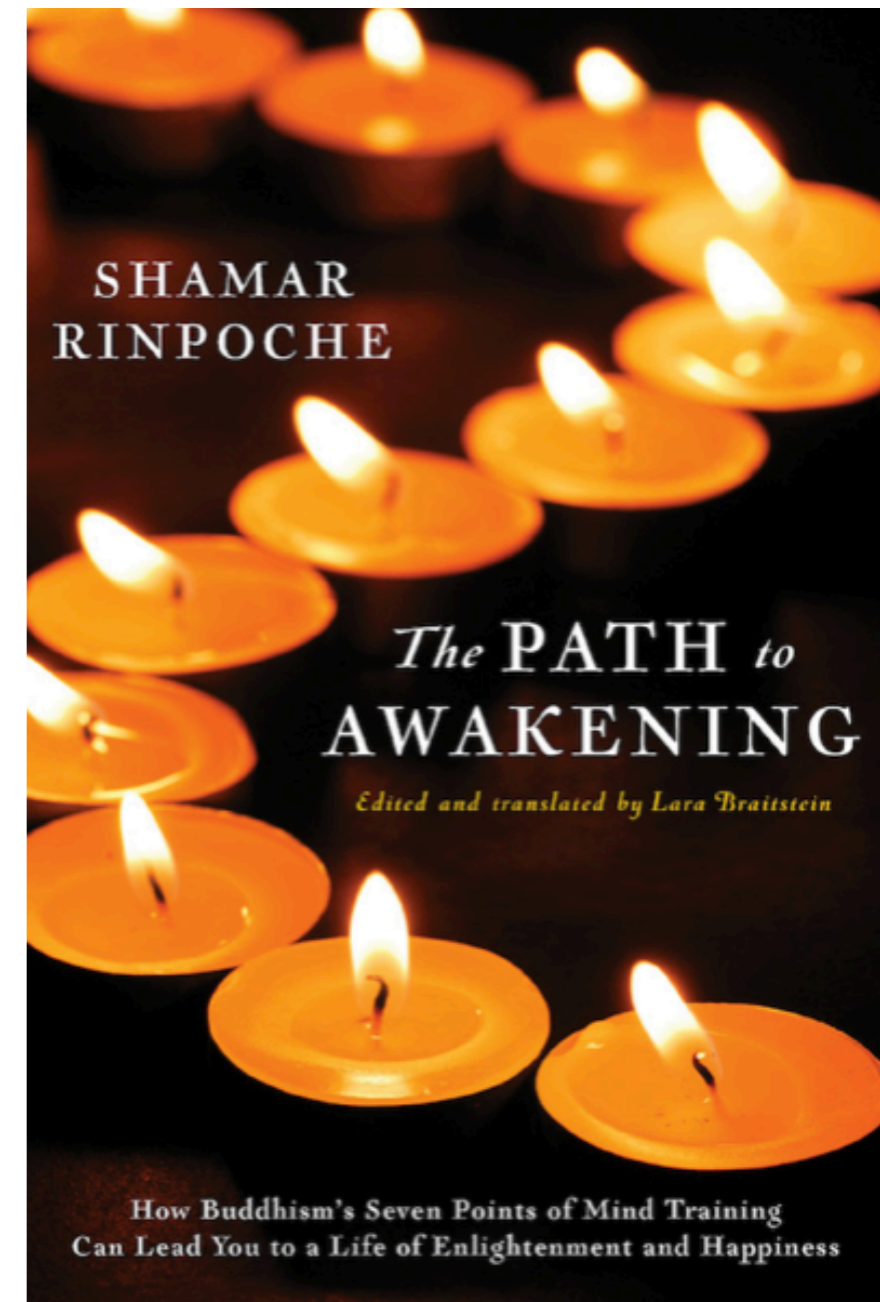
# Point 7- the precepts of mind training

1. 2 actions to perform: at the beginning and at the end
  1. First thing in the morning- think I will seriously practice mind training this whole day
  2. At night as you fall asleep, think: “as I sleep may my mind abide in practice”
2. Be patient with whichever of the two arises
  2. When you’re happy/comfortable, be patient and don’t overindulge
3. When you are downtrodden, you should neither feel afraid or overwhelmed. Be patient in both situations



