

Selections from the Lojong Slogans of Atisha

POINT ONE – *The Preliminaries, Which Are a Basis for Dharma Practice*

POINT TWO - *The Main Practice, Which Is Training in Bodhicitta*

Absolute Bodhicitta slogans

2. Regard all dharmas as dreams.
3. Examine the nature of unborn awareness.
4. Self-liberate even the antidote.
5. Rest in the nature of alaya, the essence.
6. In post-meditation, be a child of illusion.

Relative Bodhicitta slogans - The Paramita of Generosity

7. Sending and taking should be practiced alternately. These two should ride the breath.

POINT THREE - *Transformation of Bad Circumstances into the Path of Enlightenment*

Relative Bodhicitta slogans - The Paramita of Patience

11. When the world is filled with evil, transform all mishaps into the path of bodhi.
12. Drive all blames into one.
14. Seeing confusion as the four kayas is unsurpassable shunyata protection.
16. Whatever you meet unexpectedly, join with meditation.

POINT FOUR - *Showing the Utilization of Practice in One's Whole Life*

Relative Bodhicitta slogans - The Paramita of Exertion

17. Practice the five strengths, the condensed heart instructions.

POINT FIVE – *Evaluation of Mind Training*

Relative Bodhicitta slogans - The Paramita of Meditation

19. All dharma agrees at one point.
21. Always maintain only a joyful mind.
22. If you can practice even when distracted, you are well trained.

POINT SIX - *Disciplines of Mind Training*

Relative Bodhicitta slogans - The Paramita of Prajna

24. Change your attitude, but remain natural.
27. Work with the greatest defilement's first.
28. Abandon any hope of fruition.

POINT SEVEN - *Guidelines of Mind Training*

Relative Bodhicitta slogans - The Paramita of Prajna (Cont'd)

39. All activities should be done with one intention.
40. Correct all wrongs with one intention.
49. Always meditate on whatever provokes resentment.
50. Don't be swayed by external circumstances.
51. This time, practice the main points.
55. Liberate yourself by examining and analyzing.