

LOJONG: (Tibetan for “mind-training”) is a contemplative practice popular with Tibetan Buddhists using slogans to remind ourselves to cultivate compassion and the thought of awakening in order to gradually end our own suffering. 12c Tibetan Buddhist master Chekawa Yeshe Dorje created one set of slogans. Pema Chödrön’s *Always Maintain a Joyful Mind* has brief commentaries on them. Below are Norman Fischer’s adaptations from *Training in Compassion: Zen Teachings on the Practice of Lojong*. We slowly recondition our minds by applying the slogans at appropriate times, over and over. Choose your hardest struggles, find an appropriate slogan (or create one), and begin working.

POINT ONE: Resolve to Begin

1. Train in the preliminaries (preciousness of human life; *everything* is impermanent, including the inevitability of death; actions have consequences, so act now; suffering is pervasive, and begins in ego, craving, and aversion)

POINT TWO: Train in Empathy and Compassion: Absolute Compassion

2. See everything as a dream (trad: regard all dharmas as dreams).
3. Examine the nature of awareness.
4. Don’t get stuck on peace.
5. Rest in the openness of mind.
6. In Postmeditation be a child of illusion.
7. Practice sending (happiness) and receiving (suffering) alternately on the breath.
8. Begin sending and receiving practice with yourself.
9. Turn things around (Turn three objects [friends, enemies and neutrals], three poisons [craving, aversion, indifference], into three seeds of virtue [loving-kindness, compassion]).
10. Always train with the slogans.

POINT THREE: Transform Bad Circumstances into the Path

11. Turn all mishaps into the path of awakening (bodhi).
12. Drive all blames into one (your anger, aversion, etc. are in your mind, not the external world).
13. Be grateful to everyone.
14. See confusion as Buddha and practice emptiness (thoughts and reactions aren’t solid things to cling to).
15. Do good, avoid evil, appreciate your lunacy, pray for help.
16. Whatever you meet is the path.

POINT FOUR: Make Practice Your Whole Life

17. Cultivate a serious attitude (Practice the five strengths: Strong determination, Familiarization, Seed of virtue, Reproach, Aspiration]).
18. Practice for death as well as for life.

POINT FIVE: Assess and Extend

19. There’s only one point-reducing your attachment to ego.
20. Trust your own eyes (not the views of others).
21. Maintain joy (and don’t lose your sense of humor).
22. Practice when you’re distracted.

POINT SIX: The Discipline of Relationship

23. Come back to basics (Keep your promises; refrain from outrageous conduct; develop patience in all situations).
24. Don't be a phony.
25. Don't talk about faults (of others or yourself).
26. Don't figure others out.
27. Work with your biggest problems first.
28. Abandon hope (stay in the present moment).
29. Don't poison yourself (e.g., by maligning others).
30. Don't be so predictable.
31. Don't malign others.
32. Don't wait in ambush.
33. Don't make everything so painful.
34. Don't unload on everyone.
35. Don't go so fast.
36. Don't be tricky.
37. Don't make gods into demons (e.g., use the practices to strengthen your self-absorption).
38. Don't rejoice at others' pain.

POINT SEVEN: Living with Ease in a Crazy World

39. Keep a single intention.
40. Correct all wrongs with one intention (to benefit others by helping them awaken).
41. Begin at the beginning, end at the end (when you wake, review your aspirations; before sleep, your activities).
42. (When experiencing Joy or Pain) Be patient either way.
43. Observe (your refuge and bodhisattva vows), even if it costs you everything.
44. Train in three difficulties [1) noticing when habitual impulses first appear in your mind, the moment when it first pops up; 2) letting go of them; 3) letting go of them again and again]
45. Take on the three causes [1) find a good teacher to train with; 2) realize how important it is for you to tame your mind; 3) realize you have what you need]
46. Don't lose track (of conduct based on the Buddha's teachings)
47. Keep the three inseparable (keep body, speech, & mind inseparable from mind-training).
48. Train wholeheartedly, openly, and constantly.
49. Stay close to your resentment. (Always meditate on whatever provokes resentment.)
50. Don't be swayed by circumstances.
51. This time get it right! (Seek to help others, always practice, awaken compassion)
52. Don't misinterpret.
53. Don't vacillate.
54. Be wholehearted.
55. Examine and analyze.
56. Don't wallow in self-pity.
57. Don't be jealous.
58. Don't be frivolous (time is precious).
59. Don't expect applause.