

The Kindness of Others: A Commentary on the Seven-Point Mind Training, 2016, Geshe Jampa Tegchok, Lama Yeshe Wisdom Archive, 2016, 105 pages, 9781891868160

The Kindness of Others. A Commentary on the Seven-Point Mind Training. Translated by Stephen Carlier Edited by Andy Wistreich, Linda Gatter and Nicholas Ribush. 1.

Motivation. 2. The Seven-Point Mind Training. 3. The First Point: The Preliminaries as a Basis for the Practice. 4. The Second Point: The Actual Practice, Training in Bodhicitta. 5. The Third Point: Transforming Adverse Circumstances into the Path. 6. The Fourth Point: The Integrated Practice of a Single Lifetime. 7. The Fifth Point: The Measure of Having Trained the Mind. 8. The Sixth Point: The Commitments of Mind Training. 9. The Seventh Point: The Precepts of Mind Training. 10. Conclusion. Appendix: Pabongka Rinpoche's edition of the Seven-Point Mind Training. Find many great new & used options and get the best deals for The Kindness of Others : A Commentary on the Seven-Point Mind Training by Geshe Jampa Tegchok (2006, Trade Paperback) at the best online prices at eBay! Free shipping for many products! In this book, Khensur Rinpoche Geshe Jampa Tegchok explains how we can train our mind away from self-cherishing, the cause of all suffering, and develop compassion, the cause of everything that is good. He bases his explanation on Kadampa Geshe Chekawa's classic text, The Seven Point Mind Training, which, amongst other things, teaches us how to transform problems into happiness. Product Identifiers. Publisher. Training the Mind in Seven Points Geshe Kelsang Gyatso Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves. 298 Pages 2007 1.42 MB 50,361 Downloads New! that it is possible to reset our happiness meter, regain the use of limbs disabled by stroke, train the mind mind design tricks of the mind mind reader speak your mind mind. 215 Pages 2014 41.67 MB 49,168 Downloads. Sep 23, 2014 tricks of the mind mind reader speak your mind mind blowing mind contro The 5 Second Rule: Transform your Life, Work, and Confidence with Everyda