

Lojong Mind Training Course Schedule

Class 1: Introduction
History of Atisha
POINT 1: The Preliminaries, Which are a Basis for Dharma Practice
Slogan 1: First train in the preliminaries.

Class 2: Quick Review
POINT 2: The Main Practice, Which is Training in Bodhichitta
Ultimate Bodhichitta and the Paramita of Generosity:
Slogan 2: Regard all dharmas as dreams.
Slogan 3: Examine the nature of unborn awareness.

Class 3: Quick Review
Slogan 4: Self-liberate even the antidote.
Slogan 5: Rest in the nature of alaya, the essence.
Slogan 6: In postmeditation, be a child of illusion.

See [Training the Mind by Chogyam Trungpa, page 113](#)

FORTY-SIX WAYS IN WHICH A BODHISATTVA FAILS **34 Contradictions to Embodying Virtue**

Contradictions to the Paramita of Generosity:

Contradictions to Generosity with Regard to Material Things

1. Not offering to the three jewels
2. Giving in to possessiveness

Contradictions to the Generosity of Protection from Fear

3. Not respecting more experienced people
4. Not answering questions

Those that Prevent the Generosity of Others

5. Not accepting invitations as a guest
6. Angrily refusing gifts

Contradictions to Generosity with Regard to Dharma

7. Not teaching the dharma to those who want it

Class 4:

Quick Review

Relative Bodhichitta and Tonglen

RELATIVE BODHICHITTA and the Paramita of Discipline:

Slogan 7: *Sending and taking should be practiced alternately. These two should ride the breath.*

Class 5:

Quick Review

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

Slogan 9: In all activities, train with slogans.

Slogan 10: Begin the sequence of sending and taking with yourself.

See [Training the Mind by Chogyam Trungpa, pages 113-114](#)

FORTY-SIX WAYS IN WHICH A BODHISATTVA FAILS

34 Contradictions to Embodying Virtue

Contradictions to the Paramita of Discipline:

Contradictions Mainly to Benefiting Others

1. Rejecting those who do not keep their discipline
2. Not developing learning, which inspires others' faith
3. Making little effort for the benefit of sentient beings
4. Not performing evil actions even though it is permitted when one has compassion and there is a need

Contradictions Mainly to Benefiting Oneself

5. Willingly taking up any of the five kinds of wrong livelihood
6. Mindlessly indulging
7. Due to desire and attachment, remaining in samsara

Contradictions to Benefiting Both Oneself and Others

8. Not preventing getting a bad reputation
9. Not controlling the kleshas

Class 6:

Quick Review

POINT 3: Transformation of Bad Circumstances into the Path of Enlightenment and the Paramita of Patience

Introduction

Slogan 11: When the world is filled with evil, transform all mishaps into the path of bodhi.

Slogan 12: Drive all blames into one.

Class 7:

Quick Review

Slogan 13: Be grateful to everyone.

Slogan 14: Seeing confusion as the four kayas is unsurpassable shunyata protection.

Class 8:

Quick Review

Slogan 15: Four practices are the best of methods.

Slogan 16: Whatever you meet unexpectedly, join with meditation.

See [Training the Mind by Chogyam Trungpa, page 114](#)

FORTY-SIX WAYS IN WHICH A BODHISATTVA FAILS

34 Contradictions to Embodying Virtue

Contradictions to the Paramita of Patience:

1. Not practicing the four dharmas of a practitioner (not returning curses for curses, anger for anger, blow for blow, or insult for insult)
2. Not working peacefully with, but rejecting, people who are angry with you
3. Refusing to accept another's apology
4. Giving in to anger

Class 9:

Quick Review

Point 4: Showing the Utilization of Practice in One's Whole Life and the Paramita of Exertion

Slogan 17: Practice the five strengths, the condensed heart instructions.

Slogan 18: The mahayana instruction for ejection of consciousness at death is the five strengths: how you conduct yourself is important.

See [Training the Mind by Chogyam Trungpa, page 114](#)

FORTY-SIX WAYS IN WHICH A BODHISATTVA FAILS

34 Contradictions to Embodying Virtue

Contradictions to the Paramita of Exertion:

1. Collecting followers for fame and fortune
2. Not overcoming laziness and so forth
3. Indulging in busyness and chatter

Class 10: Quick Review

Point 5: Evaluation of Mind Training and the Paramita of Meditation

Slogan 19: All dharma agrees at one point.

Slogan 20: Of the two witnesses, hold the principal one.

Class 11: Quick Review

Slogan 21: Always maintain only a joyful mind.

Slogan 22: If you can practice even when distracted, you are well trained.

See [Training the Mind by Chogyam Trungpa, page 114](#)

FORTY-SIX WAYS IN WHICH A BODHISATTVA FAILS

34 Contradictions to Embodying Virtue

Contradictions to the Paramita of Meditation:

1. Not seeking instruction in samadhi
2. Not abandoning obscurations to meditation
3. Viewing the experience of meditation as good and being attached to it

Class 12: Quick Review

Point 6: Disciplines of Mind Training and the Paramita of Prajna

Slogan 23: Always abide by the three basic principles.