# Point 7- the precepts of mind training

1. Guard the two even at the cost of your own life
  1. General vows/bodhisattva vows
  2. The essence of mind training
  3. “The best way to protect these two is not to commit any of the transgressions listed under the sixth point of Mind Training”
2. Train in the 3 difficulties
  1. Learn to recognize negative emotion when it first appears. Mindfulness must be very strong to see it the moment it appears
  2. Subdue the emotion with appropriate remedy
  3. Ensure the negative doesn't continue. This means to uproot self clinging, the source of all emotions



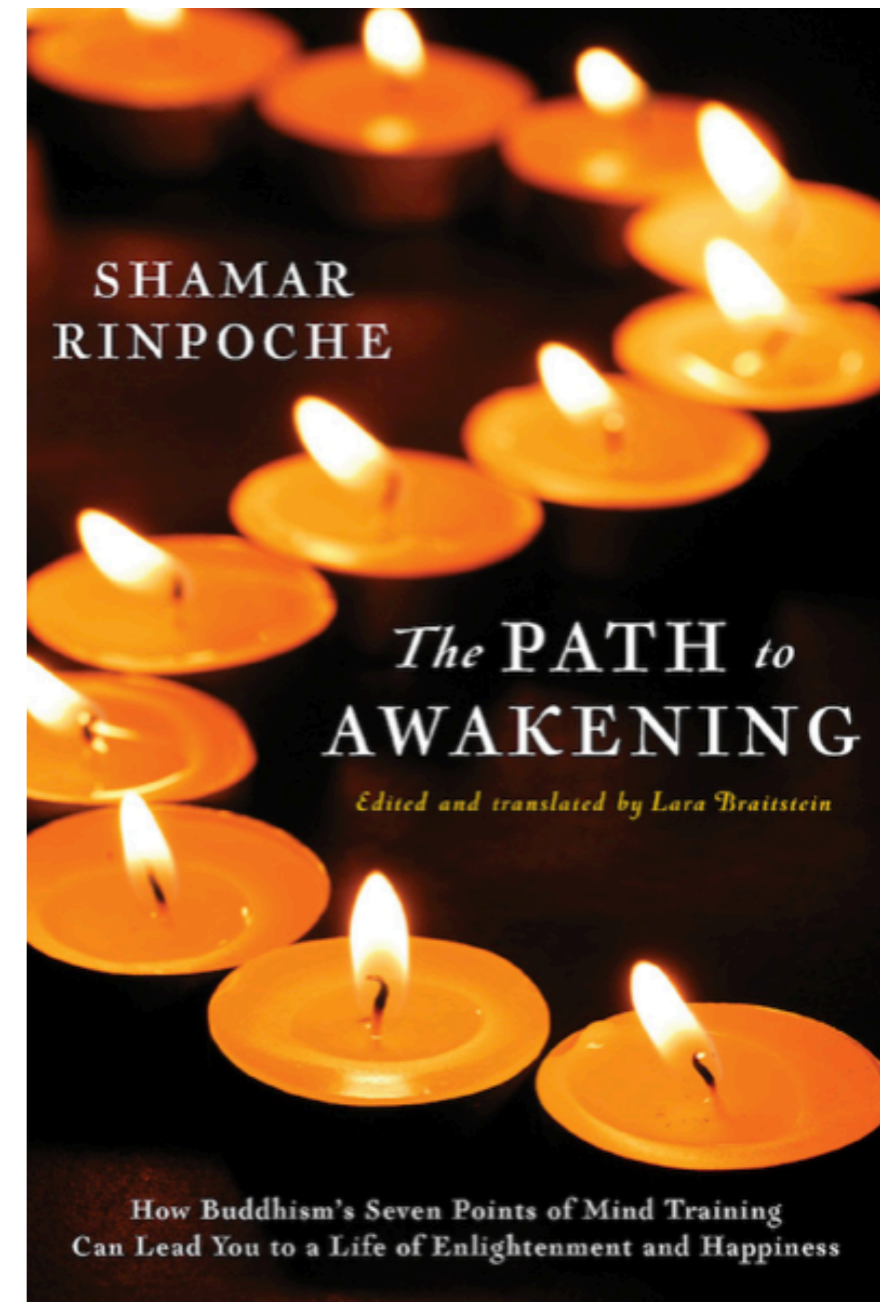
# Point 7- the precepts of mind training

1. Keep the 3 main causes (for successful mind training)

1. A qualified spiritual teacher
2. Work hard to become competent in all methods. Tame your own mind with these methods
3. Have the basic necessities, water, shelter, medicine etc.

