



The Path To Awakening: How Buddhism's Seven Points of Mind Training Can Lead You to a Life of Enlightenment and Happiness

Shamar Rinpoché , Lara Braitstein

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Mind training is a comprehensive practice that is suitable for all types of students. It contains the entire path and does not depend on a person's background. Mind Training nurtures and cultivates the Buddha Nature, that pure seed of awakening that is at the very heart of every sentient being. It has the power to transform even egotistical self-clinging into selflessness. Put into practice diligently, it is enough to lead you all the way to awakening.

In The Path to Awakening, Shamar Rinpoche gives his own detailed commentary on Chekawa Yeshe Dorje's Seven Points of Mind Training, a text that has been used for transformative practice in Tibetan Buddhism for close to a thousand years. Clear, accessible, and yet profound, this book is filled with practical wisdom, philosophy, and meditation instructions.

The Path To Awakening: How Buddhism's Seven Points of Mind Training Can Lead You to a Life of Enlightenment and Happiness Details

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Author : Shamar Rinpoché , Lara Braitstein

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From Reader Review The Path To Awakening: How Buddhism's Seven Points of Mind Training Can Lead You to a Life of Enlightenment and Happiness for online ebook

Steve says

I read another book on the seven point mind training, so I have a context to put this one into. I put this book into a context of more than 10 years of Dharma practice and study.

I read some people complaining about this book was not a good book for beginners. You need some context to put this book into it's place. The other thing is that this book should be read with others in a spiritual community. Even better, your teacher should recommend this book and work with you on Lojong Training. While you could certainly study "Buddhist Philosophy", Buddhism is all about the practices that move your towards enlightenment. While studying the tradition and whatnot can support one's practice, it is best to connect with a community and practice with that community.

This book is filled with references to Milarepa and Atisha who wrote the original mind training verses this is built on. There are lots of references to horseback riding, which is a very popular activity in Tibet. Not so much in America, but still it exists so the references transfer well. There is some Tibetan hooley, but not too much to make me stop reading the book. I did pause and put the book down and read other things while reading this book. I think reading a few pages a day carefully was the best way for me to read this book. I did finish it in one long spurt, which perhaps isn't as helpful. Reading can be a mind to mind transfer and a personal dialogue with the contents, and I appreciated this opportunity with this book.

I don't have a teacher to help me with these mind trainings, so in a way I was learning about a practice I wasn't so much doing myself. Even though I do think a lot about giving up the victory to others when I find that I want to strike back in revenge. I remember hearing that Subhuti (a teacher in the TBC), when he was teaching this to the Dalits in India, who suffer from gross caste oppression, they didn't really like this one because they don't want to give up the victory to the other castes. I think what I learned in studying this is that you have to critically interpret these slogans so that you can use them. That slogan is not telling you to be passive and not fight for social justice. I can get caught up on little things, and I think that that slogan helps me to let go of things that are not important that I might otherwise obsess on. It helps me to prioritize. The whole point is to make these mind trainings work for you and if they don't, then just leave them aside. For me, I find them very helpful.

Another big question is whether I can really take in all the suffering and not feel so overwhelmed. I tend to think I'm not fragile, that I am strong, but really I do have some fragilities, and a former teacher suggested that I not try to take in the suffering of others. I've always taken that into consideration when I start to feel negative build up, too much suffering.

I also really like the talk about patience. I read a really good book on patience, that really brought the virtue to importance in my mind, and I appreciated all the talk about patience, and using difficult situations to practice. I really try to have that perspective, and I find when I'm in a tight situation that it can help me to keep an even keel, to some extent. Nothing is magical and takes away difficulties, but these things help me to cope with them a little more gracefully. Thank you Shamar Rinpoche for sharing your wisdom, and thank you to all my friends who have supported me on the path. I am truly lucky to be able to hear the teachings and to be relatively healthy in body and mind to try and put the practices into place.

Matthew Brown says

The more I look at this book, the more I realize how profound it is. The early pages start off simple-- providing basic methods for settling the mind and freeing ourselves from the habits which cause us to jump from thought to thought, reaction to reaction, etc. These methods help us develop the foundation for further investigation into the nature of our own minds.

