

Training in Compassion

Appendix 1

Seven Points and Fifty-Nine Slogans for Generating Compassion and Resilience

POINT ONE

Resolve to Begin

1. Train in the preliminaries.

POINT TWO

Train in Empathy and Compassion: Absolute Compassion

2. See everything as a dream.
3. Examine the nature of awareness.
4. Don't get stuck on peace.
5. Rest in the openness of mind.
6. In Postmeditation be a child of illusion.

POINT TWO

Train in Empathy and Compassion: Relative Compassion

7. Practice sending and receiving alternately on the breath.
8. Begin sending and receiving practice with yourself.
9. Turn things around (Three objects, three poisons, three virtues).
10. Always train with the slogans.

POINT THREE

Transform Bad Circumstances into the Path

11. Turn all mishaps into the path.
12. Drive all blames into one.
13. Be grateful to everyone.
14. See confusion as Buddha and practice emptiness.
15. Do good, avoid evil, appreciate your lunacy, pray for help.
16. Whatever you meet is the path.

POINT FOUR

Make Practice Your Whole Life

- 17. Cultivate a serious attitude (Practice the five strengths).
- 18. Practice for death as well as for life.

POINT FIVE

Assess and Extend

- 19. There's only one point.
- 20. Trust your own eyes.
- 21. Maintain joy (and don't lose your sense of humor).
- 22. Practice when you're distracted.

POINT SIX

The Discipline of Relationship

- 23. Come back to basics.
- 24. Don't be a phony.
- 25. Don't talk about faults.
- 26. Don't figure others out.
- 27. Work with your biggest problems first.
- 28. Abandon hope.
- 29. Don't poison yourself.
- 30. Don't be so predictable.
- 31. Don't malign others.
- 32. Don't wait in ambush.
- 33. Don't make everything so painful.
- 34. Don't unload on everyone.
- 35. Don't go so fast.
- 36. Don't be tricky.
- 37. Don't make gods into demons.
- 38. Don't rejoice at others' pain.

Living with Ease in a Crazy World

39. Keep a single intention.
40. Correct all wrongs with one intention.
41. Begin at the beginning, end at the end.
42. Be patient either way.
43. Observe, even if it costs you everything.
44. Train in three difficulties.
45. Take on the three causes.
46. Don't lose track.
47. Keep the three inseparable.
48. Train wholeheartedly, openly, and constantly.
49. Stay close to your resentment.
50. Don't be swayed by circumstances.
51. This time get it right!
52. Don't misinterpret.
53. Don't vacillate.
54. Be wholehearted.
55. Examine and analyze.
56. Don't wallow.
57. Don't be jealous.
58. Don't be frivolous.
59. Don't expect applause.