

The Seven Point Mind Training

Root Text by Geshe Chekawa

Homage to great compassion.
The essence of this nectar of secret instruction
Is transmitted from the Master from Sumatra (Serlingpa)

You should understand the significance of this instruction
As like a diamond, the sun and a medicinal tree.
This time of the five degenerations will then be transformed
Into the path to the fully awakened state.

First train in the preliminaries.

Banish the one to blame for everything,
Meditate on the great kindness of all beings.

Practise a combination of giving and taking.
Giving and taking should be practised alternately
And you should begin by taking from yourself.
These two should be made to ride on the breath.
Concerning the three objects, three poisons and three virtues
The instruction to be followed, in brief,
Is to take these words to heart in all activities.

When the environment and its inhabitants overflow with unwholesomeness,
Transform adverse circumstances into the path to enlightenment.
Apply meditation immediately at every opportunity,
The supreme method is accompanied by the four practices.

Train in the five powers.
The five powers themselves are the great vehicle's
Precept on the transference of consciousness,
Cultivate these paths of practice.

Integrate all the teachings into one thought,
Primary importance should be given to the two witnesses,
Constantly cultivate only a peaceful mind.
The measure of a trained mind is that it has turned away,
There are five great marks of a trained mind.
The trained mind retains control even when distracted.

Always train in the three general points,
Engage vigorously in forceful cultivation and abandonment,
Subjugate all the reasons (for selfishness).
Train consistently to deal with difficult situations,

Don't rely on other conditions.

Transform your attitude, but maintain your natural behaviour
Don't speak of others' incomplete qualities,
Don't concern yourself with others' business,
Give up every hope of reward.

Avoid poisonous food,
Don't maintain inverted loyalty,
Don't make malicious banter,
Don't wait in ambush,
Don't strike at the vital point,
Don't place the lad of a horse on a pong,
Don't sprint to win the race,
Don't turn gods into devils,
Don't seek others' misery as a means to happiness.

Every yoga should be performed as one.
There are two activities at both beginning and end,
Train first in the easier practices.
Whichever occurs be patient with both,
Guard both at the cost of your life.
Train in the three difficulties,

Transform everything into the great vehicle path,
Value an encompassing and far reaching practice,
Seek for the three principal causes,
Purify the coarser ones first,
Practise that which is more effective
Don't let three factors weaken,
Never be parted from the three possessions.
If you relapse, meditate on it as the antidote.
Engage in the principal practices right now,
In future, always put on armour.

Don't apply a wrong understanding,
Don't be sporadic,
Practise unflinchingly,
Release investigation and analysis,
Don't be boastful,
Don't be short-tempered,
Don't make a short-lived attempt,
Don't expect gratitude.

When stability has been attained, impart the secret teaching:
Consider all phenomena as like dreams,
Examine the nature of unborn awareness.
The remedy itself is released in its own place,
Place the essence of the path on the nature of the basis of all.
In between meditation sessions, be like a conjuror – or –
In the period between sessions be a creator of illusions.