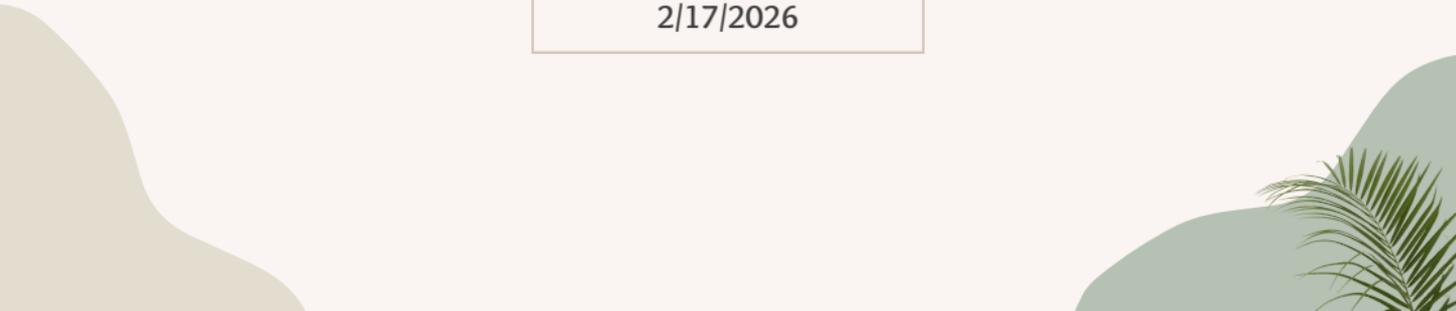




# the practice

based on the teachings of pema chodron

2/17/2026





# relax

soften, lighten up, and let go

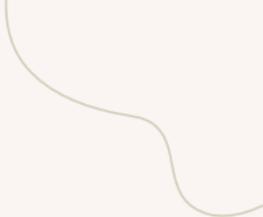
no aggression



# maitri

unconditional friendliness to self.  
practice with compassion.

no self improvement



# start where you are

use your pain, your irritation

no ideal version of you





# sit & see clearly

out breath. label thinking.  
return to breath.

