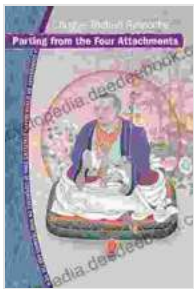


Commentary on Jetsun Drakpa Gyaltzen Song of Experience on Mind Training and Its Practice

Jetsun Drakpa Gyaltzen (1147-1216) was a renowned Tibetan Buddhist master who is best known for his teachings on lojong, or mind training. His Song of Experience on Mind Training is a classic text that has been widely studied and practiced by Tibetan Buddhists for centuries.



Parting from the Four Attachments: A Commentary on Jetsun Drakpa Gyaltzen's Song of Experience on Mind Training and the View by Carlos Manuel Salomon

★★★★★ 5 out of 5

Language : English
File size : 4826 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 201 pages



This commentary on Drakpa Gyaltzen's Song of Experience was written by Khenpo Tsultrim Gyamtso Rinpoche, a contemporary Tibetan Buddhist teacher. In this commentary, Khenpo Tsultrim Gyamtso Rinpoche provides a clear and detailed explanation of Drakpa Gyaltzen's teachings on mind training.

The Eight Verses on Mind Training

The Song of Experience on Mind Training consists of eight verses, each of which contains a pithy teaching on mind training. These eight verses are:

1. Train your mind in the immeasurables.
2. Examine your mind and its motivations.
3. Protect your mind from negative thoughts.
4. Engage your mind in wholesome activities.
5. Train your mind to be patient.
6. Train your mind to be kind.
7. Train your mind to be joyful.
8. Train your mind to be equanimous.

Commentary on the Eight Verses

In his commentary, Khenpo Tsultrim Gyamtso Rinpoche provides a detailed explanation of each of these eight verses. He discusses the meaning of each verse, its implications for our daily lives, and how we can put the teachings into practice.

For example, in his commentary on the first verse, Khenpo Tsultrim Gyamtso Rinpoche explains that the immeasurables are four qualities that are immeasurable in their scope and power. These qualities are loving-kindness, compassion, joy, and equanimity.

Khenpo Tsultrim Gyamtso Rinpoche teaches that we can train our minds in the immeasurables by practicing:

- Loving-kindness: Wishing happiness and well-being for all beings.
- Compassion: Feeling empathy and compassion for those who are suffering.
- Joy: Rejoicing in the happiness and well-being of others.
- Equanimity: Maintaining a balanced and peaceful mind in the face of adversity.

By training our minds in the immeasurables, we can develop a more positive and compassionate outlook on life. We can also learn to let go of our attachments and aversions, and to find peace and happiness in the present moment.

Khenpo Tsultrim Gyamtso Rinpoche's commentary on Jetsun Drakpa Gyaltsen's Song of Experience on Mind Training is a valuable resource for anyone who is interested in learning more about mind training and its practice. This commentary provides a clear and detailed explanation of Drakpa Gyaltsen's teachings, and it offers practical advice on how we can put these teachings into practice in our daily lives.

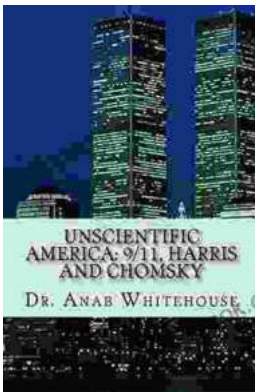
By following the teachings of Jetsun Drakpa Gyaltsen, we can train our minds to be more compassionate, peaceful, and joyful. We can also learn to let go of our attachments and aversions, and to find lasting happiness in the present moment.

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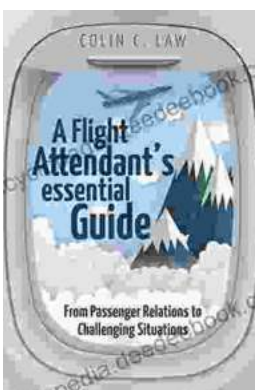


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