2. Cultivate the three without diminishment

1. See your teacher as a Buddha
2. Don't let your zeal to practice dharma dwindle
3. Your efforts to abide by the vows must not diminish



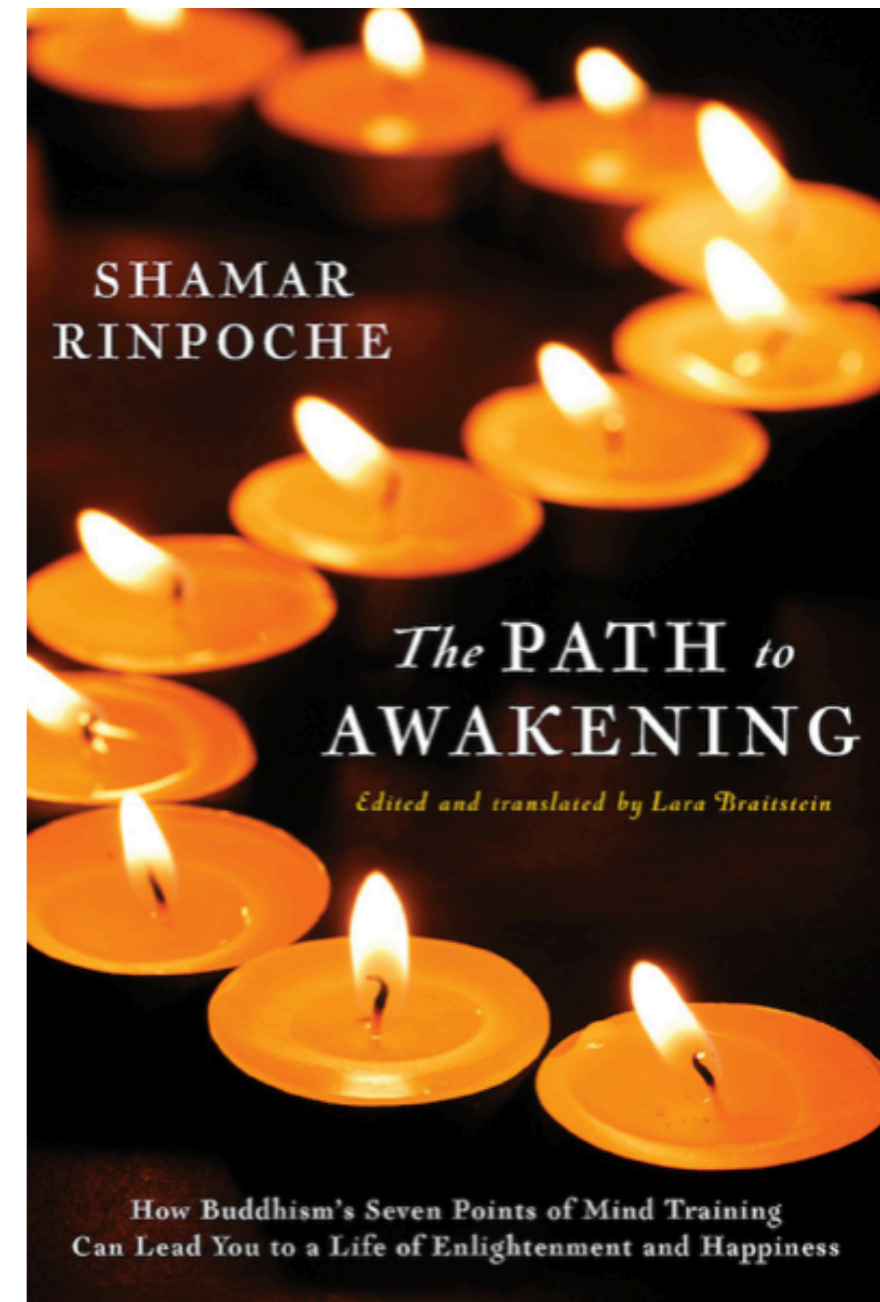
# Point 7- the precepts of mind training

## 1. Make the 3 inseparable

1. Body/speech/mind should be engaged in positive and beneficial activities
2. Physical prostrations & other dharma practice as much as possible
3. Verbally engage in activities by reciting prayers, sutras, and making limitless wishes to benefit sentient beings
4. Mentally, continually embrace bodhichitta, the essential motivation

