

DHARMA ESSENTIALS, COURSE XIV
LOJONG: DEVELOPING THE GOOD HEART

Class One Outline

Class One

- I. Introduction to the Dharma Essentials Series and to this Course
- II. Definition of Lojong
 - A. Mind Training or “Developing the Good Heart”
 - B. Developing the “Wish for Enlightenment” (*bodhicitta*)
- III. Secret Practices Made Public
- IV. The Text for Class One
 - A. *Eight Verses for Developing the Good Heart*, by the Kadampa Geshe Diamond Lion, from the Plains of Langri (1054-1123), with commentary by Chekawa Yeshe Dorje (1101-1175)
- V. The Eight Verses
 - A. May I see all sentient beings are more precious than a wish giving jewel
 - B. May I be the lowest and see others as the best
 - C. I must stop negative thoughts immediately
 - D. Bad people are hard to find, may I hold them dear
 - E. May I take the loss myself and offer profit to others
 - F. May I see those who hurt me unjustly as my highest spiritual friend
 - G. May I give help and joy and secretly take away the hurt and pain of others
 - H. May I be free of the eight worldly thoughts and see all things as illusory
- VI. The Eight Worldly Thoughts
 - 1. Being happy if you get something
 - 2. Being upset if you don't get something
 - 3. Being happy if you feel good

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4. Being unhappy if you don't feel good
5. Being happy if you become well known
6. Being unhappy if you are not well known
7. Being happy if you get praised
8. Being unhappy if you don't get praised

VII. Meditation Assignment

Fifteen minutes of analytical meditation upon one of the eight verses. Analyze actual events in your life right now that give you the opportunity to practice the teachings of the verse, and think about how you can apply these teachings further to change these situations for the better.

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Class Two Outline

Class Two

- I. The Text for Class Two
 - A. *“The Seven-Step Practice for Developing a Good Heart,”*
Advices for Training Oneself in the Greater Way, including the text of Lord Atisha’s *Lamp for the Path*
- II. Step One: Instructions on the Foundation Dharma, the Preliminary Practices
 - A. Leisure and fortune, death, impermanence and the problems of samsara
- III. Step Two: The Actual Practice for Developing the Wish
 - A. Developing the ultimate Wish
 - B. Developing the apparent Wish
 - 1. Giving and Taking
- IV. Step Three: Transforming Problems into the Path
 - A. How to think
 - B. How to act
- V. Step Four: A Whole Lifetime’s Practice
 - A. The Five Powers (daily life and “sending your mind”)
 - 1. Power of Projections – resolutions for the future
 - 2. Power of Habituation – accustoming yourself
 - 3. Power of Virtue – pure white seeds
 - 4. Power to Rip Out – destruction
 - 5. Power of Prayer – prayer
- VI. Meditation Assignment

Analytical meditation, fifteen minutes per day, on the “giving and taking” practice.

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Class Three Outline

Class Three

I. The Text for Class Three

A. *“The Seven-Step Practice for Developing a Good Heart,”*
Advices for Training Oneself in the Greater Way, including the
text of Lord Atisha’s *Lamp for the Path*

II. Step Five: The Point Where You’ve Developed the Good Heart

III. Step Six: Pledges for Developing the Good Heart

IV. Step Seven: Certain Advices for Developing the Good Heart

V. Meditation Assignment

Analytical meditation, 15 minutes per day, choosing a few of the 18 pledges for developing the good heart and applying them to your own life that day.

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Class Four Outline

Class Four

- I. The Text for Class Four
 - A. *The Crown of Knives* presented to Lord Atisha (982-1052) by the Indian master Dharma Rakshita.
- II. Description of wheel of knives
- III. The Non-attachment of Bodhisattvas
 - A. Bliss that comes of courage (1-4)
 - B. Turning mental afflictions into opportunities (5)
 - C. Grasping to self is the henchman of the devil (6)
 - D. Let me take the suffering of others and use it to destroy my self-cherishing (7)
 - E. Karmic correlations (8, 10, 14; chart)
 - a. Verse 14 – reverse paranoia
 - F. “In a nutshell. . . “ (44)
- IV. Identifying My True Enemy
 - A. My True Enemy is my habit of grasping to myself. Destroy him!! (47)
 - B. Stand on the knowledge of two truths, of method and wisdom; the four powers; vows and promises (48-49)
 - C. Symbolism of the destroyer’s parts (eyes, legs, jaws/fangs)
- V. “Smash the Skull of My Misperceptions” (50)
 - A. Take the sack filled with five poisons, mired by force of karma and afflictions
 - B. I don’t know enough to be afraid (52-53)
 - C. All his terrible faults
- VI. Please Help me, Lord of the Body of Emptiness

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- A. Take the pain of the entire world and lay it at the doorstep of the one at fault
- B. Destroy my wrong ideas
- C. Come with mighty compassion and obliterate this 'self' (89-91)

VII. Prayers:

- A. May we cherish each other while we wander (96)
- B. May I dwell alone in this misery (97)
- C. May higher realm beings and myself find our real nature (and never seek a lower peace (100)
- D. If we can do this together, we can attain the body of voidness (101)

VIII. Meditation Assignment

For fifteen minutes per day do an analytical meditation on a different major physical or mental problem in your life, in your world or your own general situation in life. See if you can find it in the karma correlations chart and contemplate the real cause of that problem, and what you can do about it.