

# Developing the Good Heart

ACI Course 14

Class 4 — Seven-step Practice, Part One

# Author

Kadampa Geshe Chekawa (1101-1179)

བཀའ་འགྲུབ་གདམས་པ་དགོ་བཤེས་མཚན་ལ་བ།      ཡེ་ཤེས་རྡོ་རྗེ།

*ka-dam-pa ge-shey chë-ka-wa, ye-shey dor-jey*

*His name is sometime spelled:*

མཚན་ལ་པ།

*chë-ka-pa*

# Teacher

Sharawa (1070 - 1141)

ཤ་ར་ཅ།

# Lineage Holders of the Seven-part Lojong

ཐུབ་དབང་།	Thub-wang, King of Subduers
བྱམས་པ།	Maitreya
ཐོག་མེད་སྐུ་མཆེད།	The Asanga Brothers (c. 350 CE)
གསེར་གླིང་པ།	Serlingpa, Lama of the Golden Island
ཇོ་བོ་ཇེ།	Lord Atisha (982 - 1054)
འབྲོམ་སྟན་པ།	Dromtönpa (1005? - 1064)
པོ་ཏོ་བ།	Geshe Potowa (1027 - 1105)
ཤ་ར་བ།	Geshe Sharawa (1070 - 1141)
དགེ་བཤེས་མཆད་ལ་བ།	Geshe Chökawa (1101-1175)

Title

The Seven Points on Developing a Good Heart

ལྷོ་ལྷོང་ཏོན་ཏུན་མ།

*lo-chong tön tün-ma*

# The Seven Points

1. Instructions on the foundation Dharma, the preliminary practices.

ངོན་འགྲོ་རྟོན་གྱི་ཚེས་བསྟན་པ། (*ngön-dro tën-gyi chö ten-pa*)

2. The actual practice for developing the Wish for Enlightenment.

དངོས་གཤེ་བྱང་ཚུབ་གྱི་སེམས་སྦྱོང་པ། (*ngö-shi chang-chub-kyi sëm chong-wa*)

# The Seven Points

3. Learning to use problems as a path to Enlightenment.

ཀྱེན་ངན་བྱང་ཆུབ་ཀྱི་ལན་དུ་བྱེད་པ། (*kyën-ngën chang-chub-kyi lam-du kyër-wa*)

4. A summary of an entire lifetime's practice.

ཚེ་གཅིག་གི་ཉམས་ལེན་དྲིལ་ནས་བསྟན་པ། (*tse-chik-gi nyam-lën tril-ney tën-pa*)

# The Seven Points

4. A summary of an entire lifetime's practice.

ཚེ་གཅིག་གི་ཉམས་ལེན་དྲིལ་ནས་བསྟན་པ། (*tse-chik-gi nyam-lën tril-ney tën-pa*)

5. The point at which one can say that he or she as successfully developed the good heart.

ལྷོ་འགྲོངས་པའི་ཚད། (*lo-chong-pey tsë*)



# The Seven Points

6. Pledges to keep for developing the good heart.

ལྷོ་ལྷོང་གི་དམ་ཚིག་ (*lo-chong-gi dam-tsik*)

7. Certain advices on developing the good heart.

ལྷོ་ལྷོང་གི་བསྐྱབ་བྱ། (*lo-jong-gi lap-cha*)

# Part One: Foundation Dharma

Part One: Instructions on the Foundation Dharma,  
The Preliminary Practices

**Train yourself first in the preliminaries.**

- Meditate on your spiritual opportunities and fortunes, and consider how difficult it is to obtain them.
- Meditate upon your own death, the fact that you are impermanent.
- Meditate upon the problems of this vicious circle of suffering.

Part Two:

The Actual Practice for Developing  
The Wish for Enlightenment (Bodhichitta)

**Learn to see all things as a dream;  
Examine the nature of the mind, unborn.  
The antidote itself is gone to is;  
Let it go in the essence, source of all things.**

**Inbetween sessions, be a figment of the  
imagination.**

ཇེས་ཐོབ་ཡེ་ཤེས། (*jey-top yë-shey*) Aftermath wisdom

Part Two:

The Actual Practice for Developing  
The Wish for Enlightenment (Bodhichitta)

**Practice giving and taking, alternately;  
Let the two ride on the wind.**

**Three objects, three poisons, three stores of  
virtue.**

**Practice throughout the day, in words.**

**The order of taking's to start with yourself.**

Part Three:  
Learning to Use Problems  
as a Path to Enlightenment

**The blame all belongs to only one person.**

**See the deception as being four bodies;  
Emptiness is the matchless protector.**