

**The Practice Of Lojong: Cultivating Compassion
Through Training The Mind By Traleg Kyabgon, Ken
Wilber**

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well as the practice of Tonglen, can develop the disposition- al tendency to . Lojong “the seven-point mind training” (Chödrön 1994), is considered a main

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lojong listed in the endnotes makes this clear in its title: The Practice of Lojong: Cultivating Compassion through Training the Mind. The underlying objective of

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cultivate compassion through straightforward contemplative practices. found a correlation between the practice of compassion meditation and the A. Lojong literally means mind training, which simply means training the

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Tilopa's mahamudra upadesha: the gangama instructions with commentary

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literature known simply as “mind training” or lojong in Tibetan. Tibetans .. awakening mind, especially through the practice of equalizing and exchanging of self and .. the training of one's mind in the cultivation of great compassion. One is.

Start where you are: a guide to compassionate living – wise love

Working with these slogans and through the practice of meditation, Start Where You The Practice of Lojong: Cultivating Compassion through Training the Mind.

Traleg kyabgon rinpoche

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7 points of mind training- books and resources

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The Lojong teachings offer the practitioner seven points that have within them book The Practice of Lojong: Cultivating Compassion through Training the Mind.

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