

59 Slogans for Training the Mind

Point One: The preliminaries, which are the basis for dharma practice

1. I don't know what dharma is, spirit, which does not exist, but somehow sort of does exist by way of four ideas. Of course life is precious, sentience, a lovely word, especially applied to people. Remember it all goes away, as nothing whatsoever lasts if you're reading this. Now what we do has an effect even though we can't tell for sure except what you do might bite you. If you think about your little Miss Me all the time you will suffer, so don't.

Point Two: The main practice, which is training in bodhicitta.

Absolute Bodhicitta

2. Anything spiritual is a dream, so dream on.
3. Remember there is a state of awareness before even becoming aware of anything.
4. What is 'free yourself even from the antidote'? Well yeah, "drink me" is not going to do it for you.
5. Rest in the essence of consciousness in the present moment.
6. Why would I want to be a child of illusion after not-thinking meditation? I guess it so happens.

Relative Bodhicitta

7. Giving and receiving alternate naturally.
8. Threesome of threesome: three objects, friends, enemies and neutrals. Three poisons are craving, aversion and indifference. Three radical virtues are also remedies, anti-craving, anti-aversion and anti-indifference.
9. In everything train with slogans, or don't, banish even these.
10. Begin with yourself the sequence of giving and receiving.

Point Three: Transformation of Bad Circumstances into the Way of Enlightenment

11. As the world fills up with evil, go ahead and find peace.

Lojong Slogans

Point One: The preliminaries, which are the basis for dharma practice

- Slogan 1. First, train in the preliminaries; The four reminders or alternatively called the Four Thoughts
- A. Maintain an awareness of the preciousness of human life.
 - B. Be aware of the reality that life ends; death comes for everyone; Impermanence.
 - C. Recall that whatever you do, whether virtuous or not, has a result; Karma.
 - D. Contemplate that as long as you are too focused on self-importance and too caught up in thinking about how you are good or bad, you will experience suffering. Obsessing about getting what you want and avoiding what you don't want does not result in happiness; Ego.

Point Two: The main practice, which is training in bodhicitta.

Absolute Bodhicitta

- Slogan 2. Regard all dharmas as dreams; although experiences may seem solid, they are passing memories.
- Slogan 3. Examine the nature of unborn awareness.
- Slogan 4. Self-liberate even the antidote.
- Slogan 5. Rest in the nature of alaya, the essence, the present moment.
- Slogan 6. In post-meditation, be a child of illusion.

Relative Bodhicitta

- Slogan 7. Sending and taking should be practiced alternately. These two should ride the breath (aka. practice Tonglen).
- Slogan 8. Three objects, three poisons, three roots of virtue -- The 3 objects are friends, enemies and neutrals. The 3 poisons are craving, aversion and indifference. The 3 roots of virtue are the remedies.
- Slogan 9. In all activities, train with slogans.
- Slogan 10. Begin the sequence of sending and taking with yourself.

Point Three: Transformation of Bad Circumstances into the Way of Enlightenment

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

12. Gather up all grievances into one.
13. Thank everyone.
14. Thoughts have no home. Thoughts keep going without stopping. Thoughts are lighter than light, completely insubstantial. The connections between these three ideas makes a fourth idea, none of which you can overcome. Be open to this.
15. These four practices are best: accumulating merit, setting aside evil actions, offering to your demons, and offering to your teachers.
16. If it's a surprise, meditate, which is different from thinking about it.

Point Four: Showing the Utilization of Practice in One's Whole Life

17. There are five heart strengths, determination, familiarization, positive seed, reproach, and aspiration.
18. At death, release of consciousness is practicing the five strengths.

Point Five: Evaluation of Mind Training

19. All spiritual practice agrees on one point, lessen ego, self-absorption.
20. Of those who can possibly know, setting aside those who can possibly know, you know yourself better than anyone else knows you.
21. Keep a joyful frame of mind.
22. If you can practice while distracted you're well trained.

Point Six: Disciplines of Mind Training

23. Always follow three basic principles, dedication to practice, refraining from outrageous conduct and developing patience.
24. Change your attitude but remain natural. Reduce ego attachment but still be yourself.
25. Don't talk about injured limbs, that is, take pleasure discussing defects in yourself, others.
26. Don't think ill of others and take pleasure thinking about their weaknesses.

Slogan 12. Drive all blames into one.

Slogan 13. Be grateful to everyone.

Slogan 14. Seeing confusion as the four kayas is unsurpassable shunyata protection. The kayas are Dharmakaya, sambhogakaya, nirmanakaya, svabhavikakaya. Thoughts have no birthplace, thoughts are unceasing, thoughts are not solid, and these three characteristics are interconnected. Shunyata can be described as "complete openness."

Slogan 15. Four practices are the best of methods.

The four practices are: accumulating merit, laying down evil deeds, offering to the dons, and offering to the dharmapalas.

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

Point Four: Showing the Utilization of Practice in One's Whole Life

Slogan 17. Practice the five strengths, the condensed heart instructions. The 5 strengths are: strong determination, familiarization, the positive seed, reproach, and aspiration.

Slogan 18. The mahayana instruction for ejection of consciousness at death is the five strengths: how you conduct yourself is important. When you are dying, practice the 5 strengths.

Point Five: Evaluation of Mind Training

Slogan 19. All dharma agrees at one point -- All Buddhist teachings are about lessening the ego, lessening one's self-absorption.

Slogan 20. Of the two witnesses, hold the principal one -- You know yourself better than anyone else knows you

Slogan 21. Always maintain only a joyful mind.

