

The Seven Points of Mind Training

Point One: The Preliminaries

- 1 First, train in the preliminaries.

Point Two: The Actual Practice, Training in Bodhicitta

- 2 Regard all dharmas as dreams.
- 3 Examine the nature of unborn awareness.
- 4 Self-liberate even the antidote.
- 5 Rest in the nature of alaya, the essence.
- 6 In postmeditation, be a child of illusion.
- 7 Sending and taking should be practiced alternately. These two should ride the breath.