

The Lojong Slogans

Resolve to Begin:

1. Train in the preliminaries

Reflecting on:

The rarity and preciousness of human life

The inevitability of death

The awesome and indelible power of our actions

The inescapability of suffering

Train in Empathy and Compassion:

Part 1 Absolute Compassion (Bodhicitta)

2. See everything as a dream
3. Examine the nature of awareness
4. Don't get stuck on peace
5. Rest in the openness of mind
6. In postmeditation be a child of illusion

Train in Empathy and Compassion:

Part 2 Relative Compassion (Bodhicitta)

7. Practice sending and receiving alternately on the breath
8. Begin sending and receiving practice with yourself
9. Turn things around
10. Always train with the slogans

Transform Bad Circumstances Into the Path

11. Turn all mishaps into the path
12. Drive all blames into one
13. Be grateful to everyone
14. See confusion as Buddha and practice emptiness
15. Do good, avoid evil, appreciate your lunacy, pray for help.
16. Whatever you meet is the path

Make Practice Your Whole Life

17. Cultivate a serious attitude
(traditionally: Practice the five strengths)
 - i. *Strong determination*
 - ii. *Familiarisation*
 - iii. *Seed of virtue*
 - iv. *Reproach*
 - v. *Aspiration*
18. Practice for death as well as for life

Assess and Extend

19. There's only one point
20. Trust your own eyes
21. Maintain joy (and don't lose your sense of humour)
22. Practice when you're distracted

The Discipline of Relationship

23. Come back to basics
 - i. *Renew and keep to your commitments*
 - ii. *Don't act outrageously*
 - iii. *Don't be one-sided*
24. Don't be phony
25. Don't talk about faults
26. Don't figure others out
27. Work with your biggest problems first
28. Abandon hope
29. Don't poison yourself
30. Don't be so predictable
31. Don't malign others
32. Don't wait in ambush
33. Don't make everything so painful
34. Don't unload on everyone
35. Don't go so fast
36. Don't be tricky
37. Don't make gods into demons
38. Don't rejoice at other's pain

Living With Ease in a Crazy World

39. Keep a single intention
40. Correct all wrongs with one intention
41. Begin at the beginning, end at the end
42. Be patient, either way
43. Observe, even if it costs you everything
44. Train in three difficulties
45. Take on the three causes
46. Don't lose track
47. Keep the three inseparable
48. Train wholeheartedly, openly, and constantly
49. Stay close to your resentment
50. Don't be swayed by circumstances
51. This time get it right!
52. Don't misinterpret
53. Don't vacillate
54. Be wholehearted
55. Examine and analyze
56. Don't wallow
57. Don't be jealous
58. Don't be frivolous
59. Don't expect applause

Reprinted from Training in Compassion – Norman Fischer