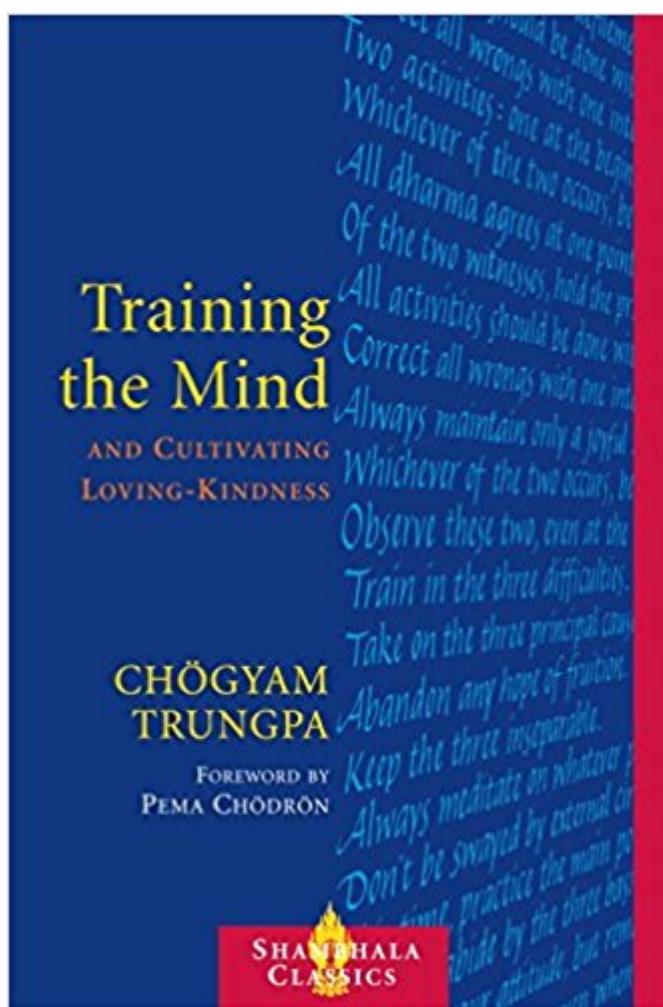


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# Training The Mind And Cultivating Loving-Kindness



## Synopsis

Warning: Using this book could be hazardous to your ego! The slogans it contains are designed to awaken the heart and cultivate love and kindness toward others. They are revolutionary in that practicing them fosters abandonment of personal territory in relating to others and in understanding the world as it is. The fifty-nine provocative slogans presented here—each with a commentary by the Tibetan meditation master Chögyam Trungpa—have been used by Tibetan Buddhists for eight centuries to help meditation students remember and focus on important principles and practices of mind training. They emphasize meeting the ordinary situations of life with intelligence and compassion under all circumstances. Slogans include, "Don't be swayed by external circumstances," "Be grateful to everyone," and "Always maintain only a joyful mind." This edition contains a new foreword by Pema Chödrön.

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## Customer Reviews

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compassion under all circumstances. Slogans include, "Don't be swayed by external circumstances," "Be grateful to everyone," and "Always maintain only a joyful mind." This edition contains a new foreword by Pema Chodron.

Chögyam Trungpa (1940–1987) "meditation master, teacher, and artist" founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books including *Shambhala: The Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, and *The Myth of Freedom*.

Trungpa Rinpoche is always lucid and to the point. In this book he explains the "tong-len" practice, which was once given only privately to advanced disciples. Even Trungpa Rinpoche himself originally adhered to that tradition, presumably because the practice could be dangerous to those who don't know what they're doing. Therefore: if you practice tong-len from this book, be careful. The point of the practice is to relieve the suffering of others by taking it on oneself. Be sure you are willing to do that before you start.

This is a must have for anyone interested in the study of Buddhism and the Lojong slogans. If you study only this, you get the gist of the whole Tibetan Buddhist path. Broken down into parts and discussion of each slogan. I found this useful along with other teachings on the subject. However, if you're just starting to study Tibetan Buddhist philosophy, I would suggest Mingyur Rinpoche's "Joy of Living", anything by Pema Chodron, Tsoknyi Rinpoche's "Open Heart, Open Mind".

Daily read, full of wit and surprising twists. Keeps me on my toes as a meditator and invigorated my slogan practice.

One of the best books I have ever read. Great merge of psychology and buddhism.

This is another of Chogyam's books on basic Buddhist principles of loving kindness and bodhisattva training. He is at times confusing but having studied and read him for years I learned from his original students that this was by design. It is meant to be confusing to allow one to consider what is being presented. We are using it as a group and it has sparked insightful discussions.

I was pleasantly surprised by the quality of the advice given in this book. Having heard of the controversies surround Chogyam Rinpoche I didn't expect to find much wisdom here but it appears I was mistaken.

Best buy!

A revolutionary approach to meditation in which the individual extends loving kindness into the universe and to fellow humans and absorbs and handles negative energy in a healing manner. In the process one gains inner strength along with greater capacity for healing. Excellent writing by Trungpa, and quite readable as he uses American vernacular to convey ageless Tibetan wisdom.

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