

Seven Point Mind Transformation

by Geshe Chekawa Yeshe Dorje (1101-1175)



1. Rely on the Preliminaries to the Teaching

First, train in the preliminaries.

2. The Actual Instructions for Training in the Two Bodhicittas

Consider all phenomena as like a dream;
Investigate the unborn nature of awareness;
However, the antidote will be liberated in its own nature;
The nature of the path is established in the state of emptiness.
In between sessions, be like a viewer of illusion;
Train to give and take alternatively.
Secondly, mount giving and taking upon the breath
Three objects, three poisons, and three roots of virtue.
In all activities, train through applying these maxims.
Begin the process of taking with yourself.

3. Transforming Adversity into the Path to Enlightenment

Lay all the blame onto one;
Meditate upon the great kindness of all beings;
Meditate on illusory appearances as the four kayas.
Emptiness is the supreme protection;
The fourfold practice is the supreme method.
Whatever you encounter, immediately apply the training.

4. Applying the Essence of the Practice Throughout One's Life

The essence of the instructions summarised in brief.
Apply the five powers;
Advice of mahayana mind transference is the five powers.
Value these practices.

5. The Measure of Having Cultivated Mind Training

All Dharma condensed into a single purpose.
Rely especially on the two witnesses;
Always maintain a joyful attitude only.
If capable, even when distracted, one is trained.

6. The Commitments of Mind Training

Always train in the three basic principals;
Change your attitude whilst remaining natural;
Do not speak abusively to others;
Do not concern yourself with the flaws of others;
Eradicate first the strongest of your afflictions;
Abandon any hope for a good ripening result;
Abandon poisonous food;
Do not maintain misplaced loyalty;
Do not retaliate to abusive speech;
Do not lie in ambush;
Do not strike at a weakness;
Do not load a dzo's burden onto an ox's back;

Do not train for your own benefit;
Do not deceive others;
Do not reduce gods to demons;
Do not take advantage of suffering for your own benefit.

7. The Precepts of Mind Training

Do everything with a single intention;
Overcome all adversity with a single remedy.
Two activities to be done at the beginning and end;
Be patient with whichever of the two arises;
Protect the two even at the cost of your life;
Practice the three difficulties.
Adopt the three principal causes;
Cultivate the three attitudes which must not decline;
Remain inseparable from the three;
Practice impartially towards all.
It is vital that the training should be vast and profound.
Always meditate on those who have been set apart;
Refrain from being dependent on external factors;
Practise what is most important right now;
Do not do the opposite;
Be consistent in your practice;
Train earnestly;
Gain freedom through coarse investigation and fine analysis;
Don't be boastful;
Don't retaliate;
Do not be temperamental;
Do not wish for acknowledgement..

These instructions, from the lineage of Serlingpa, are the essence of nectar for transforming the five prevalent signs of degeneration on the path to enlightenment. When karmic imprints from former training ripened in me, I felt great interest; and so, without regard for suffering, scorn, or disparagement, I requested the instructions for pacifying self-grasping. Now, even in death, I have no regrets.



