

LOJONG, "TRAINING THE MIND"

Based on "Root Text of the Seven Points of Training the Mind" by Chekawa Yeshe Dorje



The root text is a list of **fifty-nine slogans**, which form a concise summary instruction on the view and practical application of Mahayana Buddhism. They provide a method of training our minds through both formal meditation practice and using day-to-day situations as a means of awakening.

The seven points of mind training are attributed to the great Indian Buddhist teacher Atisha Dipankara Shrijnana, who was born of royal heritage in Bengal in 982 C.E. Thus, the list of mind training slogans compiled by Chekawa is often referred to as the Atisha Slogans

In this course, we shall traverse the landscape of these fifty-nine instructions, weaving them into the fabric of our daily lives to cultivate our minds and harmoniously relate with others.

INSTRUCTOR

Asha Pillai-Balsara

Asha is a dedicated student of Buddhism. Her passion for the subject is complemented by over 27 years of teaching experience. Since 2001, she has held the position of Executive Director at the WCCL Foundation. She also serves as a part-time faculty member in the Department of Pali at Savitribai Phule Pune University, where she teaches the "Advanced Certificate course in Applied Mahayana Buddhist Psychology and Ethics".

Duration 3 Months Starts: Oct 20th Ends: Dec 22nd. Mode: Online	Day & Time On Sundays (see schedule below) 8:00 a.m. to 10:30 a.m. IST	Course Fees Rs. 7,500/- (inclusive of the study material)
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Schedule

<u>October</u> 20th & 27th	<u>November</u> 10th, 17th & 24th	<u>December</u> 1st, 8th, 14th, 15th, 22nd
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Online All Sessions will be online	<u>Apply now in 3 simple steps</u> 1. Click the application form link: https://forms.gle/igVR5WkSYWZeop2F9 2. Complete the form 3. Pay the fees
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ELIGIBILITY Anyone who has completed any of the courses from WCCL Foundation or all those who have some previous introduction to Buddhist Studies.
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