Contents

Preface Introduction		xiii 1
Min	d Training: The Great Collection	
I.	Bodhisattva's Jewel Garland Atiśa Dīpaṃkara (982–1054)	21
2.	How Atiśa Relinquished His Kingdom and Sought Liberation <i>Dromtönpa</i> (1005–64)	27
3.	The Story of Atisa's Voyage to Sumatra	57
4.	Root Lines of Mahayana Mind Training Atiśa Dīpaṃkara (982–1054)	71
5.	Annotated Root Lines of Mahayana Mind Training	75
6.	Seven-Point Mind Training Chekawa (1101–75)	83
7.	A Commentary on the "Seven-Point Mind Training" Sé Chilbu (1121–89)	87
8.	The Wheel of Sharp Weapons	133
9.	The Peacock's Neutralizing of Poison	155
10.	Melodies of an Adamantine Song: A Chanting Meditation on Mind Training	171
II.	Stages of the Heroic Mind	177
12.	Leveling Out All Conceptions	195

x Mind Training

13.	A Teaching on Taking Afflictions onto the Path	197
14.	Guru Yoga Mind Training	199
15.	An Instruction on Purifying Negative Karma	203
16.	Mahayana Purification of Grudges	205
17.	Two Yoginīs' Admonition to Atiśa to Train His Mind	207
18.	Kusulu's Accumulation Mind Training	209
19.	Mind Training Taking Joys and Pains onto the Path	213
20.	Sumpa Lotsāwa's Ear-Whispered Mind Training	215
21.	Bodhisattva Samantabhadra's Mind Training	217
22.	Eight Sessions Mind Training	225
23.	Mind Training Removing Obstacles	239
24.	Mahayana Mind Training Eliminating Future Adversities	241
25.	Atiśa's Seven-Point Mind Training	247
26.	Mind Training in a Single Session Chim Namkha Drak (1210–85)	257
27.	Advice to Namdak Tsuknor Atiśa Dīpaṃkara (982–1054)	263
28.	Glorious Virvapa's Mind Training Lo Lotsāwa (twelfth-thirteenth century)	269
29.	Eight Verses on Mind Training Langri Thangpa (1054–1123)	275
30.	A Commentary on "Eight Verses on Mind Training" Chekawa (1101–75)	277
31.	The Story of the Repulsive Mendicant	291
32.	A Commentary on "Leveling Out All Conceptions"	293
33.	Mahayana Mind Training	299
34.	Public Explication of Mind Training Sangyé Gompa (1179–1250)	313
35.	Yangönpa's Instruction on Training the Mind Yangönpa (1213–58)	419

36.	Guide to the Heart of Dependent Origination	423
37.	Supplement to the "Oral Tradition" Könchok Gyaltsen (1388–1469)	43I
38.	Root Lines of "Parting from the Four Clingings"	517
39.	Parting from the Four Clingings Drakpa Gyaltsen (1147–1216)	519
40.	Unmistaken Instruction on "Parting from the Four Clingings" Sakya Paṇḍita (1182–1251)	525
41.	An Instruction on "Parting from the Four Clingings" Nupa Rikzin Drak (thirteenth century)	527
42.	A Key to the Profound Essential Points: A Meditation Guide to "Parting from the Four Clingings" Goram Sönam Sengé (1429–1489)	529
43.	A Concise Guide to "Parting from the Four Clingings" Künga Lekpai Rinchen (fifteenth century)	541
Table of Tibetan Transliteration		567
Note	Notes	
Gloss	Glossary	
Bibliography		665
Index		681
About Thupten Jinpa		695

Contents xi