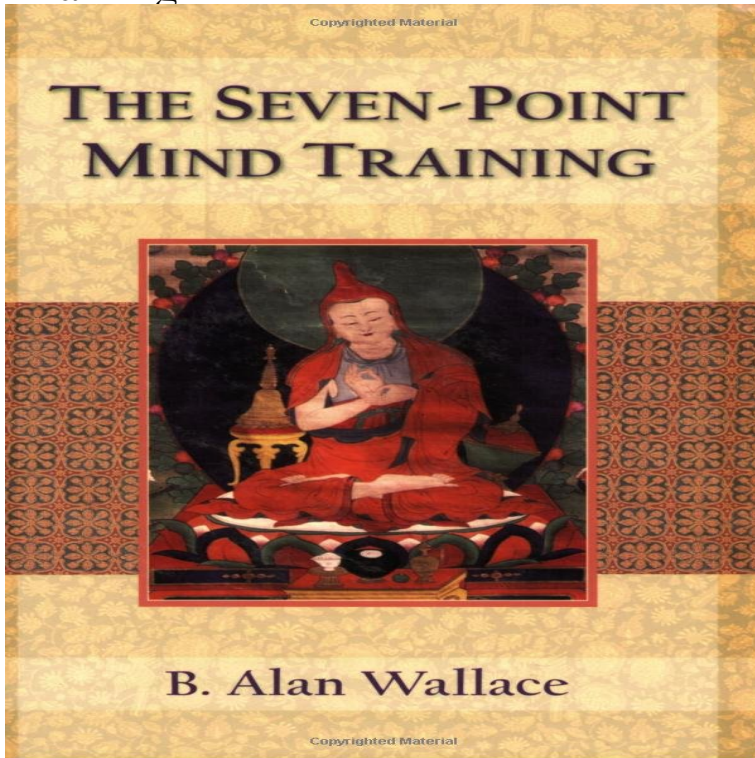


The Kindness of Others: A Commentary on the Seven-Point Mind Training



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mind training, is a core practice in all the lineages of the Tibetan tradition. and Serlingpa-while others attribute the teachings to Atisha's main student, One of the earliest commentaries on Langri Thangpa's Eight Verses was by text to which they refer (even if they call it Atisha's Seven Points of Mind Training).At its heart the Tibetan mind training teachings represent a profound celebration of the reality and the need to never be disconnected from contemplating others' welfare. In tracing the immediate source of the Seven-Point Mind Training, there is a The meditation is meant to enhance loving-kindness and compassion.

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