no judgement



# work with slogans

use the [lojong\\_slogans](#) to practice

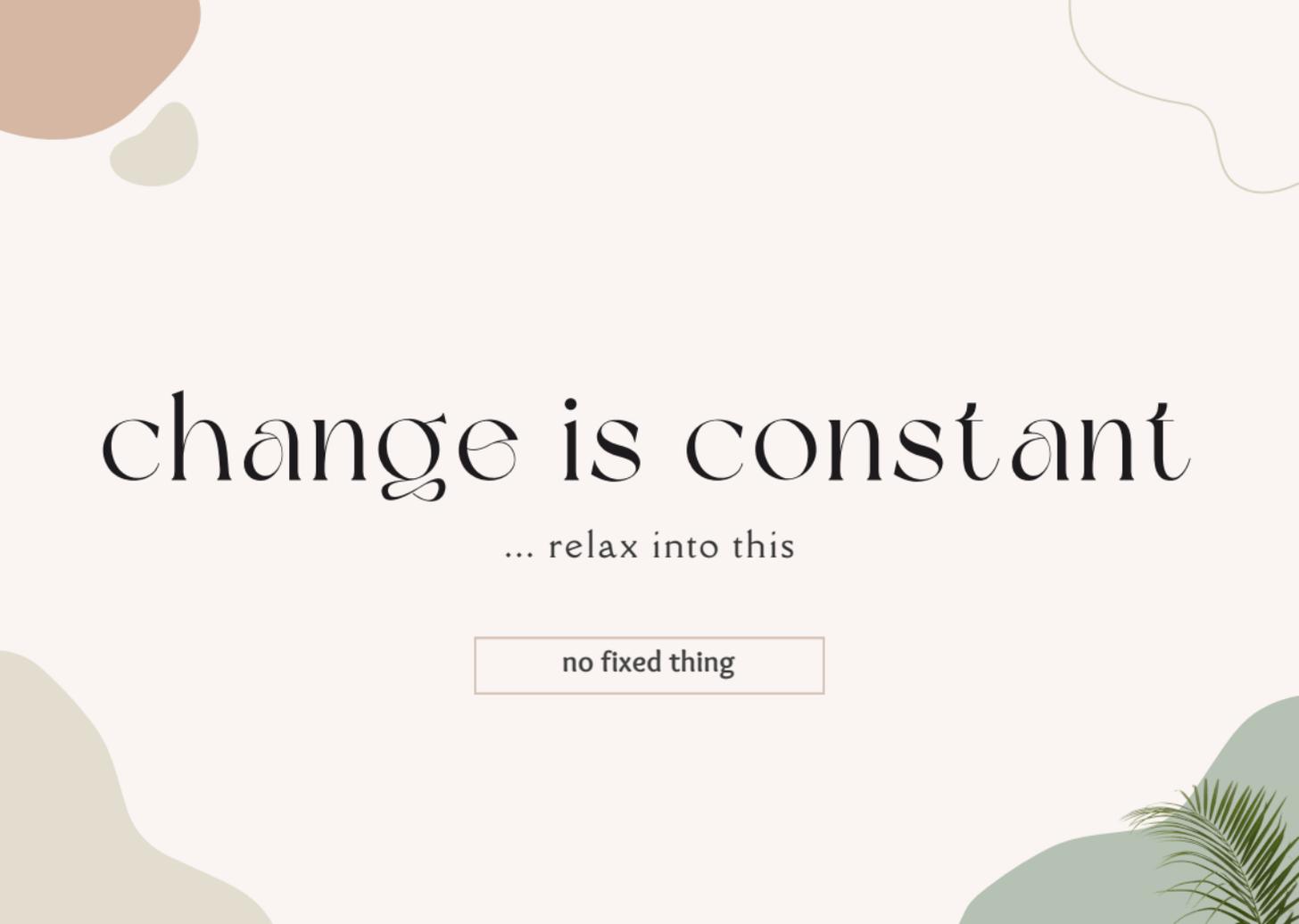
not theory



# tonglen

breath in suffering,  
breath out relief (for one and all)

start with self



# change is constant

... relax into this

no fixed thing



# egolessness

relax into this ...

no fixed self



# groundlessness

everything is shifting

don't grasp, don't solidify



# bodhicitta

true heart of suffering -  
raw tenderness

see clearly. don't resist.