## 2. Practice with impartiality

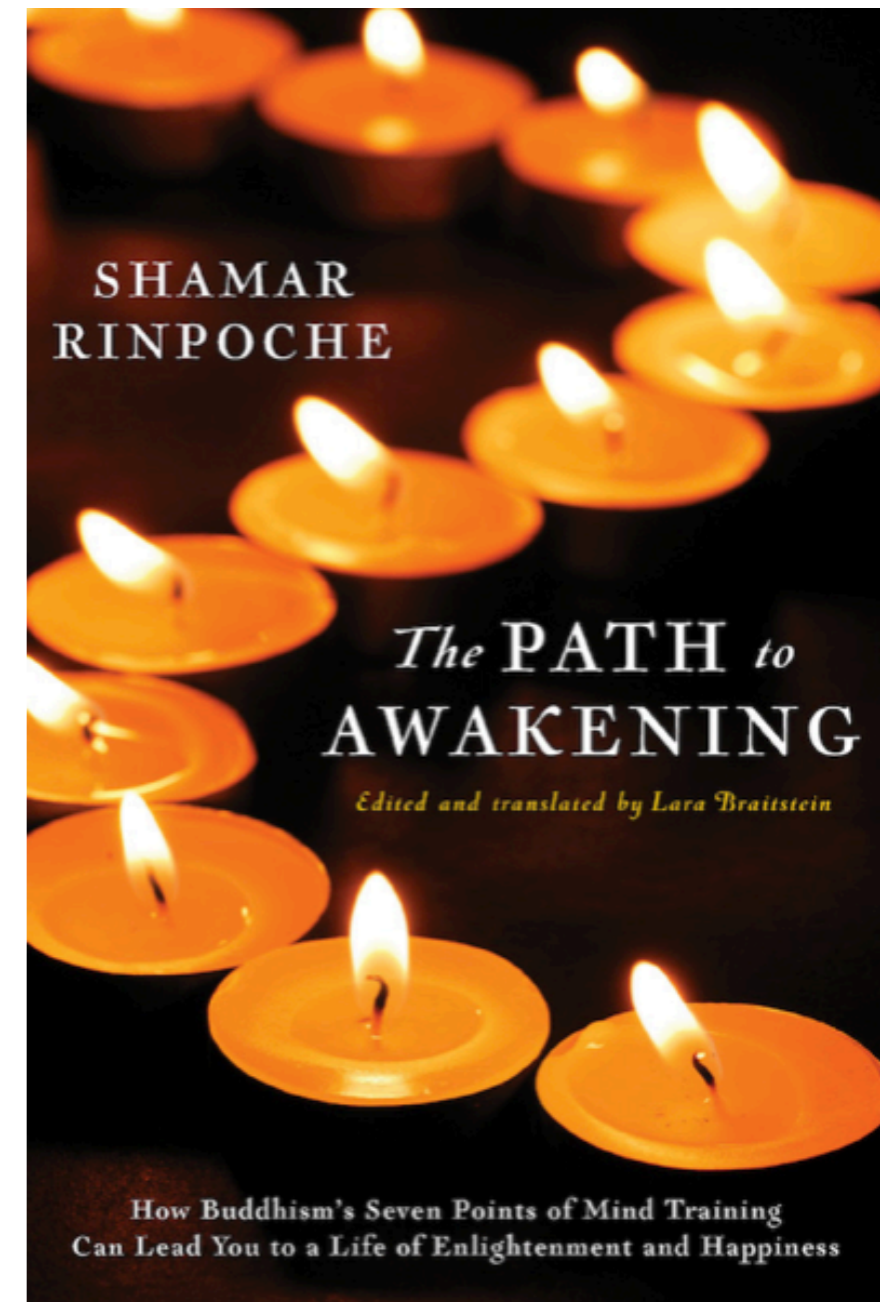
1. Don't discriminate based upon peoples sex, race, country, status, beliefs
2. Implement mind training equally toward all





# Point 7- the precepts of mind training

1. All training must be pervasive and profound
  1. Train thoroughly so that mind training takes root in the depths of your mind
2. Meditate consistently in every circumstance
  1. Use everything you encounter- even problematic situations, to train yourself
3. Do not depend on external conditions
  1. “You do not need to rely on any other method but Mind Training. Make use of adverse conditions to train yourself as you don’t need outer conditions to be perfect in order to practice Mind Training. Your efforts will definitely pay off and your practice will quickly mature”



# Point 7- the precepts of mind training

## 1. From now on, practice the chief priority

1. “All seven points of Mind Training concur on this point: **practice now**. Do not wait for the perfect time to practice. When you encounter bad conditions, breathe in and take on the suffering of all others. When you encounter good conditions, breathe out and send them off to others. It is as simple as that.”

