



# The Kindness of Others: A Commentary on the Seven-Point Mind Training

*Geshe Jampa Tegchok*

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**The Kindness of Others: A Commentary on the Seven-Point Mind Training** Geshe Jampa Tegchok  
"Shantideva pointed out that everything good--every form of happiness, all positive qualities and so forth--comes through the kindness of others. Therefore, the mind devoted to their welfare is like a wish-fulfilling jewel, the source of all happiness and everything good and useful in the world. Just as a farmer who possesses an extremely fertile field, where everything he plants always grows, is very happy to have it and cherishes and takes great care of it, we should feel the same way about other sentient beings--that they are extremely valuable, and cherish and take care of them.

"It is interesting that, whether we are Buddhist or not, if we think about the great kindness of all beings it will be evident that all our happiness does indeed depend upon them."

In this book, Khensur Rinpoche Geshe Jampa Tegchok explains how we can train our mind away from self-cherishing, the cause of all suffering, and develop compassion, the cause of everything that is good. He bases his explanation on Kadampa Geshe Chekawa's classic text, *The Seven Point Mind Training*, which, amongst other things, teaches us how to transform problems into happiness.

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