As the book continues, it gets deeper. The author explores how we can recognize the nature of what's happening in our minds, and thus establish a more profound awareness of our true nature. He first discusses how we can remove coarse obscurations by tracing phenomena to their roots, and later how we can remove more subtle obscurations that are difficult to spot. This is profound stuff.

I must admit that the later pages describe stages of meditation that surpass my own current practice, and this is by no means light reading. But that's what makes this book so inspiring. Indeed the book's profundity seems to lie in the fact that it provides a beginning-to-end guidebook for "the path to awakening," and if I am still trying to grasp and actualize the subtle stages of meditation described towards the end of the book, I guess that means that I'm on the path.

Andrea says

Fascinating buddhist book. Commentary on the root text of Mind Training by Shamar Rinpoche. Very clearly written. Even though it is quite philosophical topic, the language is very readable and easy to understand. I liked the explanation on sitting posture and 4 basic thoughts the most. Also things to do and things to avoid. :-)

Sharon Gamsby says

This book is a serious book from a serious meditation master...this is not a spiritual shopping sort of a book...but if you are a dedicated student of Buddhism, regardless if you are a beginner or more advanced, this book is full of practical advice to help advance one's practice. I have endeavored to follow the advice written here, and I have found it extremely beneficial for guiding my meditation practice, and a great road map to really progress with. I found it easy to follow, but of course it's a practice book, not a philosophy book. Putting the pedal to the metal...practice!

Katarina says

Too convoluted, difficult to follow for a beginner, who is interested in learning more about Buddhism.

Tori says

This is one of those important book that I've read twice and continue to keep on hand for review. Beautifully written, well organized, and readily applicable. If you have an interest in taming the mind, then I recommend you read this.

I was fortunate enough to have a long conversation with Shamar Rinpoche for my show, Empowered Living Radio. If you're interested, you can find it here: <http://bit.ly/1jFYIGY>

Pam Thomas says

Mind training is a comprehensive practice, nurtures and cultivates Buddha nature, the pure seed of our awakening.

Just loved this book and the exercises in it were pure poetic, shows you how to transform doubt into positiveness, leads you into a awakening never before experienced, based on the Tibetan Buddhism, the books is profound, full of practical wisdom, philosophy, meditation and enlightenment and thoughts, a very spiritual enlightening book.

Jackie says

If you have an interest in meditation (whether you are a beginner or even more advanced in meditation), this book will be very beneficial in your practice. It is direct and clear in its writing. There are step by step meditation instructions. It is a practical book to keep and refer back to as needed on your path to mindfulness.

Emmy Mathis says

This book is an excellent set of instructions for putting the Dharma into practice and is appropriate for any level of student that is committed to achieving authentic results. 'The Path to Awakening' is written by a true Tibetan Master who's main concern is making the practice of Buddhism accessible in a non-sectarian and practical manner for westerners with jobs and families and daily commitments.

Things in the Dharma take time. Because of this, 'The Path to Awakening' is not meant to be read overnight; it is meant to be read little by little. It is literally a step by step guide to awakening. Each bold typed section (or slogan) is an area that can be contemplated and practiced for an hour, a day, a year, or even more. I myself have been a practicing Buddhist and reading this book for three years and still haven't finished the book, and I'm glad for it. Our egos have had who knows how long to develop. They are not going to go away quickly or easily. It takes commitment, compassion, wisdom, dedication and most of all time in order to see genuine results. 'The Path to Awakening' is my guide to help me through that process.

Annie says

This book lays out a genuine approach to becoming less self-centered and confused, and more truly kind and stable. I would recommend it to anyone who is serious about long-term commitment to meditation practice and ethics. It isn't really for a feel-good, new age approach in the sense that following its suggestions requires deep personal change, which isn't always particularly easy or comfortable. After spending time with the earlier edition of this book and now encountering the new edition, I can say that it's possible to read it in a weekend, but practicing even the most basic aspects of the first chapter has been taking me several years. There are some books that you can process quickly with some satisfaction, but this book really does take a long-term commitment to meditation and paying attention to everyday actions. That said, it takes shape with a sort of warmth and humor that makes this sort of transformation seem possible.

