



Mind Training: The Great Collection (Library of Tibetan Classics Book 1)

Thupten Jinpa Ph.D.

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Compiled in the fifteenth century, *Mind Training: The Great Collection* is the earliest anthology of a special genre of Tibetan literature known as "mind training," or *lojong* in Tibetan. The principal focus of these texts is the systematic cultivation of such altruistic thoughts and emotions as compassion, love, forbearance, and perseverance. The mind-training teachings are highly revered by the Tibetan people for their pragmatism and down-to-earth advice on coping with the various challenges and hardships that unavoidably characterize everyday human existence.

The volume contains forty-four individual texts, including the most important works of the mind training cycle, such as Serlingpa's well-known *Leveling Out All Preconceptions*, Atisha's *Bodhisattva's Jewel Garland*, Langri Thangpa's *Eight Verses on Training the Mind*, and Chekawa's *Seven-Point Mind Training* together with the earliest commentaries on these seminal texts. An accurate and lyrical translation of these texts, many of which are in metered verse, marks an important contribution to the world's literary heritage, enriching its spiritual resources.

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