

[*Seven Points for Developing a Good Heart (Blo-sbyong don bdun-ma)*. Root text written down by the Kadampa Geshe Chekawa Yeshe Dorje (1101-1175).]

THEG PA CHEN PO'I GDAMS NGAG BLO SBYONG DON BDUN MA'I RTZA
BA BZHUGS SO,

Herein Lies the Root Text of
"The Seven-Step Practice for Developing a Good Heart,"
Advices for Training Oneself in the Greater Way

[The following version of the Seven-Step Practice for Developing a Good Heart was excerpted from a "short woodblock" (dpe-thung) format edition, in the possession of Sermey Khen Rinpoche Geshe Lobsang Tharchin. The text is quite old and had a number of apparent problems; the following version has been compiled using several other editions for comparison.]

Train yourself first in the preliminaries.

**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.

**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.**

**When the world and those in it are full of bad deeds,
Learn to use problems as a path to Enlightenment.**

**The blame all belongs to only one person.
Practice seeing them all full of kindness.**

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

The four acts are the supreme method.
On the spot, turn all that happens to practice.

The brief essentials of the instruction
Are combined within five powers.
In the great way these same five are the advices
For sending your mind; cherish the act.

All Dharma comes down to a single point.
There are two judges; keep the main one.
Be joy alone, in an unbroken stream.
It's there when you can keep it unthinking.

Keep to the three laws.
Change your mind and stay the same.
Speak not of what was broken.
Never worry about what they're doing.
Rid yourself of the biggest affliction first.
Never hope for any reward.
Stop eating poison food.
Don't let the stream flow smooth.
Forget repaying criticism.
Give up laying ambushes.
No going for the jugular.
Load your own truck, no passing the buck.
Don't get fixed on speed.
Don't feed the wrong face.
Don't turn the sweet angel to a devil.
Don't look for crap to make yourself happy.

Do all the practices with but one.
Let all the mistakes be made by one.

Do two at the two of beginning and end.
Bear with whichever comes of the two.
Keep the two at the cost of your life.

Train yourself in the three kinds of hardship.
Take to yourself the three main causes.
Live in three ways that never get weaker.
Keep the three that should never be lost.

Act towards each one free of bias;
Spread your love, and make it deep.
Constantly think of the special ones;
Don't let it depend on circumstances.

Turn these five signs of the days of darkness
Around us into a path to enlightenment.
These words of advice are the essence of nectar;
They were passed down through Serlingpa.

Karmic seeds from following this practice in my past lives
Were awakened, and the urge to teach this to others came to me
On many occasions. And so I have finished it, these words
Of instruction for beating the tendency of seeing things
As having some nature of their own, and I have ignored
All kinds of trouble and the derision of others to do so.
Now I can die,
Without a shred of regret.