



Training the Mind and Cultivating Loving-Kindness

Chögyam Trungpa

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Warning:

Using this book could be hazardous to your ego! The slogans it contains are designed to awaken the heart and cultivate love and kindness toward others. They are revolutionary in that practicing them fosters abandonment of personal territory in relating to others and in understanding the world as it is.

The

fifty-nine provocative slogans presented here—each with a commentary by the Tibetan meditation master Chögyam Trungpa—have been used by Tibetan Buddhists for eight centuries to help meditation students remember and focus on important principles and practices of mind training. They emphasize meeting the ordinary situations of life with intelligence and compassion under all circumstances. Slogans include, "Don't be swayed by external circumstances," "Be grateful to everyone," and "Always maintain only a joyful mind."

This

edition contains a new foreword by Pema Chödrön.

Training the Mind and Cultivating Loving-Kindness Details

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Author : Chögyam Trungpa

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From Reader Review Training the Mind and Cultivating Loving-Kindness for online ebook

Kevin says

I made the mistake of getting this in audiobook form. The poor review is more related to the horrible narration than the book itself. The book itself is probably worthy of a three-star rating, while the audiobook narration made me want to make it a one-star... so I'm going for the middle path and giving it a two-star...

The content is just as the description suggest... it's a collection of slogans and phrases. They are meant to inspire, explain, and enlighten (or something like that). If that's all it was, it actually probably would've been a lot better. Instead, there is a lot of explanation (and repetition), which would likely lull even the most mindful of monks into a dazed stupor.

Spyros says

This comes from the guy who couldn't train his mind enough to find his local AA meeting, even after becoming a cripple at the age of 23 or so from a dui, which, to his credit, did not stop him from having a family and a sizeable shanga.

Trungpa was a very colourful character, certainly gifted, certainly a charmer, most certainly a drunkard, and he had an equally colourful sangha where he managed to appoint an hiv positive alleged rapist as an heir, the inimitable Ösel Tendzin, the Vajra Regent, irony in full force of course.

I don't know what value this book, or for that matter the others in his oeuvre have, especially at this day and age where there are so many lucid buddhist teachers. He has a way to turn a phrase, I 'll give him that, and to do it in a way that does not insult your intelligence, well, most of the time anyway.

Valerielynnbassett says

THis was part of the curriculum for a class on Lojong - which simply means "mind training" in Tibetan - a way of using something like proverbs to train the mind in Buddhist precepts. They are wonderfully sharp, witty gems that have come down through centuries and translation. I found them and this book very lucid and helpful. It will take many readings and much contemplation and practice to really "get it," but that's the whole point - these are connected to a practice.

Stephanie says

Trungpa is rad. It nice to read a book about Metta that mentions punk rock too. He understands the humans pretty well.

His thoughts on forgiveness are interesting. Don't forgive if it means you are surrendering yourself. Don't

forgive quickly or thoughtlessly, that justifies the trespass. You may feel better but it might not be real.

StudioWellspring~Anjie says

i'm taking an essential shmbhalal buddhism class right now and this is one of the required readings. it is good to be sure, but very intense and full of details that only a well-read shambhala or buddhist practitioner would fully grasp. so i wouldn't recommend reading it without a book club or class or teacher to discuss it with.

William2.1 says

Rough sledding. The writing is tortuous. I would direct interested readers to the books of Trungpa's most famous student, Pema Chödrön. Her well written and far more engaging works—especially *Start Where You Are*, *The Places That Scare You* and *When Things Fall Apart*—do a better job of conveying the Master's teachings than his own books.

Keith Willcock says

I have the 1993 version of this book but it is the same length so I assume the content is pretty much the same. I call this my little book of reminders. Originally written down in the 1100's as the Root Text of Training the Mind these 58 slogans's offer practical instruction on how to live life from the Manahayana Buddhist point of view in stead of from a selfish materialistic perspective. Chogyam was known as a "crazy wisdom" teacher and for anyone who was privileged to know him he had a tremendous gift to get under one's skin and touch the points of the ego that were most sensitive. His commentary here has the same insightful, confrontative, and yet playful approach to life. There is never any guilt or judgement for what we aren't doing, simply a constantly shining sun that offers compassion and sustenance while we sort things out. There are no word games, no sophisticated phrases, just straight practical guidance. Chogyam constantly reminds us of our dignity while inviting us to laugh at ourselves along the way.

But don't expect to get comfortable with these teachings because the moment we get a little self satisfied with our newly acquired knowledge Chogyam with a smile and deft slight of hand pulls our meditation cushion from under us. In keeping with his nature we find not 58 slogans as advertised but a 59th which reminds us not to "expect others to praise you or raise toasts to you. Don't count on receiving credit for your good deeds or good practice." To which one is tempted to add the Nike slogan, "Just do it." Live joyously and without expectations.

Vanessa says

this book grabbed me. it is based on lojong training in Mahayana, accompanied by commentary written by Chogyam Trungpa. feels timely for all the shit going in the world, to stay in the seat of transpersonal power and not get pulled into reactive mind. true compassion in practice. very helpful.

Ellery says

Chogyam Trungpa's interpretation of the slogans is direct and to the point. It goes well with reading two or three other interpretations along with it. I wouldn't recommend it if it's the only book on the lojong slogans you're going to have. If I had to choose one it be Traleg Kyabgon's because of how thorough it is. For example, on some slogans Trungpa writes three sentences while Kyabgon will write 3 pages. Still, I'm giving it 5 stars because of how excellently written many parts are and because there is something to be said for just being clear and to the point.

Jekaterina Dmitrijeva says

Lai ar? autors apgalvo, ka gr?mata ir ies?c?jiem-budisma prakti?iem, j?atz?st, ka t? bija diezgan sarež??ta klaus?šan?s. Saturs prasa lielu koncentr?ciju, apdom?šanos un anal?zi p?c noklaus?t?, viet?m papildus izp?ti. K? galveno plusu var min?t autora m??in?jumus izvair?ties, cik iesp?jams, no specifiskiem terminiem, humora izj?tu, k? ar? lielu iedvesmu, ko klaus?šan?s ir devusi manos m??in?jumos sak?rtot pr?tu.

Ymfool1 says

Very though provoking. Some of the teachings especially on tonglen and breathing meditation: breathing out good, loving kindness and breathing in bad.. How to? difficult to accept or reach that level of compassion.

Elizabeth Lozano says

I have read this book 4 times. It is worth reading a chapter occasionally, even randomly. Quite inspired.

Laura says

I love the Cultivating Loving Kindness practice.

Benjie Deford says

This book has helped guide my life like no other, based on a series Of slogans to help lay practitioners hundreds of years ago meditate and do meditational practice within lay Tibetan life. Yet it is more than important still today since it shows us how to live with Buddhism instead of how to be a Buddhist by leaving the world. When I asked my one time college mentor my anthropology teacher who had been a Buddhist monk in Thailand for five years for the best book to read about Theravada or Buddhism in general this is what he gave me. Thank you Alan K.

Mark V. says

Lojong (slogan training for the mind) is a very valuable tool for increasing awareness and focus for the committed Buddhist.

And Trungpa, a great teacher, offers here a helpful commentary on the method.
