

The Utilization of Lojong Practice in One's Whole Life

(By Lama Kathy Wesley. Based on "Great Path of Awakening" by Jamgon Kongtrul. Last revised 10.28.14)

What to Do during One's Life

1. The Force of Impetus – To propel oneself into the practice of Bodhicitta daily – upon waking in the morning, and all the time.
2. The Force of Familiarization – “whatever activity you are engaged in ... maintain mindfulness and awareness strictly and train again and again in keeping the two aspects of Bodhicitta ever in mind ... keeping bodhicitta as your principal form of virtuous activity.”
3. The Force of Virtuous Seeds – concentrate full energy on virtuous activity. Always look for opportunities to expand your practice of bodhicitta.
4. The Force of Repudiation – watch for ego-fixation to arise and deal with it immediately.
5. The Force of Aspiration – at the end of one's day (and the end of activity) dedicate it to the freedom of all beings through bodhicitta.

What to Do at the Time of Death

1. The Force of Virtuous Seeds – At least mentally giving one's possessions
2. The Force of Aspiration – Making Awakening single focus of our aspiration to clear the mind for its important work
3. The Force of Repudiation – Putting ego-fixation in its place – clearing the mind for its important work.
4. The Force of Impetus – Giving strong impetus to one's aspiration to never be separated from the practice of bodhicitta
5. The Force of Familiarization – To mentally review the practices of relative and ultimate Bodhicitta

How to Comport Oneself at the Time of Death

1. Sit in seven-point posture, or lie on one's right side, resting the cheek on the right hand while blocking the right nostril with the little finger.
2. While breathing through the left nostril:
 - a. Do sending and taking
 - b. “Then, without clinging mentally to anything, one should rest evenly in a state of knowing that birth and death, samsara and nirvana, and so on, are all projections of mind, and that mind itself does not exist as anything.”
 - c. “In this state, one should continue to breathe as well as one can.”