

The Root Text on the Mind Training in Seven Points

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Organized as Presented by Ken McLeod on Unfettered Mind

<http://www.unfetteredmind.org/mindtraining/about.php>

I) Groundwork

- 1) First, do the groundwork.

II) Practices

A) Awakening to what is ultimately true

- 1) Look at all experience as a dream.
- 2) Examine the nature of unborn awareness.
- 3) Let even the remedy release naturally.
- 4) The essence of the path: rest in the basis of all experience.
- 5) In daily life, be a child of illusion.

B) Awakening to what is apparently true

- 1) Train in taking and sending alternately. Put them on the breath.
- 2) Three objects, three poisons, three seeds of virtue.
- 3) Use reminders in everything you do.
- 4) Begin the sequence of taking with you.

III) Applications

A) General

- 1) When misfortune fills the world and its inhabitants
- 2) Make adversity the path of awakening.

B) Awakening to what is apparently true

- 1) Drive all blame into one.
- 2) Be grateful to everyone.

C) Awakening to what is ultimately true

- 1) The ultimate protection is emptiness;
- 2) Know what arises as confusion to be the four aspects of being.

D) Special Methods

- 1) The best way is to use the four practices.
- 2) Work with whatever you encounter, immediately.

IV) Summaries

A) What to do while living

- 1) A summary of the essential instructions:

2) Train in the five forces.

B) What to do while dying

1) The five forces are the mahayana instructions for dying. Posture is important.

V) Measures of proficiency

- 1) All instructions have one aim.
- 2) Two witnesses: rely on the important one.
- 3) A joyous state of mind is a constant support.
- 4) Proficiency means you do it even when distracted.

VI) Commitments

A) General

1) Always train in three basic principles.

B) Body, speech, mind

- 1) Change your intention but behave naturally.
- 2) Don't talk about others' shortcomings.
- 3) Don't dwell on others' problems.

C) General reactivity

- 1) Work on your strongest reactions first.
- 2) Give up any hope for results.
- 3) Give up poisoned food.

D) Anger

- 1) Don't rely on a sense of duty.
- 2) Don't lash out.
- 3) Don't lie in ambush.
- 4) Don't go for the throat.

E) Envy

- 1) Don't put an ox's load on a cow.
- 2) Don't be competitive.
- 3) Don't make practice a sham.

F) Pride

- 1) Don't turn a god into a demon.
- 2) Don't look to profit from sorrow.

VII) Guidelines

A) General

- 1) Use one practice for everything.
- 2) Use one remedy for everything.

B) Reminders

- 1) Two things to do: one at the beginning, one at the end.
- 2) Whatever happens, good or bad, be patient.
- 3) Keep these two, even if your life is at risk.

C) Maintenance

- 1) Learn to meet three challenges.
- 2) Foster three key elements.
- 3) Take care to prevent three kinds of damage.
- 4) Engage all three faculties.

D) Extension

- 1) Train on every object without preference.
- 2) Training must be broad and deep.
- 3) Always work on what makes you boil.
- 4) Don't be dependent on extraneous conditions.

E) Addressing imbalance

- 1) Practice what's important now.
- 2) Don't get things wrong.
- 3) Don't switch on and off.

F) Maintaining balance

- 1) Train wholeheartedly.
- 2) Find freedom by probing and testing.
- 3) Don't boast.
- 4) Don't be hypersensitive.
- 5) Don't be impulsive.
- 6) Don't expect thanks.