



THE SEVEN POINTS OF MIND TRAINING

Vairochana's Legacy™
Translated under the guidance of
Venerable Dzigar Kongtrul Rinpoche.

Root Verses of the Seven Points of Mind Training

I. The Preliminaries Teach the Foundation of Dharma Practice

1. First, train in the preliminaries.

II. The Main Practice: Training in Bodhicitta

Ultimate Bodhicitta

2. Consider all phenomena as a dream.
3. Examine the nature of unborn awareness.
4. The antidote in itself is liberated.
5. Rest in the nature of the alaya.
6. In post-meditation, be a child of illusion.

Relative Bodhicitta: Meditation

7. Practice giving and taking alternately. Mount both upon the breath.

Relative Bodhicitta: Post-Meditation

8. Three objects, three poisons, and three roots of virtue.
9. In all conduct train with maxims.
10. Begin the sequence of taking with oneself.

III. Transforming Adversity into the Path of Enlightenment

11. When the world is full of evil, transform misfortune onto the path of awakening.

Relative Bodhicitta

12. Realize all faults spring from one thing.
13. Meditate upon gratitude toward all.

Ultimate Bodhicitta

14. Meditate upon delusional appearance as the four kayas. This is the unsurpassable

protection of emptiness.

Special Practices

15. The four practices are the best of means.
16. Use whatever you face as a practice immediately.

IV. An Explanation of the Practices as a Way of Life

What to Do During this Life

17. The pith instructions briefly summarized: apply the five strengths.

What to Do at the Moment of Death

18. The mahayana instructions for the transference of consciousness are the five strengths. Conduct is vital.

V. Measures of Proficiency in Mind Training

19. All dharma agrees at a single point.
20. Of the two witnesses, rely on the main one.
21. Always maintain a joyful attitude.
22. You have reached proficiency if you can practice even while distracted.

VI. Commitments of Mind Training

23. Always train in the three basic principles.
24. Transform your attitude and remain natural.
25. Do not speak about the downfalls of others.
26. Do not ponder others' business.
27. Train with the strongest emotions first.
28. Abandon any expectation of fruition.
29. Abstain from toxic food.
30. Do not be a loyalist.

31. Do not be contentious.
32. Do not wait in ambush.
33. Do not pounce upon vulnerability.
34. Do not transfer the dzo's load onto the ox.
35. Do not be competitive.
36. Do not twist the practice.
37. Do not bring a god down to the level of a demon.
38. Do not seek out other's suffering as the limbs of your delight.

VII. Guidelines for Mind Training

39. Use one practice for everything.
40. Use a single corrective for everything.
41. Two things to do: one at the beginning, one at the end.
42. Whichever of the two arises, be patient.
43. Protect the two as dearly as your life.
44. Train in the three difficulties.
45. Take up the three principle causes.
46. Practice to not let the three degenerate.
47. Remain inseparable with the three.
48. Practice impartially towards everything. Deep and comprehensive mastery overall is essential.
49. Always meditate on whatever is most challenging.
50. Do not rely on other factors.
51. Practice what is essential now.

52. Do not dwell in misunderstanding.
53. Do not be sporadic.
54. Train wholeheartedly.
55. Find liberation through both analysis and investigation.
56. Do not feel the world owes you.
57. Do not be reactive.
58. Do not be temperamental.
59. Do not self-aggrandize.