

The Nalanda Institute of Olympia, Washington

Lojong Practice Program 2010

## Awakening Experience Through Mind Training

*Lojong* means development of the mind or perceptual thought transformation. Developing the mind is the essential purpose and meaning of all Buddhist Teachings. Based on Mahayana Bodhisattva practice, Lojong teachings focus on how to manage adverse conditions in life and transform them into factors conducive to benefiting self and others.

Mind training is especially suited for an active life. It does not require that we withdraw into 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.

Lojong teachings are recommended for individuals interested in exploring cognitive transformation and social activism. Social workers, teachers, counselors and healers may find these teachings especially relevant.

The text we will use in this cycle of study is "*Mind Training – the Great Collection*" Geshe Thupten Jinpa, Translator; available from Wisdom Books. (The Nalanda Institute will have copies for sale). The text includes all three categories of the teachings we will be studying the original sutras, the commentaries on the sutras, and the empirical teachings.

This cycle is devoted to practice. We will keep meditation journals, and discuss how we are applying the teaching into our daily lives. We will develop our own slogans for personal contemplation. Geshe Jamyang Tsaltrim will direct our studies. We will meet monthly beginning on Sunday February 21st. at 10:00 AM.

Note: There is no fee or charge to attend the lojong practice sessions, however students are responsible for purchasing the suggested text books. The Nalanda Institute makes text books available at cost plus shipping. The Nalanda Institute has a policy of generosity if the cost of the texts is of concern. Please ask.