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## **The Aphorisms of the Seven-Point Mind-Training**

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### **The First Point: The Preliminaries**

First, train in the preliminaries.

### **The Second Point: Cultivating Ultimate and Relative Bodhicitta**

Once you have achieved stability, reveal the mystery.

Regard all events as if they were dreams.

Examine the unborn nature of awareness.

Even the remedy itself is free right where it is.

The essential nature of the path is resting in the substrate.

Between sessions, be an illusory person.

Alternately practice giving and taking.

Mount them both upon your breath.

Three objects, three poisons, and three roots of virtue.

In everything you do, practice with words.

### **The Third Point: Transforming Adversity into an Aid to Spiritual Awakening**

When the whole world is enslaved by vices, transform adversities into the path of  
bodhicitta.

Blame everything on one culprit.

Reflect on the kindness of all those around you.

By meditating on delusive appearances as the four embodiments, emptiness

becomes the best protection.

The best strategy is to have four practices.

Whatever you encounter, immediately apply it to meditation.

### **The Fourth Point: A Synthesis of Practice for One Life**

To synthesize the essence of this practical guidance, apply yourself to the five

powers.

The Mahayana teaching on transferring consciousness is precisely these five

powers, so your conduct is crucial.

### **The Fifth Point: The Criterion of Proficiency in the Mind-Training**

The whole of Dharma is synthesized in one aim.

Attend to the chief of two witnesses.

Constantly resort to a sense of good cheer.

### **The Sixth Point: The Pledges of the Mind-Training**

Always abide by three principles.

Shift your priorities but stay as you are.

Do not speak of others' limitations.

Do not stand in judgment of others.

Abandon all hope of reward.

Avoid poison food.

Do not engage in malicious sarcasm.

Do not wait in ambush.

Do not load the burden of a *dzō* on an ox.

Do not flatter your way to the top.

Avoid pretense.

Do not bring a god down to the level of a demon.

Do not take advantage of another's misfortune.

### **The Seventh Point: The Precepts of the Mind-Training**

Synthesize all meditative practices in one.

Respond in one way to all bouts of dejection.

There are two tasks, at the beginning and at the end.

Bear whichever of the two occurs.

Guard the two at the cost of your life.

Practice the three austerities.

Acquire the three principal causes.

Cultivate three things without letting them deteriorate.

Maintain three things inseparably.

Meditate constantly on the distinctive ones.

Do not depend on other factors.

Now practice what is important.

Make no mistake.

Do not be erratic.

Practice with total conviction.

Free yourself by means of investigation and analysis.

Do not try to make an impression.

Do not be bound by distemper.

Don't be temperamental.

Do not yearn for gratitude.