Triratna Leeds Buddhist Centre Sangha night theme:

**The Seven Point Mind Training – the Lojong slogans**

Slogan 1. **First, train in the preliminaries;** *The four reminders or mind-turning reflections*

*1. Maintain an awareness of the preciousness of human life.*

*2. Be aware of the reality that life ends; impermanence*

*3. Whatever you do, whether virtuous or not, has a result, karma.*

*4. Seeing the defects of samsara: that getting what you want and avoiding what you don't want does not result in happiness*

Slogan 7. **Sending and taking should be practiced alternately. These two should ride the breath** *(this refers to the meditation practice of* [*Tonglen*](https://en.m.wikipedia.org/wiki/Tonglen)*).*

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

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

Slogan 12. **Drive all blames into one**

A selection of slogans we haven’t looked at yet: you could pick a slogan that appeals to you and talk about it in your groups – don’t worry about being right or wrong!

Slogan 2. Regard all dharmas as dreams

Slogan 13. Be grateful to everyone.

Slogan 21. Always maintain only a joyful mind.

Slogan 25. Don't talk about injured limbs

Slogan 26. Don't ponder others

Slogan 28. Abandon any hope of fruition

Slogan 29. Abandon poisonous food.

Slogan 30. Don't be so predictable

Slogan 31. Don't malign others.

Slogan 32. Don't wait in ambush

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

Slogan 35. Don't try to be the fastest

Slogan 36. Don't act with a twist

Slogan 37. Don't turn gods into demons

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

Slogan 39. All activities should be done with one intention.

Slogan 48. Train without bias in all areas.

Slogan 49. Always meditate on whatever provokes resentment.

Slogan 50. Don't be swayed by external circumstances.

Slogan 51. This time, practice the main points: *others before self, dharma, and awakening compassion.*

Slogan 52. Don't misinterpret.

Slogan 53. Don't vacillate.

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.

**References:**

*Start Where You Are: A Guide to Compassionate Living* by Pema Chodron (1994) Shambala

Four reminders article and guided reflection by Vishvapani

<http://madhyamavani.fwbo.org/8/reminders.html>

Retreat talks and practice on the Seven Point Mind Training and Tonglen

<https://thebuddhistcentre.com/stories/toolkit/flowers/>

More on Tonglen practice from Vajraloka Retreat Centre

<https://www.vajraloka.org/the-awakening-heart-and-the-divine-abodes-booklet-and-led-sits-revised-upload>