

## 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 Thupten 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