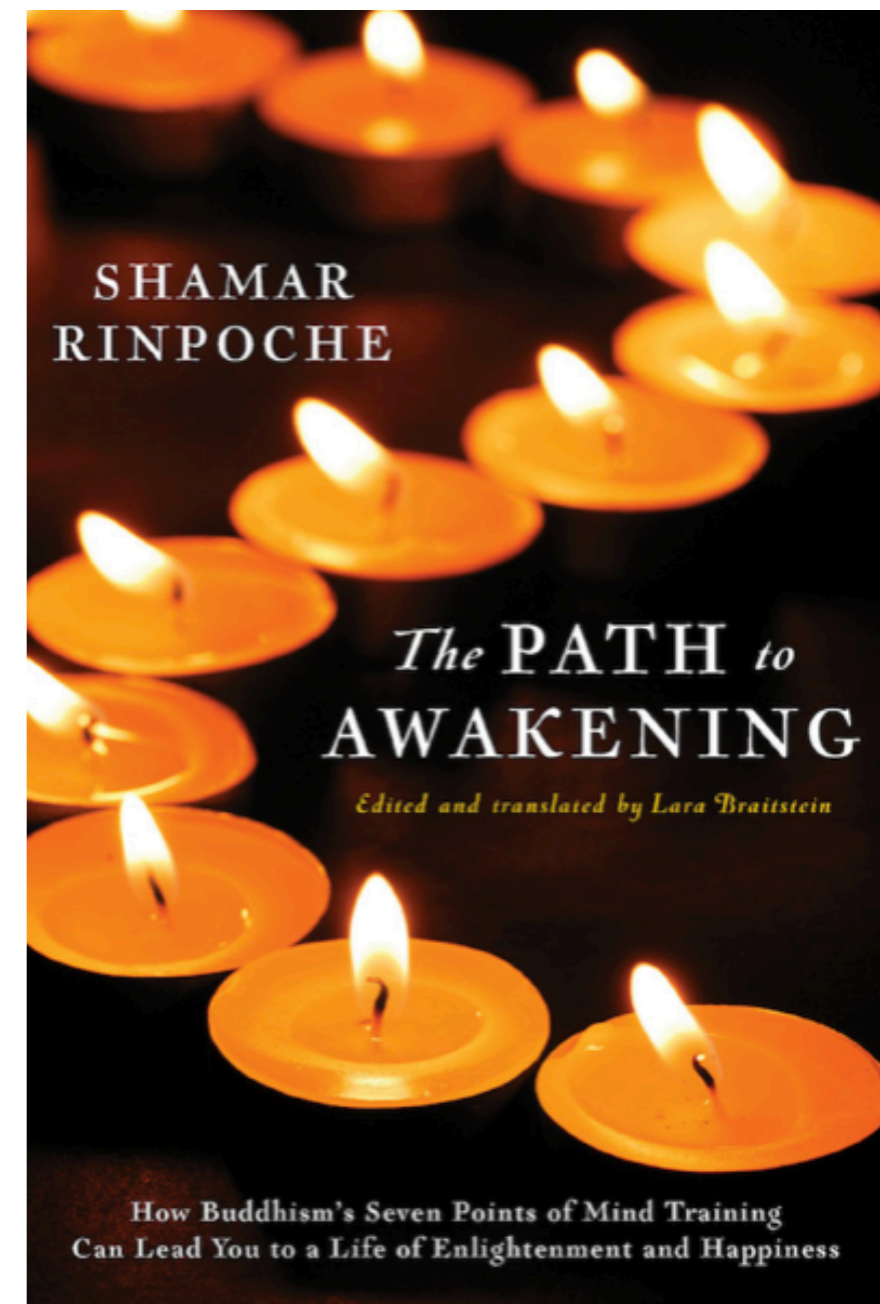
2. Make sure to use this human life for something meaningful like dharma

## 2. Do not be misdirected

1. Misdirected patience- patience for non dharma things, but not for dharma

2. Misdirected attention- intention to gain pleasure from this life only

3. Misdirected pity- you feel sorry for people who are practicing dharma, and pity them, thinking they're missing out, or you feel sorry for people spending their money on charities