This book offers a strong bridge for those who want to apply Buddhist teachings in everyday life and also want to verify their learning with an authoritative source and with direct connections to earlier Buddhist teachings (while the book itself is concise and doesn't require extra reading, there are many direct references in the text and one can make a long reading list based on following up on the sources suggested within just the first few pages). As someone interested in the history behind these teachings, I find it heartening to have a source that so clearly traces back to the words of the historical Buddha and successive teachers, with citations for how the teachings were presented in context. It is direct and clear, and has not been watered down in any way. Atisha, the originator of the mind-training teachings, was known for sorting through superstition to encourage genuine dharma practice and for clearing up confusion with the instruction to "Just be kind." (Sam Van Schaik offers a beautiful summary of this in "Tibet: A History" p. 58-60). Without diluting earlier sources, Shamar Rinpoche brings a practical approach to Buddhist practice, organizing and explaining the Lojong slogans in a way that is truly helpful for our time.

Awenydd Orchantra Faeryn says

-0 Stars

-There are many books that are much better than this one.

-Even if you were to get this book for free, it is not worth it.

-The cover was beautiful and I'm sorry to be so disappointed in this book.

-I tried to finish it, but could not.

-I felt that the reading of it muddied the waters, rather than cleared them, and when it comes to a book of enlightenment, that does more harm than good.

Read "Tantra: The Supreme Understanding" by Osho instead, or Eckhart Tolle is excellent for anyone on any path if you want to get out of the grip of ego, or Lama Yeshe's "Introduction to Tantra: The Transformation of Desire" for bodhichitta and more complete and clear teachings.

Marge Erickson says

This book offers a rare opportunity to access pure Buddhist teachings from an authentic lineage holder. There are many books that offer readers a watered down version of Buddhism, but this is definitely not one of them. For seekers looking to establish their way on the path of genuine Buddhism, this book is guide to that practice. It is a book that a practitioner can use to understand how to deepen his/her practice.

jampa says

I read the first edition of this book when it was first published in 2009. I'm very happy to see that it is now being reissued through a new publisher and a focus to making it widely available. This book is Rinpoche's commentary on the classic Seven Points of Mind Training. There are many different books on Mind Training, lojong in Tibetan. I have read many and found Rinpoche's book to be a valuable addition to the collection of commentaries of these wonderful teachings. Let's face it, Rinpoche is not reinventing the wheel here. These are authentic teachings passed down for centuries from teacher to student.

Although they may sound a little foreign to someone who is new to Buddhism, they are nevertheless extremely beneficial and derive from the Buddha's teachings, the Buddhadharma. As the title implies, it is a road map to awakening. And we are guided by these instructions and a genuine spiritual guide. For me, a lifelong endeavor and commitment. I highly recommended this text to anyone who is interested in Buddhism's methods to free oneself from the habit of self-reference. And just to be honest, I give all Dharma books 5 stars. Impossible not to, if it's authentic Buddhadharma. I also recommend that one finds an authentic teacher/spiritual friend to guide and assist on this road trip.

Safe travels

Heather Bennett says

The Path to Awakening is a profound book and is for a long term practice into meditation. This is a book I will read several times. This is not a quick self help book, but a serious long term guide. I love this book and will use it everyday.

Brad says

The few negative reviews show some people expected this book to be something it isn't. Its not an introduction to Buddhism, nor yet another Buddhist-oriented self-help book. There are many excellent books filling those needs, and you should read a couple of them first. If you already have enough basic information and inspiration, and are ready to kick it up a notch, this is the next book you should get.

It presents a complete program for life-long Buddhist practice which is firmly rooted in Tibetan Buddhism, but doesn't require initiation into exotic Vajrayana practices, or entering into a worshipful guru/disciple relationship. As such it isn't something you can digest all at once, but is a guide you should treasure and revisit periodically as your practice advances.
