

The Seven Points of Mind Training

Oral Advice of the Mahayana

I. The Preliminaries

First, train in the preliminaries.

II. The Actual Practice

Regard all phenomena as dreams.
Examine the nature of unborn awareness.
Even the antidote is self-liberated.
Rest within the nature of the all-ground, the essence.
In postmeditation, be a child of illusion.
Sending and taking should be practiced alternately.
These two should ride the breath.
Three objects, three poisons, three roots of virtue.
In all activities, train with sayings.
Begin the sequence of sending and taking with yourself.

III. Transforming Difficulties into the Path of Enlightenment

When the world is filled with wrong,
Transform all misfortune into the path of enlightenment.
All blame comes down to one thing.
Be grateful to everyone.
Seeing confused appearances as the four kayas
Is the unsurpassable protection of emptiness.
Four practices are the best of methods.
Whatever you meet unexpectedly, join with meditation.

IV. Condensed Instructions on Practice for an Entire Life

Practice the five strengths,
The condensed heart instructions.
The Mahayana instruction for the ejection of consciousness at death
Is the five powers. How you conduct yourself is important.

V. Evaluation of Mind Training

All Dharma agrees on one point.
Of the two judges, heed the principal one.
Always maintain only a joyful mind.
If you can practice even when distracted, you are well trained.

VI. Commitments of Mind Training

Always abide by the three basic principles
Change your attitude but remain natural.
Don't discuss shortcomings.
Don't contemplate others at all.
Work with the greatest afflictions first.
Abandon any hope of fruition.
Abandon poisonous food.
Don't rely on old friends.
Don't make malicious remarks.
Don't wait in ambush.
Don't insinuate.
Don't shift the dzo's load to the ox.

Don't try to be the fastest.
Don't act with a twist.
Don't make gods into demons.
Don't seek others' pain as the limbs of your own happiness.

VIII. Guidelines of Mind Training

Perform all actions with one intention.
Correct all wrongs with one intention.
Two activities: one at the beginning, one at the end.
Whichever of the two occurs, be patient.
Observe these two, even at the risk of your life.
Train in the three difficulties.
Take up the three principal causes.
Cultivate the three that should never wane.
Keep the three indispensables.
Train without bias toward all.
It is crucial to do this deeply and pervasively.
Always meditate on whatever riles you
Don't be swayed by circumstances.
Right now, practice the main points.
Don't misunderstand.
Don't vacillate.
Train wholeheartedly.
Liberate yourself through considering and examining.
Don't anticipate.
Don't be irritable.
Don't be mercurial.
Don't expect applause.

The five degenerations running rampant
Are transformed into enlightenment's path.
This essence of alchemical instructions
Comes from the lineage of Serlingpa.
Having awakened the karma of previous training
And being urged on by intense dedication,
I disregarded misfortune and slander
And received oral instructions on taming ego clinging.
Now, even at death, I will have no regrets.