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

Point Six: Disciplines of Mind Training

Slogan 23. Always abide by the three basic principles -- Dedication to your practice, refraining from outrageous conduct, developing patience.

Slogan 24. Change your attitude, but remain natural.-- Reduce ego clinging, but be yourself.

Slogan 25. Don't talk about injured limbs -- Don't take pleasure contemplating others' defects.

Slogan 26. Don't ponder others -- Don't take pleasure contemplating others' weaknesses.

27. Work with the biggest messes and obstacles first.
28. Abandon any hope of fulfillment. Rather than get caught up in how you will be in the future, stay in the present moment.
29. Abandon toxic food.
30. Be unpredictable and forget the slights of others.
31. Speak well of others.
32. Head off wrongdoing by others.
33. Head off avoidable disasters and shaming of others.
34. Carry your own burden and take responsibility.
35. Think before trying to be the fastest. Ask yourself whether this is even a race in the first place.
36. Do good deeds without twisting and scheming to benefit yourself.
37. Use these slogans as ways to decrease your self-absorption. Otherwise gods become demons.
38. Make your own path toward happiness, and especially avoid walking all over the backs of others.

Point Seven: Guidelines of Mind Training

39. All activities should be done with one intention.
40. Correct all wrongs with one intention.
41. Two activities: one at the beginning, one at the end.
42. Whichever of the two occurs, be patient.
43. Observe these two, even at the risk of your life.
44. Train in the three difficulties which are obstacles arise too quickly for us to catch, when obstacles have arrived it's hard to know what to do about them and obstacles keep coming back.
45. Adopt three principal causes, the teacher, the dharma (spirit), the sangha (community).
46. Pay attention that these three never wane, gratitude toward one's teacher, appreciation of the dharma (teachings) and correct conduct.
47. Keep these three inseparable, body, speech, and mind.
48. Train without bias in every way completely and wholeheartedly.
49. Meditate on whatever provokes resentment.
50. Stay the course regardless of external circumstances.

- Slogan 27. Work with the greatest defilements first -- Work with your greatest obstacles first.
- Slogan 28. Abandon any hope of fruition -- Don't get caught up in how you will be in the future, stay in the present moment.
- Slogan 29. Abandon poisonous food.
- Slogan 30. Don't be so predictable -- Don't hold grudges.
- Slogan 31. Don't malign others.
- Slogan 32. Don't wait in ambush -- Don't wait for others' weaknesses to show to attack them.
- Slogan 33. Don't bring things to a painful point -- Don't humiliate others.
- Slogan 34. Don't transfer the ox's load to the cow -- Take responsibility for yourself.
- Slogan 35. Don't try to be the fastest -- Don't compete with others.
- Slogan 36. Don't act with a twist -- Do good deeds without scheming about benefiting yourself.
- Slogan 37. Don't turn gods into demons -- Don't use these slogans or your spirituality to increase your self-absorption
- Slogan 38. Don't seek others' pain as the limbs of your own happiness.

Point Seven: Guidelines of Mind Training

- Slogan 39. All activities should be done with one intention.
- Slogan 40. Correct all wrongs with one intention.
- 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.
- Slogan 44. Train in the three difficulties.
- Slogan 45. Take on the three principal causes: the teacher, the dharma, the sangha.
- Slogan 46. Pay heed that the three never wane: gratitude towards one's teacher, appreciation of the dharma (teachings) and correct conduct.
- Slogan 47. Keep the three inseparable: body, speech, and mind.
- Slogan 48. Train without bias in all areas. It is crucial always to do this pervasively and wholeheartedly.
- Slogan 49. Always meditate on whatever provokes resentment.
- Slogan 50. Don't be swayed by external circumstances.

51. This time, practice these main points, put others before self, dharma practice, and awaken compassion.
52. Interpret life's events correctly. Six things that may be misinterpreted are patience, yearning, excitement, compassion, priorities and joy. You're patient when you're getting your way but not when it's difficult. You yearn for worldly things instead of an open heart and mind. You get excited about wealth and entertainment instead of your potential for enlightenment. You have compassion for those you like but none for those you don't. Worldly gain is your priority rather than cultivating loving-kindness and compassion. You feel joy when your enemies suffer, and do not rejoice in others' good fortune.
53. Be steadfast in your practice of these slogans.
54. Train with all your heart.
55. Liberate yourself by examining and analyzing. Know your own mind honestly and fearlessly.
56. Set aside self-pity.
57. Let go of jealousy.
58. Ignore frivolity.
59. Expect no applause.

- Slogan 51. This time, practice the main points: others before self, dharma, and awakening compassion.
- Slogan 52. Don't misinterpret. The six things that may be misinterpreted are patience, yearning, excitement, compassion, priorities and joy. You're patient when you're getting your way, but not when it's difficult. You yearn for worldly things, instead of an open heart and mind. You get excited about wealth and entertainment, instead of your potential for enlightenment. You have compassion for those you like, but none for those you don't. Worldly gain is your priority rather than cultivating loving-kindness and compassion. You feel joy when your enemies suffer, and do not rejoice in others' good fortune.
- Slogan 53. Don't vacillate (in your practice of LoJong).
- Slogan 54. Train wholeheartedly.
- Slogan 55. Liberate yourself by examining and analyzing: Know your own mind with honesty and fearlessness.
- Slogan 56. Don't wallow in self-pity.
- Slogan 57. Don't be jealous.
- Slogan 58. Don't be frivolous.
- Slogan 59. Don't expect applause.