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## **Training In Compassion Zen Teachings On The Practice Of Lojong**

Lojong (Tib. འོ་ཇོ་མོ་གློ་བལྟན།, Wylie: blo sbyong) is a mind training practice in the Tibetan Buddhist tradition based on a set of aphorisms formulated in Tibet in the 12th century by Chekawa Yeshe Dorje. The practice involves refining and purifying one's motivations and attitudes. The fifty-nine or so slogans that form the root text of the mind training practice are designed as a ...

## **Lojong - Wikipedia**

Training in Compassion: Zen Teachings on the Practice of Lojong. by Norman Fischer [www.normanfischer.org](http://www.normanfischer.org). Norman Fischer offers both Illuminating commentary and pithy counsel on bringing greed, aversion and ignorance to the path through 'Lojong'. Lojong, or mind training, originated with the Bengali practitioner Atiśa Dīpankara Śrījñāna.

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