# stay with suffering

don't armor, don't run away,  
don't act out, don't repress

drop the storyline



# peaceful warrior

staying with the pain  
requires courage

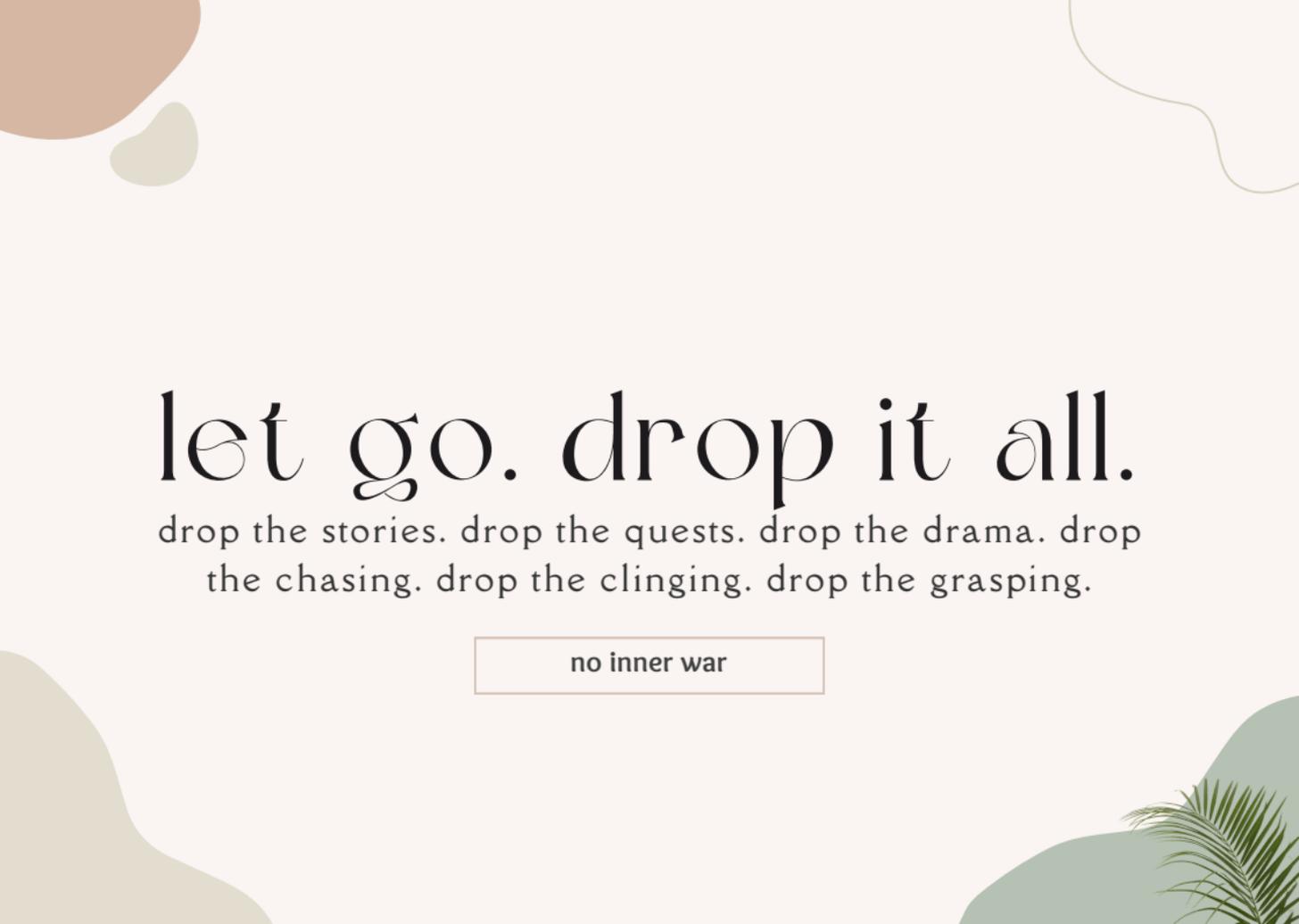
there is no escape



# why meditate?

to recognize the pain, and to relax into it  
to be awake, joyful (even with the pain)  
to end suffering – even if we can't end the pain

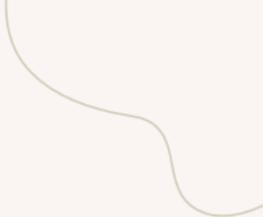
not to avoid pain



let go. drop it all.

drop the stories. drop the quests. drop the drama. drop  
the chasing. drop the clinging. drop the grasping.

no inner war



# when not meditating

practice right livelihood, right action. be useful to others.  
chop wood, carry water. engage deeply, joyously.

