

# THE KADAMPA SLOGANS

## Reading References

KEY:

<b>TTM</b>	<i>Training the Mind and Cultivating Loving Kindness</i> Chögyam Trungpa
<b>SWYA</b>	<i>Start Where You Are</i> Pema Chödrön
<b>EC</b>	<i>Enlightened Courage</i> Dilgo Khyentse

### POINT ONE

*The Preliminaries, Which Are a Basis for Dharma Practice*

1. First, train in the preliminaries.  
**TTM** p.9, **SWYA** Ch. 1; **EC** Ch. 1

### POINT TWO

*The Main Practice, Which Is Training in Bodhicitta*

2. Regard all dharmas as dreams.  
**TTM** p. 29; **SWYA** Ch. 2; **EC** Ch. 2, p. 20
3. Examine the nature of unborn awareness.  
**TTM** p. 31; **SWYA** Ch. 3; **EC** Ch. 2, p. 24
4. Self-liberate even the antidote.  
**TTM** p. 33; **SWYA** Ch. 3; **EC** Ch. 1, p. 25
5. Rest in the nature of alaya, the essence.  
**TTM** p. 36; **SWYA** Ch. 3; **EC** Ch. 2, p. 26
6. In postmeditation, be a child of illusion.  
**TTM** p. 42; **SWYA** Ch. 4; **EC** Ch. 2, p. 27
7. Sending and taking should be practiced alternately.  
These two should ride the breath.  
**TTM** p. 46; **SWYA** Ch. 6; **EC** Ch. 2, p. 28
8. Three objects, three poisons, and three seeds of virtue.  
**TTM** p. 64; **SWYA** Ch. 5; **EC** Ch. 2, p. 37
9. In all activities, train with slogans.  
**TTM** p. 67; **EC** Ch. 2, p. 37
10. Begin the sequence of sending and taking with yourself.  
**TTM** p. 69; **SWYA** Ch. 6; **EC** Ch. 2, p. 38

### POINT THREE

*Transformation of Bad Circumstances into the Path of Enlightenment*

11. When the world is filled with evil,  
Transform all mishaps into the path of bodhi.

**TTM** p. 71; **SWYA** Ch. 7; **EC** Ch. 3, p. 39

12. Drive all blames into one.  
**TTM** p. 76; **SWYA** Ch. 8, 17; **EC** Ch. 3, p. 42
13. Be grateful to everyone.  
**TTM** p. 88; **SWYA** Ch. 9; **EC** Ch. 3, p. 46
14. Seeing confusion as the four kayas  
Is unsurpassable shunyata protection.  
**TTM** p. 96; **SWYA** Ch. 10; **EC** Ch. 3, p. 50
15. Four practices are the best of methods.  
**TTM** p. 102; **SWYA** Ch. 11; **EC** Ch. 3, p. 54
16. Whatever you meet unexpectedly, join with meditation.  
**TTM** p. 125; **SWYA** Ch. 12; **EC** Ch. 3, p. 56

#### POINT FOUR

*Showing the Utilization of Practice in One's Whole Life*

17. Practice the five strengths,  
The condensed heart instructions.  
**TTM** p. 133; **SWYA** Ch. 13; **EC** Ch. 4, p. 59
18. The mahayana instruction for ejection of consciousness at death  
Is the five strengths: how you conduct yourself is important.  
**TTM** p. 140; **SWYA** Ch. 13; **EC** Ch. 4, p. 64

#### POINT FIVE

*Evaluation of Mind Training*

19. All dharma agrees at one point.  
**TTM** p. 148; **SWYA** Ch. 7, 14; **EC** Ch. 5, p. 67
20. Of the two witnesses, hold the principal one.  
**TTM** p. 152; **SWYA** Ch. 14,15; **EC** Ch. 5, p. 67
21. Always maintain only a joyful mind.  
**TTM** p. 155; **SWYA** Ch. 15; **EC** Ch. 5, p. 68
22. If you can practice even when distracted, you are well trained.  
**TTM** p. 160; **SWYA** Ch. 15; **EC** Ch. 5, p. 69

#### POINT SIX

*Disciplines of Mind Training*

23. Always abide by the three basic principles.  
**TTM** p. 168; **SWYA** Ch. 17; **EC** Ch. 6, p. 71
24. Change your attitude, but remain natural.  
**TTM** p. 171; **SWYA** Ch. 17; **EC** Ch. 6, p. 72
25. Don't talk about injured limbs.  
**TTM** p. 173; **SWYA** Ch. 18; **EC** Ch. 6, p. 73

