



## Mind Training Like the Rays of the Sun

By Nam-Kha Pel

Paljor Publications/Library of Tibetan Works & Archives, New Delhi, India, 2002. Softcover. Book Condition: New. The mind training teachings are a great vehicle instruction, because they are mostly concerned with developing the awakening mind, the altruistic mind of enlightenment. They are directed primarily towards the practitioner of great capacity, and deal essentially with transforming our mental attitudes. One special feature of the mind training teachings is the advice to transform adversity into advantage. So, not only do these instructions help us open out towards other beings, but they also help us transform whatever difficulties come our way into something valuable. The Mind Training like the Rays of The Sun exemplifies Tsong-khapa's presentation of mind training. The author, Nam-kha Pel, as he mentions in his introduction, received the lineage of the explanation of the Seven Point Mind Training, which is the fundamental text here, from various sources including Je Rinpoche, his principal teacher. What is distinctive about this presentation is that he has managed to combine both the mind-training instructions as they are recorded in Geshey Che-ka-wa's text with the pattern of the Stages of the Path. Printed Pages: 185.



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