

Seven Points of Mind Training

Atisha · Atisha & al.

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Seven Point Mind Training Prayer

Atisha

[LINEAGE]

I bow to the Spiritual Friends of the Supreme Vehicle,

#1. [The Preliminaries]

Source of everything good in Samsara and Nirvana.

By the gracious Lama's blessings, may my mind be purified with the three kinds of faith.

By the gracious Lama's blessings, knowing how hard to obtain and how easily destroyed is this precious human life. In all my actions according to their karmic effect, may I try to do what is right and avoid what is wrong and develop a genuine determination to be free from Samsara, as I train in the preliminaries (1).

#2. [The Actual Practice; TRAINING IN THE TWO BODHICITTA]

By the gracious Lama's blessings, may I purify the untruth of duality into the space of voidness and practice the profound exchange of my own and others' happiness and suffering, meditating continually on the two aspects of Bodhicitta (2).

#3. [TRANSFORMING ADVERSE CONDITIONS INTO THE PATH]

By the gracious Lama's blessings, may I see whatever adverse events and sufferings (3) befall me as tricks of the evil spirit of ego clinging and use them as the path of Bodhicitta.

#4. [INTEGRATION]

By the gracious Lama's blessings, may I condense my lifetime's practice (4) into a single essence. By applying throughout my life the five powers of pure determination, pure practice, accumulation of merit, purification of obscurations, and prayers of aspiration.

#5. [MEASUREMENT OF SUCCESS]

By the gracious Lama's blessings, when everything arises as the antidote to ego clinging and my mind finds freedom with happiness and confidence, may I take all adverse circumstances as the path (measure of success: 5).

#6. [COMMITMENTS]

By the gracious Lama's blessings, may I keep my promises, be free of hypocrisy, have no partiality, and little outward show. Protecting the commitments (6) of the mind training as I would my own life.

#7. [PRECEPTS]

In essence, by the gracious Lama's blessings, may I genuinely train my mind according to all the precepts (7) which further the two aspects of Bodhicitta and attain realization of the Supreme Vehicle within this very lifetime.

[DEDICATION]

By the merit of this heart-felt aspiration to practice the Seven Point Mind Training,
essence of the minds of the peerless Lord and his disciples, may all beings accomplish
enlightenment!

[End]

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