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Ringu Tulku

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Mind Training Ringu Tulku
This small accessible book contains the essence of the Seven-Point Mind Training, expressed in the intimate colloquial style that distinguishes Ringu Tulku's teachings. The Seven-Point Mind Training, a lojong practice, assumes no prior special training or preparation. It does not require practitioners to enter seclusion or change the way they live their lives. It asks that they examine their relationships with all those around them and make a strong determination to become enlightened for others' sake rather than for their own. It gives instructions for tonglen breathing practice that ties the concepts of lojong to the physical act of breathing. *Mind Training* focuses simply on giving up, self-cherishing, and transforming self-centered thinking into compassion, egoistic feelings into altruism, desire into acceptance, and resentment into joy.

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