

SEVEN-POINT MIND TRAINING



CHEKAWA YESHE DORJE (1101-1175)

Because of my numerous aspirations,
I have defied the tragic tale of suffering
And have taken instructions to subdue self-grasping.
Now, even if death comes, I have no regrets.

1. PRESENTATION OF THE PRELIMINARIES, THE BASIS

First, train in the preliminaries.¹

2. TRAINING IN THE TWO MINDS OF AWAKENING, THE MAIN PRACTICE

2A. Training in the ultimate awakening mind

2A1. The actual meditation session

Train to view all phenomena as dreamlike.

Examine the nature of the unborn awareness.

The remedy, too, is freed in its own place.

Place your mind on the basis-of-all, the actual path.

2A2. The subsequent period [practices]

In the intervals be a conjurer of illusions.

2B. Training in the conventional awakening mind

2B1. The meditation session

Train in the two – giving and taking – alternately.

Place the two astride the breath.

2B2. The subsequent period [practices]

There are three objects, three poisons, and three roots of virtue.

In all actions, train by means of the words.

3. TAKING ADVERSE CONDITIONS ONTO THE PATH OF ENLIGHTENMENT

When the world and its inhabitants boil with negativity,

Transform adverse conditions into the path of enlightenment.

3A. Training in the two awakening minds, the extraordinary thoughts

3A1. Taking adverse conditions onto the path by means of training in the conventional awakening mind

3A1A. Recognizing your own self as the enemy

Banish all blames to the single source.

3A1B. Recognizing sentient beings as friends and cherishing them

Toward all beings contemplate their great kindness.

3A2. Taking adverse conditions onto the path by means of training in the ultimate awakening mind

With the three views and treasury of space,

The protection of yoga is unexcelled.

By meditating on illusions as the four buddha bodies,

Emptiness is protection unsurpassed.

3B. Striving in the dual practice of accumulation and purification, the extraordinary activities

The fourfold practice is the most excellent method.

- 1) Accumulation of merit
- 2) Purification of negative karma
- 3) Making offerings to malevolent forces
- 4) Offering tormas to the Dharma protectors

Relate whatever you can to meditation right now.

1 The translation of the root text has been sourced from '*Mind Training – The Great Collection*' translated by Thupten Jinpa (pages 83-85). The embedded outlines have been sourced from '*A Commentary on the Seven-Point Mind Training*' by Se Chilbu Chokyi Gyaltzen also found within '*Mind Training – The Great Collection*' (pages 87-132)

4. PRESENTATION OF A LIFETIME'S PRACTICE IN SUMMARY

In brief the essence of instruction is this:

Apply yourself to the five powers.

- 1) Propelling intention
- 2) Acquaintance
- 3) Positive seed
- 4) Eradication
- 5) Aspirational prayer

As Mahayana's transference method is

The five powers alone, their practice is vital.

- 1) Positive seed
- 2) Aspirational prayer
- 3) Eradication
- 4) Propelling intention
- 5) Acquaintance

5. PRESENTATION OF THE MEASURE OF HAVING TRAINED THE MIND

The intent of all teachings converges on a single point.

Of the two witnesses uphold the principal one.

- 1) Not being disapproved of by those who are reputedly sublime
- 2) Not being the object of your own disapproval

Cultivate constantly the joyful mind alone.

If this can be done even when distracted, you are trained.

6. PRESENTATION OF THE COMMITMENTS OF MIND TRAINING

Train constantly in the three general points.

- 1) Your mind training should not contradict your pledges
- 2) Your mind training should not become offensive
- 3) Your mind training should not be biased

Transform your attitudes but remain as you are.

Do not speak of the defects [of others].

Do not reflect on others' shortcomings.

Discard all expectations of reward.

Discard poisonous food.

Do not maintain [inappropriate] loyalty.

Do not torment with malicious banter.

Do not lie in ambush.

Do not strike at the heart.

Do not place the load of a dzo on an ox.

Do not sprint to win a race.

Do not abuse this [practice] as a rite.

Do not turn gods into demons.

Do not seek misery as a means to happiness.

7. PRESENTATION OF THE PRECEPTS OF MIND TRAINING

Accomplish all yogas through a single means.

Overcome all errors through a single means.

There are two tasks – one at the start and one at the end.

Forbear whichever of the two arises.

- 1) Great fortune
- 2) Misfortune

Seven-Point Mind Training

Guard the two even at the cost of your life.

- 1) The precepts and commitments presented in the teachings in general
- 2) The commitments of this particular mind training teaching

Train in the three difficult challenges.

- 1) Remember the antidotes
- 2) Overcome the afflictions
- 3) Eradicate the continuum of the afflictions

Adopt the three principal conditions.

- 1) There should be a qualified spiritual teacher
- 2) Your state of mind should be such that many realizations have arisen
- 3) Conditions conducive to Dharma practice must be gathered

Contemplate the three that are free of degeneration.

- 1) Make sure that your faith and respect toward your spiritual teacher remain undiminished
- 2) Make sure that your enthusiasm for mind training remains undiminished
- 3) Learn to guard your pledges undiminished

Be endowed with the three inseparable factors.

- 1) Make sure your body is never divorced from virtuous activity at all times
- 2) Make sure your speech is never divorced from virtuous activity at all times
- 3) Make sure your mind is never divorced from virtuous activity at all times

Train constantly toward the chosen objects.

Do not depend on other conditions.

Engage in the principal practices right now.

Do not apply misplaced understanding.

- 1) Misplaced forbearance
- 2) Misplaced aspiration
- 3) Misplaced savoring
- 4) Misplaced compassion
- 5) Misplaced dedication
- 6) Misplaced rejoicing

Do not be sporadic.

Train with decisiveness.

Be released through the two: investigation and close analysis.

Do not boast of your good deeds.

Do not be ill-tempered.

Do not be fickle.

Do not be boisterous.

**Through this proliferation of the five degenerations,
Transform [every event] into the path of enlightenment.**

**Because of my numerous aspirations,
I have defied the tragic tale of suffering
And have taken instructions to subdue self-grasping.
Now, even if death comes, I have no regrets.**