

The 7 Point Mind Training

(1) The Preliminaries, Which Are a Basis for Dharma Practice I prostrate to the Great Compassionate One

- Saying 1: 1 Fortunate life
 - Saying 2: 2 Death & Impermanence
 - Saying 3: 3 Karma & Effects
 - Saying 4: 4 Samsara
- The 4 Reminders

(2) The Main Practice, Training in Bodhicitta

- Saying 1: Think of things as dream-like
- Saying 2: Examine the nature of unborn awareness.
- Saying 3: Let even the antidote liberate itself
- Saying 4: Rest in the nature of alaya The essence
- Saying 5: Between sessions, be a conjuror of illusions.
- Saying 6: Practise giving and taking alternately. Put them on the breath

(3) Transforming Bad Circumstances into the Way of Awakening

- Saying 7: Three objects
 - Pleasant
 - Unpleasant
 - Neutral
- Saying 8: Three Posions
 - Craving
 - Aversion
 - Indifference
- Saying 9: Train with sayings
 - Start the process of exchange with yourself.
- Saying 10: When the world is filled with negativity, transform all adverse conditions into the path of Awakening

(4) Utilizing the Practice in Your Whole Life

- Saying 11: Blame everything on one culprit
- Saying 12: Be grateful to everyone.
- Saying 13: Regard confusion as the four kayas; emptiness is the unsurpassed protection
- Saying 14: Four practices are the best of methods.
 - Accumulating merit and wisdom
 - Confession
 - making offerings to gods and demons; and to the dakinis and Dharmapalas
- Saying 15: Whatever you encounter, immediately take it into your meditation.

(5) Evaluating Your Mind Training

- Saying 16: The condensed heart instructions are the five powers
 - Power of Resolve
 - Power of Familiarity
 - The power of familiarity, the power of the 'white seed' (carrying resolve into action)
 - the power of renunciation and the power of wishes/dedication
 - 5 Prayer ?
- Saying 17: All Dharma boils down to one point
- Saying 18: Of the two witnesses, uphold the principal one
- Saying 19: You always have a joyful mind

(6) Commitments of Mind Training

- Saying 20: Always abide by three basic principles
 - Don't practise one-sidedly
 - Don't go against conventional behaviour
 - Don't break your commitments
- Saying 21: You are proficient if you can practise even when distracted.
- Saying 22: Change your attitude, but remain natural
- Saying 23: Don't talk about weaknesses
- Saying 24: Don't concern yourself with others' shortcomings
- Saying 25: Work on the strongest defilements first
- Saying 26: Give up all hope of results
- Saying 27: Give up wrongly-motivated virtuous action
- Saying 28: Don't put a dzö's load on an ox
- Saying 29: Don't strike at the heart
- Saying 30: Don't lie in ambush
- Saying 31: Don't malign others.
- Saying 32: Don't keep score
- Saying 33: Reject poisoned food
- Saying 34: Don't practise magic
- Saying 35: Don't try to be the fastest
- Saying 36: Don't let your practice become a source of pride
- Saying 37: Don't turn gods into demons
- Saying 38: Don't look to take advantage of others' misfortune
- Saying 39: Don't practise Dharma for your own advantage
- Saying 40: Bodhicitta

(7) Guidelines for Mind Training

- Saying 41: Do everything with one intention
- Saying 42: Correct all faults in one way.
 - Correct motivation
 - Correct dedication
 - Exchanging self and other
- Saying 43: Good or bad circumstances
 - Two activities: one at the beginning, one at the end.
- Saying 44: Train in three hard disciplines
 - Prevent delusions arising
 - Once a delusion has arisen, do not allow it to continue
 - Try to eliminate delusions completely
- Saying 45: Guard these two, even at the risk of your life
 - General Dharma precepts
 - Specific ones of mind training
- Saying 46: Whichever of the two occurs [be patient].
 - Good
 - Bad
- Saying 47: Train without bias in all areas.
 - Your training must be deep and all-pervading
 - Do not let your body, speech and mind separate from wholesome conduct
- Saying 48: Maintain the three inseparables
 - Faith in the lama
 - enthusiasm for the practice of Mind Training
 - Maintaining your commitments
 - Rely on your lama
 - Guard your mind
- Saying 49: Ensure that three things never deteriorate,
 - Concern yourself with the three principal causes
 - Provide yourself with conducive conditions
- Saying 50: Train wholeheartedly.
 - Aspiration
 - Mistaken patience
 - Enjoyment
 - Compassion
 - Care for others
 - Rejoicing
- Saying 51: Don't misdirect your concern
 - Don't attract attention to yourself.
 - Don't be touchy
 - Don't be moody
 - Don't expect gratitude
- Saying 52: Don't be erratic
- Saying 53: Don't err
- Saying 54: Liberate yourself by examining and analyzing
- Saying 55: Train wholeheartedly.
- Saying 56: Don't be swayed by external circumstances
- Saying 57: Always meditate on whatever you find difficult
- Saying 58: At this crucial time, practise the main point
- Saying 59: Don't be swayed by external circumstances