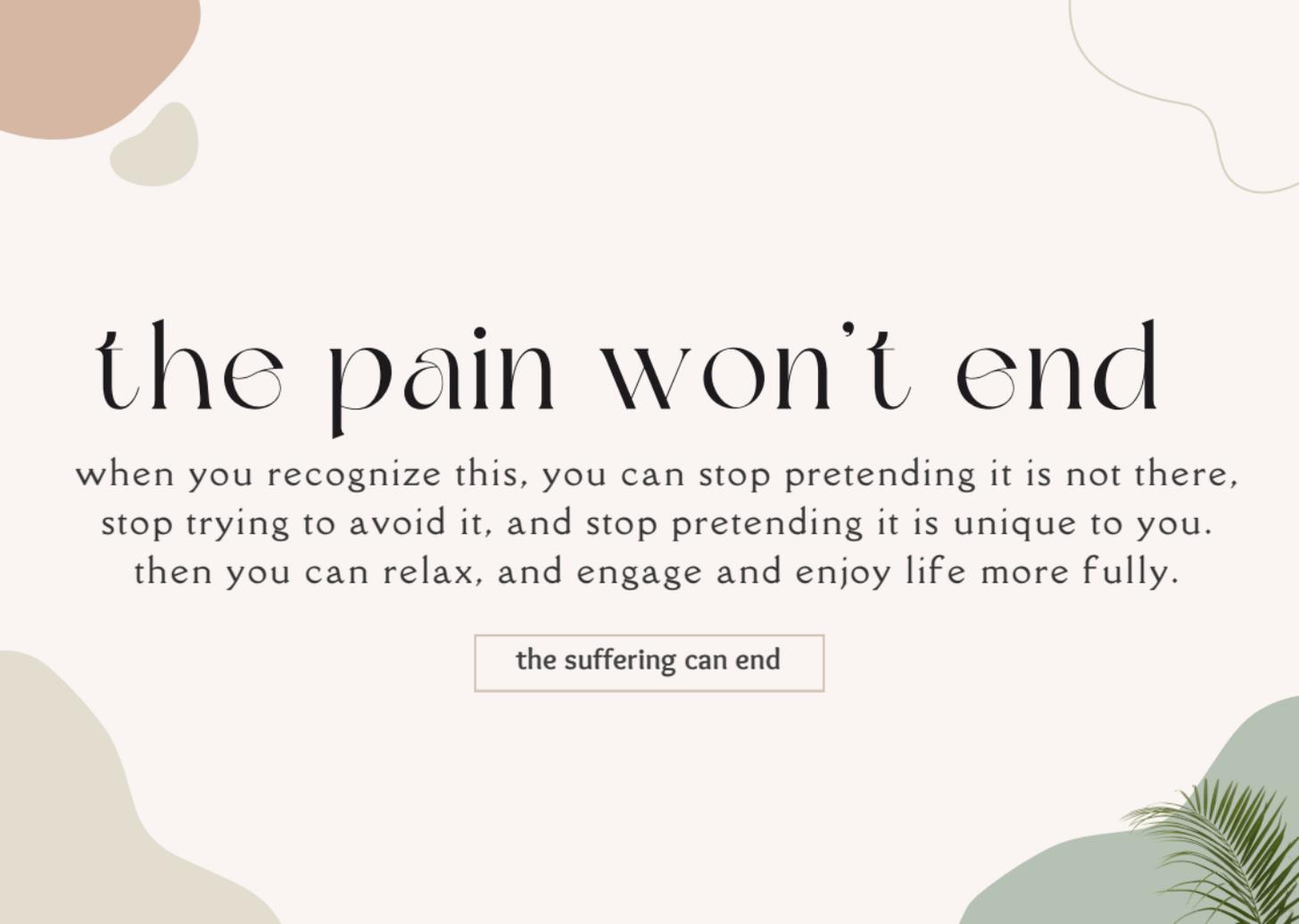
don't run away!



# why not get drunk?

all distractions from the truth of pain are addictive, endless:  
they promise relief, conceal pain, and strengthen attachment  
they suggest control, they ignore impermanence, they grow ego,  
and ultimately increase suffering.

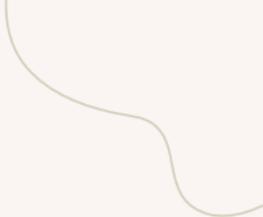
no craving, no suffering



# the pain won't end

when you recognize this, you can stop pretending it is not there,  
stop trying to avoid it, and stop pretending it is unique to you.  
then you can relax, and engage and enjoy life more fully.

