

# **Transforming Problems** *Into Happiness*



“I believe that the purpose of our lives is to achieve happiness.”

- Happiness that comes from physical comfort
- Happiness which essentially comes from our mind, thoughts and attitudes

*– His Holiness the Dalai Lama*

# Statement of Intent

I am going to write here a partial instruction on how to use both happiness and suffering as the path to enlightenment.

- This is indispensable for leading a spiritual life,
- a most needed tool of the Noble Ones,
- and quite the most priceless teaching in the world.

## **There are two parts:**

- 1) how to use suffering as the path
- 2) and how to use happiness as the path

Each one is approached first through **relative** truth, and then through **absolute truth**.



# Mahayana Mind Training = *lo.jong*

**Lo** = mind or consciousness

**Jong** =

- training
- familiarization or habituating
- cultivating specific mental qualities
- purifying or cleansing the mind.

# Textual Sources

## Primary sources - Mahayana sutras:

- *Akasagarbha Sutra*
- *Vimalakirti Sutra*
- *Aksayamati Sutra*
- Among others.....

## Textual sources:

- Nagarjuna's *Precious Garland* [1<sup>st</sup> CE]
- Shantideva's *Engaging in Bs Deeds* [9<sup>th</sup> CE]

# Seven-Point Mind Training

1. The preliminaries
2. Training in the two bodhicittas
3. Taking adversity onto the path of enlightenment
4. Summarizing a lifetime's practice
5. Measure of having trained the mind
6. Commitments of mind training
7. Precepts of mind training



# The Purpose of Life

You have this  
precious human body  
in order to serve  
other living beings



## ***This precious human body***

**The purpose of having this precious human body is not simply to achieve happiness for oneself, but to eliminate the suffering of all other beings and to bring them happiness as well. This is the purpose of each of our lives. This human body is precious because with it you have the capacity and opportunity to pursue spiritual development in order to serve other living beings.**

**Everyone wants happiness;  
no one wants suffering.**

**The happiness we need is not just ordinary,  
fleeting happiness; what we really need is  
ultimate happiness, the unsurpassed,  
unshakable happiness of enlightenment.**

**The Buddha's teachings, called  
the Dharma, tell us the highest  
happiness achievable is  
enlightenment....**

**With such an understanding, it becomes clear that the greatest benefit anyone can offer living beings is to lead them to the enlightened state. In order to reach this, you have to follow a path that actually leads to enlightenment.**

In order to succeed in listening to, reflecting on,  
and meditating on the graduated path to enlightenment  
for the benefit and happiness of all sentient beings,  
you must learn to practice

**Mahayana thought transformation—**  
and this is what this book will teach you!