



## Enlightened Courage: An Explanation of the Seven-Point Mind Training

By Dilgo Khyentse Rinpoche



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Highly respected by thousands of students throughout the world, Dilgo Khyentse Rinpoche was one of the foremost poets, scholars, philosophers, and meditation masters of our time. Here he speaks frankly, drawing on his own life experience. Condensing the compassionate path to Buddhahood into practical instructions that use the circumstances of everyday life, Rinpoche presents the Seven-Point Mind Training—the very core of the entire Tibetan Buddhist practice.

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"When I think of Zurchungpa for his great scholarship, years of practice in solitary retreats, and for his great wisdom, compassion, and charisma to lead countless students of all levels, my mind naturally goes to Dilgo Khyentse Rinpoche. He must have been someone like him. This book enshrines the living experience and heart of two truly realized masters, translated by people who not only understand but also practice the teachings."—Ringu Tulku

#### About the Author

Dilgo Khyentse Rinpoche (1910–1991) was a highly accomplished meditation master, scholar, and poet, and a principal holder of the Nyingma lineage. His extraordinary depth of realization enabled him to be, for all who met him, a foundation of loving-kindness, wisdom, and compassion. A dedicated exponent of the nonsectarian Rime movement, Khyentse Rinpoche was respected by all schools of Tibetan Buddhism and taught many eminent teachers, including His Holiness the Dalai Lama. He tirelessly worked to uphold the Dharma through the publication of texts, the building of monasteries and stupas, and by offering instruction to thousands of people throughout the world. His writings in Tibetan fill twenty-five volumes.

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