the suffering can end

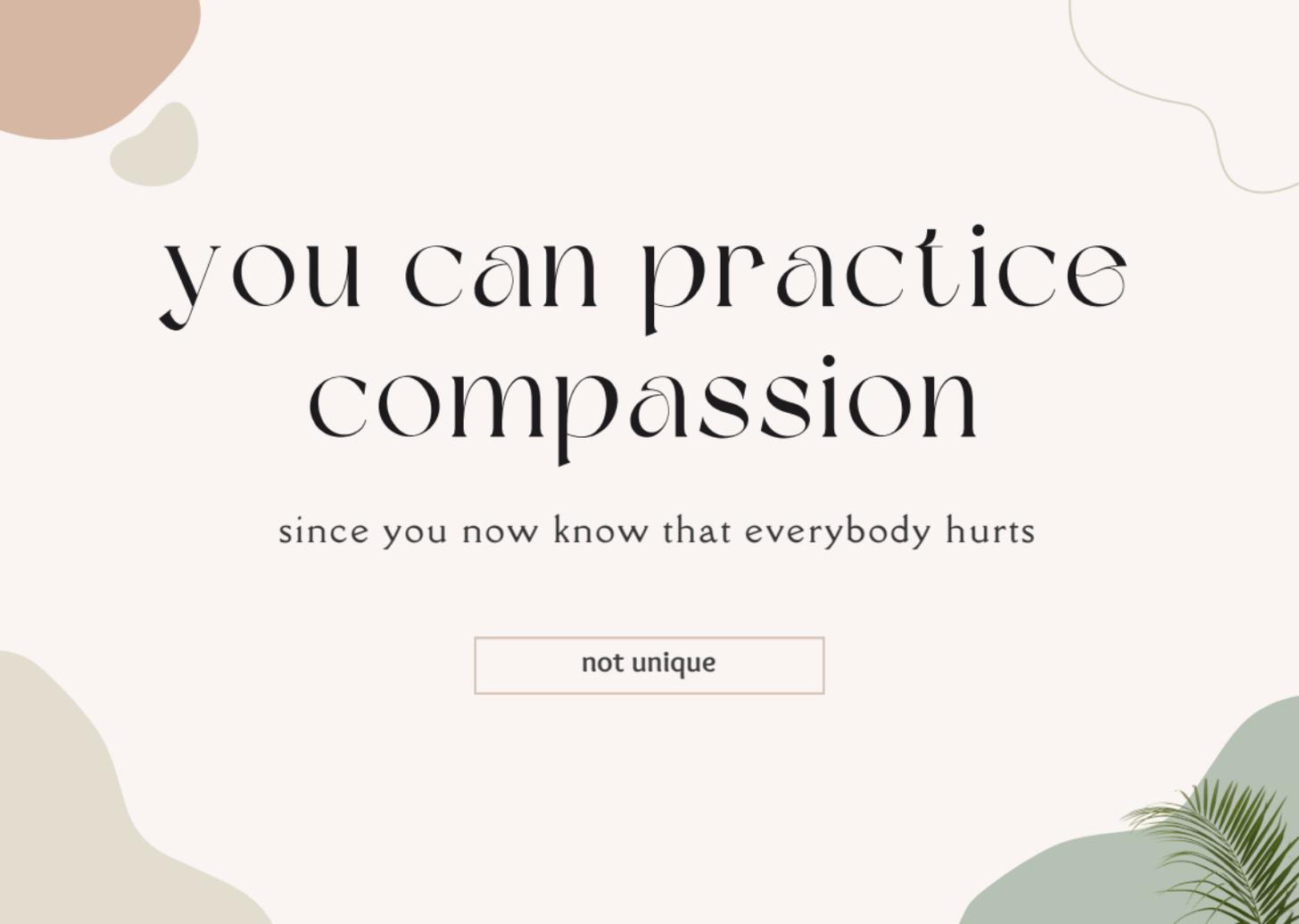


# when suffering ends

you can see clearly. you can remove the thorns of pain, you can address and reduce your pain. sometimes we are so addicted to suffering that we do not reduce our pain...

the pain can reduce





# you can practice compassion

since you now know that everybody hurts

not unique



# om mani padme hum

compassion arising from wisdom

not self obsessed



# ... and then you awaken ...

bodhicitta (awake mind). bodhisattva (awake being).  
buddha (awake).

not asleep no more

# summary

relax. breathe. loosen up. soften.

see clearly that everyone suffers.

suffering adds needless pain to pain.

suffering arises from craving, from clinging.

meditation reduces clinging; it reveals the end of suffering.

(addictions offer false relief and deepen suffering;

you can't heal the pain by ignoring it or hiding from it)

once you let go, you can act to reduce the pain.

when not meditating,

practice right livelihood, right action. help others.

we think our suffering is unique –

but when you recognize that the truth of suffering

is an inheritance of being human,

compassion arises.

and then you can awaken.



# when you relax, and you realize...

that pain won't end, and that it is our shared heritage,  
you can shift from trying to end it to asking,  
“how can i serve others?”