Slogan 24: Change your attitude, but remain natural.

Slogan 25: Don't talk about injured limbs.

Class 13: Quick Review

Slogan 26: Don't ponder others.

Slogan 27: Work with the greatest defilements first.

Slogan 28: Abandon any hope of fruition.

Class 14: Quick Review

Slogan 29: Abandon poisonous food.

Slogan 30: Don't be so predictable.

Slogan 31: Don't malign others.

Class 15: Quick Review

Slogan 32: Don't wait in ambush.

Slogan 33: Don't bring things to a painful point.

Slogan 34: Don't transfer the ox's load to the cow.

Class 16: Quick Review

Slogan 35: Don't try to be the fastest.

Slogan 36: Don't act with a twist.

Class 17: Quick Review

Slogan 37: Don't make gods into demons.

Slogan 38: Don't seek others' pain as the limbs of your own happiness.

See [Training the Mind by Chogyam Trungpa, pages 114-115](#)

FORTY-SIX WAYS IN WHICH A BODHISATTVA FAILS

34 Contradictions to Embodying Virtue

Contradictions to the Paramita of Prajna:

Faults Related to Lesser Things:

1. Not respecting the shravakayana, and therefore rejecting it.
2. Having abandoned one's own tradition, the mahayana, exerting oneself in the shravakayana.
3. In the same way, studying non-Buddhist literature.
4. Although exerting oneself in the Mahayana, preferring shravaka and non-Buddhist literature.

Faults Related to Excellent Things:

5. Not taking interest in the distinctive features of Mahayana.
6. Not seeking the holy dharma due to pride, laziness and so forth.
7. Praising oneself and disparaging others.
8. Relying on the words rather than the meaning.

- Class 18:** Quick Review
POINT 7: Guidelines of Mind Training (Post Meditation)
Slogan 39: All activities should be done with one intention.
Slogan 40: Correct all wrongs with one intention.
- Class 19:** Quick Review
Slogan 41: Two activities: one at the beginning, one at the end.
Slogan 42: Whichever of the two occurs, be patient.
Slogan 43: Observe these two, even at the risk of your life.
- Class 20:** Quick Review
Slogan 44: Train in the three difficulties.
Slogan 45: Take on the three principal causes.
Slogan 46: Pay heed that the three never wane.
- Class 21:** Quick Review
Slogan 47: Keep the three inseparable.
Slogan 48: Train without bias in all areas. It is crucial to do this pervasively and wholeheartedly.
Slogan 49: Always meditate on whatever provokes resentment.
- Class 22:** Quick Review
Slogan 50: Don't be swayed by external circumstances.
Slogan 51: This time, practice the main points.
Slogan 52: Don't misinterpret.
- Class 23:** Quick Review
Slogan 53: Don't vacillate.
Slogan 54: Train wholeheartedly.
Slogan 55: Liberate yourself by examining and analyzing.
- Class 24:** Quick Review
Slogan 56: Don't wallow in self-pity.
Slogan 57: Don't be jealous.
- Class 25:** Quick Review
Slogan 58: Don't be frivolous.
Slogan 59: Don't expect applause.

See [Training the Mind by Chogyam Trungpa, page 115](#)

FORTY-SIX WAYS IN WHICH A BODHISATTVA FAILS

Twelve Contradictions to Benefiting Sentient Beings

General Application

1. Not helping those in need
2. Not caring for the sick
3. Not removing the suffering of others
4. Not correcting those who are heedless

Specific Application

Faults of Not Being Helpful

1. Not repaying kindness
2. Not removing the pain of others
3. Not giving to those in need even though you can
4. Not benefiting those around you
5. Not acting in accord with the customs of others
6. Not praising those who have good qualities

Faults of Not Overpowering

1. Not overpowering those on a perverted path
2. Not taming with miracles and higher perceptions those who must be tamed in that way

*“When the five dark ages occur,
This is the way to transform them into the path of bodhi.
This is the essence of the amrita of the oral instructions,
Which were handed down from the tradition of the sage of Suvarnavipa.*

*Having awakened the karma of previous training
And being urged on by intense dedication,
I disregarded misfortune and slander
And received oral instructions on taming ego-fixation.
Now, even at death, I will have no regrets.”*

Thank you all so much for your willingness to offer this Dharma.

References: Pema Chodron: The Compassion Box
Start Where You Are
Be Grateful to Everyone

Dilgo Khyentse Rinpoche: Enlightened Courage

B. Alan Wallace: Buddhism with an Attitude

Chogyam Trungpa: Training the Mind and Cultivating Loving-Kindness

Judith Lief: The 59 Lojong Slogans – Atisha’s Mind Training Technique.

Norman Fischer: Training in Compassion – Zen Teachings on the Practice of Lojong