

Practicing Tong-len "in the moment" of mental affliction

By Kathy Wesley. Based on "The Great Path of Awakening" by Jamgon Kongtrul. Last revised 6.28.12

When faced with pain, suffering, adverse circumstances, or mental affliction, take a moment to identify how you are feeling, and then use this formula, based on the Mind Training (Lojong) teachings of Jamgon Kongtrul the Great:

"May my [difficult emotion] contain the [difficult emotion] of all sentient beings.

"By my working through this moment of [difficult emotion], may I and all beings be free of it.

"And, may we all become Buddhas, the complete freedom from [difficult emotion}."