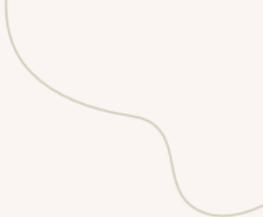
this is the path

# the lojong slogans

THE 59 SLOGANS THAT ACCOMPANY THE PROFOUND LOJONG PRACTICE				THE SEVEN POINTS OF MIND TRAINING															
<b>1. FIRST, TRAIN IN THE PRELIMINARIES</b>		<b>2. VIEW EVERYTHING AS A DREAM</b>		<b>3. EXAMINE THE NATURE OF UNBORN AWARENESS</b>		<b>4. EVEN THE ANTIDOTE IS FREE TO SELF-LIBERATE</b>		<b>5. REST THE MIND IN IT'S NATURAL STATE</b>											
6. IN POST-MEDITATION PRACTICE, BE A CHILD OF ILLUSION.		7. Sending and taking Practice should be practiced alternately: These two should be mounted on the breath.		8. THREE OBJECTS THREE POISONS THREE SEEDS OF VIRTUE.		9. USE SLOGANS TO TRAIN IN ALL FORMS OF ACTIVITY.		10. Begin The Sequence Of Exchange With Yourself.											
<b>12. DRIVE ALL BLAMES INTO ONE THING.</b>		<b>13. BE GRATEFUL TO EVERYONE &amp; EVERYTHING.</b>		14. MEDITATE SO THAT ALL PHENOMENAL EXPERIENCE IS REALIZED AS FOUR ASPECTS OF BUDDHA'S BEING 15. THE SUPREME METHOD ENTAILS FOUR PRACTICES. 16. IMMEDIATELY JOIN WHATEVER YOU MEET WITH MEDITATION. 17. THE ESSENCE OF ALL THE SPIRITUAL INSTRUCTIONS: TRAIN IN THE FIVE POWERS.															
18. At The Time Of Death, Practice The Five Powers.		19. ALL DHARMA SPOUSE THE SAME SUBJECT.		20. OF THE TWO WITNESSES, RELY ON THE PRINCIPAL ONE.		21. Always Maintain A Cheerful Outlook.		22. YOU ARE PROFICIENT IF YOU CAN PRACTICE EVEN WHEN DISTRACTED.		23. Cultivate these three Principles at all times.									
24. CHANGE YOUR ATTITUDE BUT REMAIN NATURAL.		25. DON'T SPEAK ILL OF OTHERS INJURED LIMBS.	26. DON'T THINK ABOUT THE AFFAIRS OF OTHERS.	27. WORK ON THE STRONGER DISTURBING EMOTIONS FIRST.	28. GIVE UP ALL HOPE OF RESULTS.	29. GIVE UP POISONOUS FOOD.	31. DON'T ALLOW YOURSELF TO GET ENRAGED.		33. DON'T ATTACK OTHERS' VULNERABLE POINTS.		34. DON'T LOAD THE OXEN WITH THE LOAD OF THE DZO.		35. DON'T AIM TO WIN.						
30. DON'T RELY ON A FRIENDLY FIGURE.		32. DON'T WAIT IN AMBUSH.		36. DON'T COVET PRAISE.		37. DON'T TURN A GOD INTO A DEMON.		38. DON'T SEARCH FOR OTHERS SUFFERING AS A COMPONENT OF HAPPINESS.		39. ANY KIND OF SPIRITUAL PRACTICE MUST BE DONE IN ONE WAY.		40. All Adverse circumstances & Situations can be adverted with one thing.		41. AT THE BEGINNING AND THE END TWO THINGS TO BE DONE.		42. Whichever of the two occurs, be patient.		43. OBSERVE THESE TWO, EVEN AT THE RISK OF YOUR LIFE.	
<b>44. TRAIN IN THE THREE DIFFICULTIES.</b>		45. Accept The Three Root Causes Of Enlightenment.		<b>46. MEDITATE ON THE THREE THINGS THAT SHOULD NOT DIMINISH.</b>		47. Practice The Three Non-Separations.		48. Train in all areas without partiality.		49. Always Meditate on Difficult Points.		50. DON'T DEPEND ON EXTERNAL CONDITIONS.							
51. CULTIVATE THE CENTRAL PRACTICE.		52. Avoid Misunderstandings.		53. DON'T FLUCTUATE.				55. FIND LIBERATION THROUGH EXAMINATION AND INVESTIGATION.				57. DON'T ACT ON IMPULSE.		58. DON'T SHOW YOUR PICKLENESS.		<b>59. DON'T EXPECT PUBLICITY.</b>			
54. PRACTICE WITH GREAT COURAGE.		56. DON'T EXPECT INDEBTEDNESS.																	



lighten  
up, and  
smile!



# may it be of benefit

practice the teachings. spread it to others.  
good beginning – good middle – good completion

made by @appa

