

MIND TRAINING (TONGLEN) RETREAT
July 3 to 13, Upaya, Santa Fe, New Mexico



In this retreat, Ken will give a full transmission of The Great Path of Awakening, a 19th century meditation manual on mind training by Jamgön Kongtrul the Great. The technique of taking and sending (tonglen) has become perhaps the most widely practiced method for cultivating compassion in Tibetan Buddhism. Ken will also teach the practice of chö (cutting) and the Heart Sutra. Chö uses the principles of taking and sending to cut the preoccupations with self and self-interest that prevent us from being present in our lives. The retreat will conclude with the bodhisattva vow to seal the intention of the retreat in the lives of the participants.

Cost: \$1000 (includes everything). Send a deposit of \$100 to hold a place. Payment in full is required by May 1.

*Although the world is full
of suffering, it is also
full of the overcoming of it.*

— Helen Keller

Threads is also virtual. You can: ♦ Receive it in the mail ♦ Receive it as an email, with a direct link to the newsletter online, by sending your request to threads@unfetteredmind.org ♦ Access it directly online, by going to unfetteredmind.org and clicking on *Newsletter* in the *Resources* section. ♦ If you are not on the mailing list and wish to be added, please phone 310-827-7766, or email us: threads@unfetteredmind.org Please visit unfetteredmind.org where you will find some of Ken's articles and translations, as well as excerpts from his book, *Wake Up to Your Life*.

DATED MATERIAL
Address Correction Requested

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Unfettered Mind
Pragmatic Buddhism

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CLASSES AND GROUPS

♦ **MONTHLY MEDITATION PRACTICE AND TEACHING**
First Sunday of each month — 9:00 to 11:30 am

♦ **WAKE UP TO YOUR LIFE CLASS**
Tuesday evenings — 7:30 to 9:30 pm

RETREATS

♦ **SPRING RETREAT**
May 14 to 18, Mount Baldy Zen Center
Open to practitioners of all levels
Chaos and Clarity. Teacher: Ken McLeod
\$400 or \$450 for single or double accommodation.
To register for the retreat, please send a deposit of
\$100 to Unfettered Mind. Payment in full req'd April 1.

♦ See above for the **MIND TRAINING RETREAT** in July.

INDIVIDUAL CONSULTATIONS

In one-on-one meetings with Ken McLeod, you can explore areas of personal interest or need. For an appointment, please email celia@unfetteredmind.org or call 310-827-7766.

OTHER PROGRAMS

♦ **MEDITATION & STUDY GROUP: MORALITY IN ACTION AND LIFE**
Third Sunday of each month
Sitting from 4:30 to 6:15 pm
Study group from 6:30 to 8:00 pm
Contact Jeanne Pisano at 818-761-4180.

♦ **SIT**
Mondays, beginning February 17
Sitting group, 7:30 to 9:30 pm
Basic meditation class convenient to both
the San Fernando Valley & Hollywood
\$250 for 12 classes
Contact Jeanne Pisano at 818-761-4180.

♦ **MEDITATION & STUDY GROUP**
Every other Thursday, beginning February 6
Sitting 7:30 to 8:00, discussion of selected text till 9:30
Contact Janaki Symon at 310-395-2119
or queenie4@earthlink.net

For further information, please visit unfetteredmind.org, and click on [Programs & Services](#).

READER'S QUESTIONS

Q I'm afraid much of my "compassion" is really attachment. How can I be sure, and if even so, I'm doing good, how is this incorrect? —Name Withheld

A The challenge here is the attachment to a self-image of being compassionate or "doing good." Compassion is the natural expression of direct awareness. It arises as a response to the perception of the destructiveness of suffering.

The concern with "being sure" separates you from the actual situation. When you are one with the experience of the situation, natural awareness arises as an experience of evenness or non-reactivity. At the same time, you see all the particulars in the situation. And you naturally know what to do and how to do it.

Instead of trying to figure out whether what you do is correct or incorrect, show up in the situation, open to what is happening, serve what is true to the limit of your perception, and receive the results of your action. Yes, you may sometimes make a mistake. We all do. But you will also learn what prevented you from seeing and will not make the same mistake again. —Ken McLeod

WE ENCOURAGE YOU TO ASK QUESTIONS AND MAKE COMMENTS —
you can email us at threads@unfetteredmind.org, or send regular mail to *Threads* at the Unfettered Mind office on Washington Boulevard.

COMMENTARY

*Excerpted from Ken McLeod's translation of
The Great Path of Awakening* —Jamgon Kongtrul

A Commentary on the Mahayana Teaching of the Seven Points of Mind Training. Translator's Introduction. —Ken McLeod

...Dharma could not be allowed to calcify into mere rote learning or chanting, a system of set responses and practices, but should lead individuals to the employment of intelligence and compassion in every aspect of their lives.

This theme is exactly the subject of *The Seven Points of Mind Training*. It is difficult for most of us to employ true intelligence and compassion in all circumstances. Our own interests, our own concerns for ourselves, constantly cloud and condition our perceptions of and responses to events around us. When our clinging to self is strong, we do not surrender it easily or willingly, and our attempts to use compassion and intelligence are clumsy and cause us regret or guilt. If, however, we understand that ego is a sham, that the self we cling to is in fact nothing, and we become familiar with the habit of letting go of our own interests in a situation, we become more capable of surrendering ego, just as we are able to throw away without regret an old sweater that never fit us anyway. This understanding and familiarization are developed in the sitting meditation that employs the techniques discussed in this work. Sitting meditation is essential, for it is the only method by which this approach to the world can be developed. Yet, if our day-to-day actions do not reflect our practice, our meditation is not effective: that is, not only should we become more tolerant, less arrogant, more open and responsive, but also we should feel genuinely at peace with ourselves, naturally happy and cheerful even in difficult situations, and our actions should not cause us regret or shame. ♪

♪ *You want to know how to overcome despair? I will tell you. By helping others overcome despair.*

—Elie Wiesel



Some remind me of what a magazine once said about me; it described me as a "living saint."

If someone sees God in me, I am happy.

I see God in everyone, and especially in those who suffer.

—*"Mother Teresa, In My Own Words"*