

Living from the Heart

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

Principles and Lists

Here is a compilation of the principles and “lists” related to the Lojong slogans and found throughout the commentary.

1. The Four Reminders [Slogan 1]
 - a. Precious human birth, in particular the good fortune to hear and practice the teachings of *buddhadharma*.
 - b. The reality of death, which comes suddenly and without warning.
 - c. The entrapment of *karma* – everything you do, whether virtuous or not, only further binds you with the chains of cause and effect.
 - d. The intensity and inevitability of suffering for yourself and for all sentient beings.
2. Three objects, three poisons and three seeds of virtue. [Slogan 9]
 - a. Three objects
 - i. Friends
 - ii. Neutrals
 - iii. Enemies
 - b. Three poisons
 - i. Passion (craving).
 - ii. Ignorance (couldn't care less; denial).
 - iii. Aggression (aversion).
 - c. Three seeds of virtue: Each poison presents a reminder about – and an opportunity to touch – the “soft spot” of Buddha Nature / Basic Goodness.
3. Four practices are the best of methods. [Slogan 22]
 - a. Accumulating merit.
 - b. Laying down evil deeds.
 - c. Feeding the ghosts.
 - d. Offering to the protectors.
4. The four Kayas. [Slogan 31]
 - a. Dharmakaya: Space from which phenomena arise – emptiness.
 - b. Sambhogakaya: The vibrant, energetic quality of phenomena – vivid yet insubstantial.
 - c. Nirmanakaya: The appearance of phenomena – form arising from emptiness.
 - d. Svabhavikakaya: Space, energy and appearance arise simultaneously.

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5. The five strengths, the condensed heart instructions. [Slogans 32 and 47]
 - a. Strong Determination: Joyful exertion.
 - b. Familiarization: Dharma is no longer a novelty.
 - c. Seed of Virtue: Inherent potential for awakening; Buddha Nature; Basic Goodness.
 - d. Reproach: Let go of ego clinging.
 - e. Aspiration: Look forward to awakening.
 - i. May I save all sentient beings.
 - ii. May I remember twofold bodhicitta.
 - iii. May I practice twofold bodhicitta.
6. The three basic principles. [Slogan 35]
 - a. Keeping the vows you have taken.
 - b. Refraining from outrageous conduct.
 - c. Cultivating patience.
7. Take on the three principal causes. [Slogan 41]
 - a. The teacher.
 - b. The teachings.
 - c. A precious human birth.
8. Take heed that the three never wane. [Slogan 41]
 - a. Gratitude to the teacher.
 - b. Gratitude to the teachings.
 - c. Commitment to keep the refuge and bodhisattva vows.
9. Keep the three inseparable. [Slogan 42]
 - a. Thoughts \
 - b. Speech | → Inseparable from intention to communicate from the heart
 - c. Actions /
10. This time, practice the main points. [Slogan 45]
 - a. The benefit of others is more important than the benefit of self.
 - b. Practicing the teachings is more important than analytical study.
 - c. Practicing bodhicitta is more important than any other practice.
11. Observe these two, even at the risk of your life. [Slogan 46]
 - a. Refuge vow.
 - b. Bodhisattva vow.