

How to Develop a Good Heart

The course is based on a transcript of teachings by Gelek Rimpoche with the title:
Lojong: Training of the Mind in Seven Points
(exact title and pagination varies by edition)

Electronic transcript available at:

www.jewelheart.org/digital-dharma/lojong-in-7-points

Hard cover transcript available at:

www.jewelheartstore.com/oscommerce/products.php?Lojong7&cPath=4

The following are the relevant chapters for each session of the course. It is strongly recommended to read the relevant chapters before attending the class session.

LOJONG: TRAINING OF THE MIND IN SEVEN POINTS	
Session 1	INTRODUCTION
	ROOT VERSES OF THE SEVEN POINT MIND TRAINING
	A PROLOGUE TO THE SEVEN POINT MIND TRAINING
	Questions and answers
	ONE: PRELIMINARY SUPPORTING DHARMA PRACTICES
	Questions and answers
Session 2	TWO: TRAINING THE MIND IN THE PATH TO ENLIGHTENMENT
	I. TRAINING IN RELATIVE BODHICITTA
	A. Practice in the meditation session
	- Nine bullets to shoot at ego
Session 3	- Five resolutions
Session 4	- Tong-len - give and take
	B. Practice in between the meditation sessions
	Questions and answers
Session 5	II. TRAINING IN ABSOLUTE BODHICITTA
	A. Practice in the meditation session
	B. Practice in between the meditation sessions
Session 6	THREE: BRINGING UNFAVORABLE CONDITIONS INTO THE PATH
Session 7	FOUR: HOW TO INTEGRATE ALL OUR PRACTICES
	FIVE: THE MEASURE OF A TRAINED MIND
Session 8	SIX: THE COMMITMENTS OF MIND TRAINING
	SEVEN: THE ADVICE REGARDING MIND TRAINING