

# Living from the Heart

*A fresh take on ancient wisdom for living a wholehearted human life.*

## Cross-Reference with Original Presentation

Here is a table showing the relationship between the original and revised versions of the Lojong slogans, along with the page numbers for commentary found in sources by Chögyam Trungpa Rinpoche and Pema Chodron. Following the table is a listing of the commentary sources and the original Seven Points of Mind Training.

Slogan Number	Lojong Point	Slogan	Commentary*		Original	
			CTR	PC	Number	Point
1	I	First, train in the preliminaries.	5	12	1	I
2	IIA	Regard all dharmas as dreams.	17	12	2	IIA
3	IIA	Examine the nature of unborn awareness.	18	17	3	IIA
4	IIA	Self-liberate even the antidote.	19	19	4	IIA
5	IIA	Rest in the nature of Alaya, the essence.	21	21	5	IIA
6	IIA	In post-meditation, be a child of illusion.	24	22	6	IIA
7	IIR	Sending and taking should be practiced alternately. These two should ride the breath.	26	33	7	IIR
8	IIR	Begin the sequence of sending and taking with yourself.	38	33	10	IIR
9	IIR	Three objects, three poisons, and three seeds of virtue.	35	28	8	IIR
10	IIR	In all activities, train with slogans.	37	-	9	IIR
11	III	Train in the three difficulties.	104	128	44	VII
12	III.1	Liberate yourself by examining and analyzing.	109	129	55	VII
13	III.1	Don't wallow in self-pity.	109	63, 129	56	VII
		Don't be jealous.	109	9, 129	57	VII
		Don't be frivolous.	109	129	58	VII

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Slogan Number	Lojong Point	Slogan	Commentary*		Original	
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14	III.1	Don't ponder others.	93	110	26	VI
		Don't talk about injured limbs.	92	110	25	VI
		Don't malign others.	96	111	31	VI
15	III.1	Don't wait in ambush.	97	112	32	VI
		Don't bring things to a painful point.	97	112	33	VI
		Don't try to be the fastest.	98	-	35	VI
16	III.1	Don't make gods into demons.	100	89, 107	37	VI
		Abandon poisonous food.	95	107	29	VI
		Don't act with a twist.	99	113	36	VI
17	III.1	Don't be so predictable (don't be so trustworthy).	95	111	30	VI
18	III.1	Don't transfer the ox's load to the cow.	98	113	34	VI
19	III.1	Don't seek others' pain as the limbs of your own happiness.	100	113	38	VI
20	III.2	Drive all blames into one.	42	50	12	III
21	III.2	Contemplate the great kindness of everyone (be grateful to everyone).	48	8, 56	13	III
22	III.2	Four practices are the best of methods.	55	70	15	III
23	III.2	Whatever you meet unexpectedly, join with meditation.	67	78	16	III
24	III.2	Of the two witnesses, hold the principal one.	82	89	20	III
25	III.2	Whichever of the two occurs, be patient.	103	124	42	VII
26	III.2	Always meditate on whatever provokes resentment.	107	115	49	VII

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Slogan Number	Lojong Point	Slogan	Commentary*		Original	
			CTR	PC	Number	Point
27	III.2	Don't be swayed by external circumstances.	107	125	50	VII
		Don't vacillate.	108	126	53	VII
28	III.2	Don't misinterpret.	108	127	52	VII
29	III.2	Don't expect applause.	109	126	59	VII
30	III.3	When the world is filled with evil, transform all mishaps into the path of Bodhi.	40	44	11	III
31	III.3	Seeing confusion as the four Kayas is unsurpassable shunyata protection.	52	64	14	III
32	III.3	Practice the five strengths, the condensed heart instructions.	71	82	17	IV
33	III.3	All dharma agrees at one point.	80	47, 88	19	V
34	III.3	Always maintain only a joyful mind.	84	92	21	V
		If you can practice even when distracted, you are well trained.	86	92	22	V
35	III.3	Always abide by the three basic principles.	90	104	23	VI
36	III.3	Change your attitude, but remain natural.	91	103	24	VI
37	III.3	Work with the greatest defilements first.	93	107	27	VI
38	III.3	All activities should be done with one intention.	107	68, 115	39	VII
39	III.3	Correct all wrongs with one intention.	102	116	40	VII
40	III.3	Two activities, one at the beginning and one at the end.	102	130	41	VII
41	III.3	Take on the three principal causes.	105	135	45	VII
		Pay heed that the three never wane.	106	138	46	VII

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Slogan Number	Lojong Point	Slogan	Commentary*		Original	
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42	III.3	Keep the three inseparable.	106	116	47	VII
43	III.3	Train without bias in all areas. It is crucial always to do this pervasively and wholeheartedly.	107	118	48	VII
44	IV	Train wholeheartedly.	108	142	54	VII
45	IV	This time, practice the main points.	107	138	51	VII
46	IV	Observe these two, even at the risk of your life.	104	140	43	VII
47	IV	The Mahayana instruction for ejection of consciousness at death is the five strengths. How you conduct yourself is important.	75	82	18	IV
48	IV	Abandon any hope of fruition.	94	96	28	VI

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Cross-Reference of Lojong Slogans with Original Presentation

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## Commentary Sources

Chödrön, Pema. *Start Where You Are: A Guide to Compassionate Living*. Boston and London: Shambhala Publications, 1994.

Trungpa, Chögyam. *Training the Mind and Cultivating Loving-Kindness*. Edited by Judith L. Lief. Boston and London: Shambhala Publications, 1993.

## The Seven Original Points of Mind Training

- I. The Preliminaries, Which Are a Basis for Dharma Practice.
- II. The Main Practice, Which Is Training in Bodhicitta.
  - a. Absolute Bodhicitta
  - b. Relative Bodhicitta
- III. Transformation of Bad Circumstances into the Path of Enlightenment
- IV. Showing the Utilization of Practice in One's Whole Life
- V. Evaluation of Mind Training
- VI. Disciplines of Mind Training
- VII. Guidelines of Mind Training