

The 59 Slogans of the 7 Points of Mind Training

Point #1: Train in the Foundations

1. First, train in the preliminaries

Point #2: Train in Compassion

2. Regard all dharmas as dreams.
3. Examine the nature of awareness.
4. Self-liberate even the antidote.
5. Rest in the openness of mind.
6. In life, realize the illusory nature of the world and let go.
7. Sending and taking should be practiced alternately. These two should ride the breath.
8. Begin the sequence of sending and taking with yourself.
9. Three objects, three poisons, and three seeds
10. In all activities, train with slogans.

Point #3: Transform Difficulty into the Path

11. Transform all problems into the path.
12. Drive all blames into one.
13. Be grateful to everyone.
14. Practice openness in the midst of confusion.
15. Be generous and don't harm.
16. Whatever you meet unexpectedly, join with meditation.

Point #4: Make Your Life Your Path

17. Practice the five strengths, the condensed heart instructions.
18. Practice for death as well as for life.

Point #5: Apply Insight and Joy

19. All dharma agrees at one point.
20. Of the two witnesses, hold the principal one.
21. Always maintain only a joyful mind.
22. If you can practice even when distracted, you are well trained.

Point #6: Be Responsible in Your Relationships

23. Always abide by the three basic principles.
24. Change your attitude, but remain natural.

25. Don't talk about injured limbs.
26. Don't ponder others.
27. Work with your biggest problems first.
28. Abandon any hope of fruition.
29. Abandon poisonous food.
30. Don't be so predictable.
31. Don't malign others.
32. Don't wait in ambush.
33. Don't bring things to a painful point.
34. Don't transfer the ox's load to the cow.
35. Don't try to be the fastest.
36. Don't act with a twist.
37. Don't make gods into demons.
38. Don't seek others' pain as the limbs of your own happiness.

Point #7: Communicate from the Heart

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, even at the risk of your life.
44. Train in the three difficulties.
45. Take on the three principal causes.
46. Pay heed that the three never wane.
47. Keep the three inseparable.
48. Train without bias in all areas.
49. Always meditate on whatever provokes resentment.
50. Don't be swayed by external circumstances.
51. This time, practice the main points.
52. Don't misinterpret.
53. Don't vacillate.
54. Train wholeheartedly.
55. Liberate yourself by examining and analyzing.
56. Don't wallow in self-pity.
57. Don't be jealous.
58. Don't be frivolous.
59. Don't expect applause.