# Point 7- the precepts of mind training

## 1. Do not be misdirected (continued)

1. Misdirected focus- when you direct people toward what is only of temporary benefit in this life rather than the ultimate benefit that the dharma affords, that is misdirected focus
2. Misdirected rejoicing - Cheering someone on as a hero when they're actually harming others, or themselves

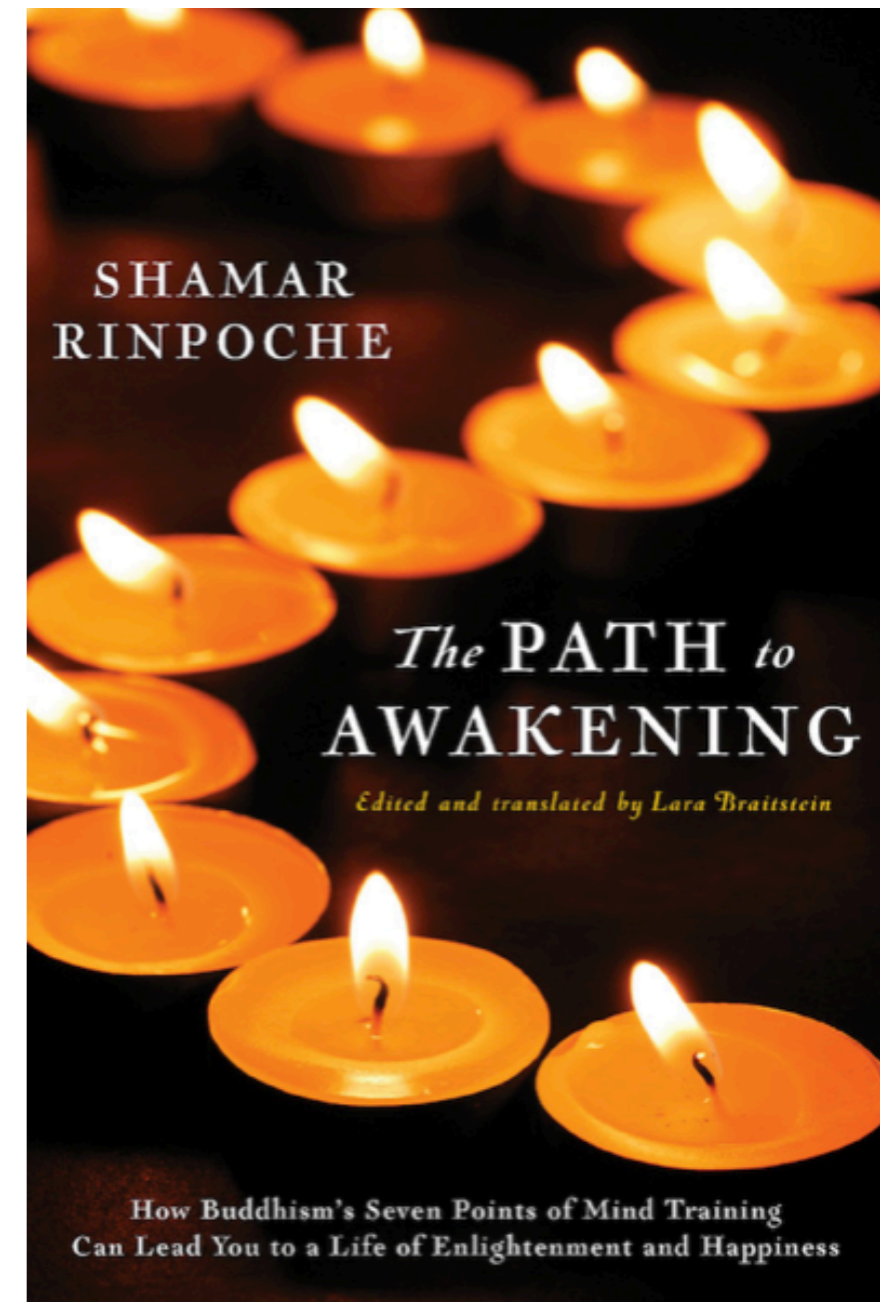
## 2. Do not be inconsistent

1. Practice steadily and regularly, avoiding going from one extreme to the other such as practicing hard sometimes, and little other times
2. Encourage yourself regularly, be steadfast in your practice and your success is guaranteed