26. Don't ponder others.  
**TTM** p. 174; **SWYA** Ch. 17; **EC** Ch. 6, p. 73
27. Work with the greatest defilement's first.  
**TTM** p. 175; **SWYA** Ch. 17; **EC** Ch. 6, p. 73
28. Abandon any hope of fruition.  
**TTM** p. 176; **SWYA** Ch. 16; **EC** Ch. 6, p. 74
29. Abandon poisonous food.  
**TTM** p. 178; **SWYA** Ch. 17; **EC** Ch. 6, p. 74
30. Don't be so predictable.  
**TTM** p. 179; **SWYA** Ch. 18; **EC** Ch. 6, p. 74
31. Don't malign others.  
**TTM** p. 181; **SWYA** Ch. 18; **EC** Ch. 6, p. 75
32. Don't wait in ambush.  
**TTM** p. 182; **SWYA** Ch. 18; **EC** Ch. 6, p. 75
33. Don't bring things to a painful point.  
**TTM** p. 183; **SWYA** Ch. 18; **EC** Ch. 6, p. 75
34. Don't transfer the ox's load to the cow.  
**TTM** p. 183; **SWYA** Ch. 18; **EC** Ch. 6, p. 75
35. Don't try to be the fastest.  
**TTM** p. 185; **EC** Ch. 6, p. 75
36. Don't act with a twist.  
**TTM** p. 186; **SWYA** Ch. 18; **EC** Ch. 6, p. 76
37. Don't make gods into demons.  
**TTM** p. 187; **SWYA** Ch. 14, 17; **EC** Ch. 6, p. 76
38. Don't seek others' pain as the limbs of your own happiness.  
**TTM** p. 188; **SWYA** Ch. 18; **EC** Ch. 6, p. 77

#### POINT SEVEN

##### *Guidelines of Mind Training*

39. All activities should be done with one intention.  
**TTM** p. 189; **SWYA** Ch. 10, 19; **EC** Ch. 7, p. 79
40. Correct all wrongs with one intention.  
**TTM** p. 190; **SWYA** Ch. 19; **EC** Ch. 7, p. 79
41. Two activities: one at the beginning, one at the end.  
**TTM** p. 191; **SWYA** Ch. 20; **EC** Ch. 7, p. 80
42. Whichever of the two occurs, be patient.  
**TTM** p. 192; **SWYA** Ch. 20; **EC** Ch. 7, p. 81

43. Observe these two, even at the risk of your life.  
**TTM** p. 194; **EC** Ch. 7, p. 82
44. Train in the three difficulties.  
**TTM** p. 194; **SWYA** Ch. 20; **EC** Ch. 7, p. 82
45. Take on the three principle causes.  
**TTM** p. 196; **SWYA** Ch. 21; **EC** Ch. 7, p. 83
46. Pay heed that the three never wane.  
**TTM** p. 198; **SWYA** Ch. 21; **EC** Ch. 7, p. 84
47. Keep the three inseparable.  
**TTM** p. 199; **SWYA** Ch. 19; **EC** Ch. 7, p. 86;
48. Train without bias in all areas.  
It is crucial always to do this pervasively and wholeheartedly.  
**TTM** p. 199; **SWYA** Ch. 19; **EC** Ch. 7, p. 87
49. Always meditate on whatever provokes resentment.  
**TTM** p. 200; **SWYA** Ch. 19; **EC** Ch. 7, p. 87
50. Don't be swayed by external circumstances.  
**TTM** p. 200; **SWYA** Ch. 20; **EC** Ch. 7, p. 87
51. This time, practice the main points.  
**TTM** p. 201; **SWYA** Ch. 21; **EC** Ch. 7, p. 88
52. Don't misinterpret.  
**TTM** p. 201; **SWYA** Ch. 20; **EC** Ch. 7, p. 90
53. Don't vacillate.  
**TTM** p. 202; **SWYA** Ch. 20; **EC** Ch. 7, p. 92
54. Train wholeheartedly.  
**TTM** p. 203; **SWYA** Ch. 22; **EC** Ch. 7, p. 93
55. Liberate yourself by examining and analyzing.  
**TTM** p. 203; **SWYA** Ch. 20; **EC** Ch. 7, p. 93
56. Don't wallow in self-pity.  
**TTM** p. 204; **SWYA** Ch. 10, 20; **EC** Ch. 7, p. 93
57. Don't be jealous.  
**TTM** p. 204; **SWYA** Ch. 20; **EC** Ch. 7, p. 94
58. Don't be frivolous.  
**TTM** p. 204; **EC** Ch. 7, p. 94
59. Don't expect applause.  
**TTM** p. 205; **SWYA** Ch. 20; **EC** Ch. 7, p. 95