

Mind Training (Lo Jong)

Amitabha Buddhist Center
November 17-18, 2018

The Three Principal Aspects of the Path to Enlightenment

1. The determination to be free (renunciation)
 - a) Renunciation of this life
 - b) Renunciation of cyclic existence (samsara)
2. The mind of enlightenment (bodhichitta)
3. The correct view of emptiness

Cultivating Bodhichitta

(the wish to attain enlightenment for the benefit of all sentient beings)

The five-step method of Equalising and Exchanging Oneself and Others:

1. The equality of self and others
2. Disadvantages of being self-centered
3. Advantages of altruism
4. Exchanging self-centredness for altruism
5. Taking and giving (tong-len)

Do you like problems?

- Lama Tsong Khapa wrote that if we don't know how to use problems in the path, we either generate hostility or get discouraged about following the path; this becomes a hindrance to creating virtue.
- Suffering is a natural part of samsara.
- Everyone has problems.
- Problems are not necessarily bad.
- Problems are impermanent.
- Bodhisattvas prefer problems to happiness.

Resources on this topic

- *Transforming Problems into Happiness*
by Lama Zopa Rinpoche
- *No Mud, No Lotus: The Art of Transforming Suffering*
by Thich Nhat Hahn

The Eight Verses

1. With the thought of attaining enlightenment
For the welfare of all beings
Who are more precious than a wish-fulfilling jewel
I will constantly practice holding them dear.

The Eight Verses

2. Whenever I am with others

I will practice seeing myself as the lowest of all

And from the very depth of my heart

I will respectfully hold others as supreme.

The Eight Verses

3. In all actions I will examine my mind,
And the moment a disturbing attitude arises,
Endangering myself and others,
I will firmly confront and avert it.

The Eight Verses

4. Whenever I meet a person of bad nature,
Who is overwhelmed by negative energy and
intense suffering,
I will hold such a rare one dear
As if I had found a precious treasure.

The Eight Verses

5. When others, out of jealousy,
Mistreat me with abuse, slander, and so on,
I will practice accepting defeat
And offering the victory to them.

The Eight Verses

6. When someone I have benefited
And in whom I have placed great trust
Hurts me very badly
I will practice seeing that person as my
supreme teacher.

The Eight Verses

7. In short, I will offer directly and indirectly
Every benefit and happiness to all beings, my
mothers.

I will practice in secret taking upon myself
All their harmful actions and sufferings.

The Eight Verses

8. Without these practices being defiled
By the stains of the eight worldly concerns,
By perceiving all phenomena as illusory,
I will practice without grasping to release all
beings
From the bondage of the disturbing unsubdued
mind and karma.