

**THE KINDNESS OF OTHERS: A COMMENTARY ON THE
SEVEN-POINT MIND TRAINING**

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The Kindness of Others: A Commentary on the Seven-Point Mind Training by Jampa Tegchok

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.

The Seven Points of Mind Training

mail.pinkdate.is: The Kindness of Others: A Commentary on the Seven-Point Mind Training (): Geshe Jampa Tegchok, Andy Wistreich, Linda.

Lojong - Wikipedia

Editorial Reviews. About the Author. Geshe Jampa Tegchok was born in and became a The Kindness of Others: A Commentary on the Seven-Point Mind Training - Kindle edition by Geshe Jampa Tegchok, Andy Wistreich, Linda Gatter.

The Kindness of Others has 11 ratings and 2 reviews. It is interesting that, whether The Kindness of Others: A Commentary on the Seven-Point Mind Training.

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But when we think about whether anger will solve the problem, we will realize that it will not. Bibliography and Recommended Reading. First of all, this is most easy to practice when people are nice and we have a pleasant and enjoyable time. The first instruction is that all dharma, all the teachings of the Hinayana and Guidelines of Mind Training Slogan If we have any kind of suffering, we think that it is unbearable and that nobody else suffers as we. This can be arrived at through intelligent reasoning from the Middle Way philosophy. What should I do? In those days this was a very difficult journey to undertake. is said to be beneficial for dispelling obstacles and for providing conducive circumstances for dharma practice. Therefore, the mind devoted to their welfare is like a wish-fulfilling jewel, the source of all happiness and everything good and useful in the world.