

# Exploring Buddhism

## Exploring Mind Training

### *Lojong Reading List*

#### Main Texts

##### ➤ Root Texts

1. *The Seven-Point Mind Training*, by Geshe Chekawa, as set out by Pabongka Rinpoche, Lama Yeshe Wisdom Archives (<https://www.lamayashe.com/article/seven-point-mind-training>) **(PDF provided)**
2. *The Eight Verses of Thought Transformation* by Langri Thangpa Dorje Sengge, translated by Lama Zopa Rinpoche, published in PDF and as an ebook by FPMT Education Services ([https://shop.fpmt.org/Eight-Verses-of-Thought-Transformation-eBook-PDF\\_p\\_3529.html](https://shop.fpmt.org/Eight-Verses-of-Thought-Transformation-eBook-PDF_p_3529.html)); also available at Lama Yeshe Wisdom Archives (<https://www.lamayashe.com/article/eight-verses-thought-transformation>) **(PDF provided)**

##### ➤ Commentaries

3. *The Kindness of Others*, published by Lama Yeshe Wisdom Archives (<https://www.lamayashe.com/article/chapter/kindness-others>)
4. *The Eight Verses for Training the Mind* by Geshe Sonam Rinchen, published by Snow Lion Publications (<https://www.shambhala.com/eight-verses-for-training-the-mind-2214.html>)

#### A Selection of Supplementary Related Books and Commentaries

1. *The Essential Mind Training* translated and edited by Thupten Jinpa, published by Wisdom Publications (<https://wisdomexperience.org/product/essential-mind-training/>)
2. *Transforming Problems Into Happiness* by Lama Zopa Rinpoche, published by Wisdom Publications (<https://wisdomexperience.org/product/transforming-problems-happiness/>)
3. **The Seven-Point Mind Training: Seven Steps to Train Your Mind** by Gomo Tulku, published by Wisdom Publications (<https://wisdomexperience.org/product/seven-steps-train-your-mind/>) (formerly published as *Becoming a Child of the Buddhas: A Simple Clarification of the Root Verses of Seven Point Mind Training*)
4. **The Eight Verses: The Essence of Mahayana Lojong Practice: A Commentary to Geshe Langri Tangpa's Mind Training in Eight Verses** by Sermay Khensur Lobsang Tharchin, published by Mahayana Sutra and Tantra Press (<http://www.mstp.us/Books/LojongEssence.php>)