## 3. Train uninterruptedly (until it becomes your nature)

## 4. Liberate by examination and analysis

1. Observe negative emotions in the mind with great effort & apply antidotes. Eventually, from habit, it will be easy to apply antidotes



# Point 7- the precepts of mind training

## 1. Do not seek recognition

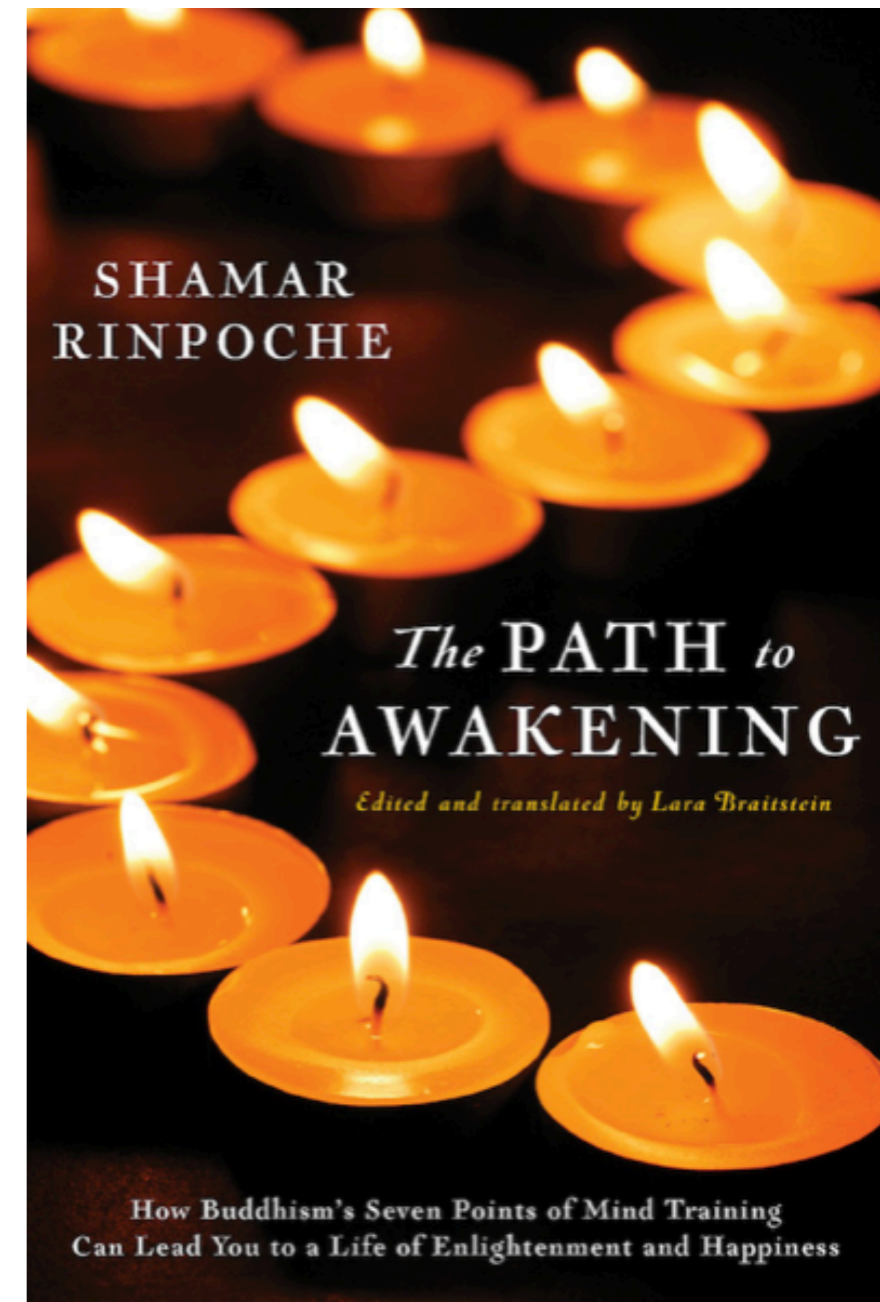
1. Don't seek recognition from people you've helped
2. Don't expect them to return favors
3. Don't brag about what you've done
4. Bodhisattvas don't expect recognition or rewards whatsoever

