

The Seven-Point Mind Training

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Changing the Heart, Transforming the Mind

Gary's introduction:

Why am I including this quote from Buddhism? While I am a devotee of Pathwork, Pat has been a devotee of a form of Tibetan Buddhism for seven years. Our paths are interwoven and sometimes the views of her path speak to me and sometimes vice versa. This is one of those times where a writing from her Buddhist path spoke to me.

Pat read what follows to me during our coffee time on February 6, 2014.

Introduction (from page 11):

... The central theme of the Seven-Point Mind Training is to make the **liberating passage** from the **constricting solitude of self-centeredness** to the **warm kinship with others** which occurs with the cultivation of **cherishing others even more than oneself**.

This Mind Training is especially well suited for an active life. It does not require that we withdraw in seclusion, but that we re-examine all of our relationships – to family, friends, enemies, and strangers – and gradually transform our responses to whatever life throws our way. It is a Mahayana practice that **aspires to attain full awakening through compassion and loving kindness for all creatures**.

The term *Mind Training* is a literal rendering of the Tibetan *lo jong (blo sbyong)*. The word *lo* can be translated as *mind, attitude, way of thinking, or mind state*. But the **Tibetan makes no distinction between the *mind* and *heart***, so the word applies equally to the **feelings of the heart**. Accurately speaking, the **Seven-Point Mind/Heart Training entails a *change of heart* as much as a *transformation of the mind***.