

Exploring Mind Training

Draft Syllabus

Purpose: To present the uniquely powerful methods for transforming the mind into both conventional and ultimate bodhichitta that are found in the *lojong*, or mind training, texts. To clarify how to use the mind training practices to bring about a radical change in our attitude from that of a self-centered world-view to an other-centered altruistic world-view. This module covers these two subjects:

1. Seven-Point Mind Training - To gain familiarity with this well-known thought transformation text by Kadampa Geshe Chekawa which encompasses seven areas of training the mind: (1) Explaining the preliminaries as a basis for this practice, (2) The actual practice, training in the awakening mind, (3) Transforming adverse circumstances into the path to enlightenment, (4) The integrated practice of a single lifetime, (5) The measure of having trained the mind, (6) The commitments of mind training, and (7) The precepts of mind training. To learn how to utilize the practical advice from this text in various situations in one's life.

2. Eight Verses of Thought Transformation - To gain familiarity with this well-known brief text by Langri Thangpa that covers the basic practice of thought transformation, and to learn how to apply it to challenging situations in daily life.