

The Shantideva Fan Club

What is Lojong, (a.k.a. Mind Training)?

“The Tibetan term *lojong* is composed of two syllables. *Lo* stands for “mind,” “thought,” or “attitudes,” while *jong* connotes several interrelated but distinct meanings. First, *jong* can refer to *training* whereby one acquires skill or masters a field of knowledge. *Jong* can also connote *habituation* or familiarization with specific ways of being and thinking. Third, *jong* can refer to cultivation of specific mental qualities, such as universal compassion or the awakening mind. Finally, *jong* can connote *cleansing* or purification, as in purifying one’s mind of craving, hatred, and delusion” From: Jinpa, T., (2011), *Essential Mind Training*, Wisdom Publications, Summerville MA, p. 4)

The meetings of the Shantideva Fan Club will be divided between preparatory practices, dialogue, and guided meditations. Preparation, facilitation, and leading of meditations for each session will be a shared responsibility and will rotate among participants who volunteer to lead a session.

The program of study will follow Thumpton Jinpa’s *A Fearless Heart, How the Courage to Be Compassionate Can Transform Our Lives*. The Group will meet on Tuesday evenings, 6:00-7:30pm **OR** Thursday mornings, 9:30-11:00am in the Sanctuary at UUC-GT as follows:

TUESDAYS, 6:00 – 7:30 PM

June 13 Introduction & Chapter 1-3

June 27 Chapter 4

July 11 Chapter 5

July 18 Chapter 6

August 1 Chapter 7

August 15 Chapter 7

August 29 Chapter 8

September 12 Chapter 8

September 26 Chapters 9 & 10

October 10 Chapter 11

October 24 Review and planning

THURSDAYS, 9:30 – 11:00 AM

June 1 Introduction & Chapter 1

June 15 Chapters 2 & 3

June 29 Chapter 4

July 13 Chapter 5

July 20 Chapter 6

August 3 Chapter 7

August 17 Chapter 7

August 31 Chapter 8

September 14 Chapter 8

September 28 Chapters 9 & 10

October 12 Chapter 11

October 26 Review and planning