



The  
Asian  
Classics  
Institute

**THE SEVEN POINT PRACTICE FOR DEVELOPING A GOOD HEART**

Please cut along the dotted line to make an insert for the binder spine

**THIS COURSE USES A  
1 INCH BINDER**

PRACTICE

**4**



4

**THE SEVEN POINT PRACTICE FOR  
DEVELOPING A GOOD HEART** (*Lojong*)

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PRACTICE

