

Outline of the Lojong Slogans following the table of contents of *Training the Mind and Cultivating Loving Kindness* by Chögyam Trungpa

Point		Teaching	Slogans
1	The Four Reminders	Precious human birth, reality of death, Karma, Suffering of samsara	1
2	The main practice: training in Bodhicitta	Ultimate Bodhicitta Paramita of Generosity	2-6
		Relative Bodhicitta Paramita of Discipline	7-10
3	Transforming of Bad Circumstances into the Path of Enlightenment	Paramita of Patience	11-16
4	Showing the Utilization of Practice in One's Whole Life	Paramita of Exertion	17-18
5	Evaluation of Mind Training	Paramita of Meditation	19-22
6	Disciplines of Mind Training	Prajnaparamita	23-38
7	Guidelines of Mind Training	Post Meditation	39-59

Three books on Lojong:

Training the Mind and Cultivating Loving-Kindness, Chogyam Trungpa, Shambhala Publications, 2005.

Start Where You Are, Pema Chödrön, Shambhala, 1994.

The Practice of Lojong, Traleg Kyabgon, Shambhala , 2007.