## 2. Do not hold onto anger

1. When people have hurt or offended you, don't hold onto the anger or remember the wrong done to you

## 3. Do not be moody

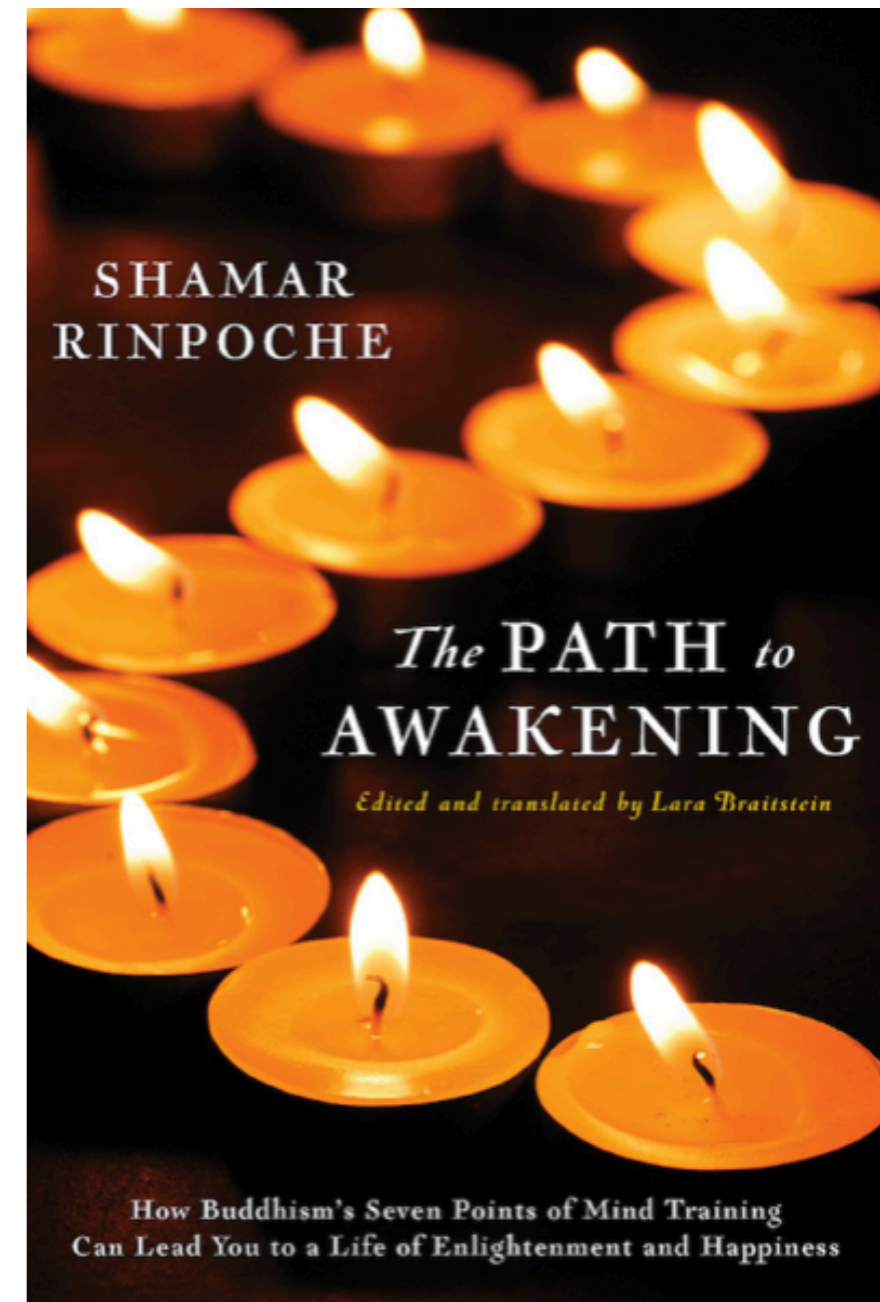
1. In buddhist ethics it's considered a characteristic flaw to live and behave like the weather
2. Don't change your practice all the time, or be flighty about your goals.
3. If one is unable to settle down long enough to learn things properly, they're a poor candidate for dharma practice



# Point 7- the precepts of mind training

## 1. Do not seek gratitude

1. Whatever it is that you do in dharma, do not expect praise, thanks, rewards, or recognition from others



# The End

Congratulations- we completed the magnificent 7 point mind training together

What a wonderful accomplishment