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The Practice Of Lojong Cultivating

The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics)

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One may enter into a profound state spontaneously just by reading the slogans of the lojong practice and the explanations. Very grounded in literature and complex understanding of the

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tradition, written by a true m This is a wonderful introduction into a practical system for training the mind, cultivating attitudes that generate auspicious factors for awakening and liberation of personal awareness.

The Practice of Lojong: Cultivating Compassion through ...

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The Practice of Lojong: Cultivating Compassion through ...

The Practice of Lojong. For many centuries Indian and Tibetan Buddhists have employed this collection of pithy, penetrating Dharma slogans to develop compassion, equanimity, lovingkindness, and joy for others.

The Practice of Lojong - shambhala.com

Lojong (Tib. ལོ་ཇོང་མཁོ་སྒྲུབ་ཀྱི་ལཱ་སྒྲུབ་ཀྱི་ལཱ་སྒྲུབ་, Wylie: blo sbyong) is a mind training practice in the Tibetan Buddhist tradition based on a set of aphorisms formulated in Tibet in the 12th century by Chekawa Yeshe Dorje. The practice involves refining and purifying one's motivations and attitudes.

Lojong - Wikipedia

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The Practice of Lojong: Cultivating Compassion through ...

Lojong, or mind training, is a core practice in all the lineages of the Tibetan tradition. They can perhaps best be characterized as a method for transforming our mind by turning away from self-centeredness and cultivating instead the mental habits that generate bodhicitta, the awakened mind that puts the benefit of others above all else.

Lojong / Mind Training Reader's Guide | Shambhala

Atisha's Mind Training in Seven Points is one of the best-known sets of instructions for mind training (lojong) and the practice of taking and sending (tonglen). The Seven Points comprise a complete practice, with instructions and guidance that cover all the essential points of Mahayana Buddhism. Suggested books and commentaries:

Atisha's The Seven Points of Mind Training- Lojong

In this practice you send out happiness to others and you take in any suffering that others feel. You take in with a sense of openness and compassion and you send out in the same spirit. People need help and with this practice we extend ourselves to them.

Pema Chödrön on Lojong Mind Training Slogans - Lion's Roar

The lojong teachings include instruction in formless meditation, in the practice of “sending and taking” (tonglen), and in postmeditation practice—putting our meditation into action in our daily lives.

The Why and How of Lojong, or Mind Training - Lion's Roar

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The Practice of Lojong: Cultivating Compassion through Training the Mind Paperback – April 10 2007 by Traleg Kyabgon (Author), Ken Wilber (Foreword) 4.9 out of 5 stars 42 ratings See all 5 formats and editions Hide other formats and editions

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The Practice of Lojong : Cultivating Compassion Through ...

To practice Lojong you need a set of the slogan cards and some good volumes of commentary. The Lojong Online set of virtual cards are based on the Chögyam Trungpa Rinpoche translation as found in his book Training the Mind and Cultivating Loving-Kindness (first edition) which also contains his excellent comments.

Lojong Online: Information

Lojong (pronounced 'LOW-JOHN') means 'Mind Training' in Tibetan. Rooted in Mahayana Buddhism, the Lojong teachings use slogans, sometimes known as the 7 Points of Mind Training, for training the mind in compassion. Tonglen (pronounced 'TONG-LEN') is a meditation practice associated with Lojong teachings.

Tonglen - Lojong Slogans - 7 Points of Mind Training ...

About The Practice of Lojong For many centuries Indian and Tibetan Buddhists have employed this collection of pithy, penetrating Dharma slogans to develop compassion, equanimity, lovingkindness, and joy for others.

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The Practice of Lojong by Traleg Kyabgon: 9781590303788 ...

The lojong slogans represent the quintessence of Buddhist practice for cultivating an awakened heart and a compassionate mind through meditation and contemplation.

The Practice of Lojong: Cultivating Compassion Through ...

Lojong is the Tibetan Buddhist practice that involves working with short phrases (called "slogans") as a way of generating bodhichitta, the heart and mind of enlightened compassion.

Practice of Lojong by Traleg Kyabgon, Ken Wilber (foreword ...

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