

Six Key Facets of Heart Cultivation (*lojong*) Practice

1. *Self-compassion*: Learning to receive love and compassion with grace, self-care, self-gentleness (e.g. benefactor practice, *metta*, etc.)
2. *Other-compassion*: Learning to extend love, kindness, benevolence, gentleness (e.g. compassion practices)
3. *Transmutation*: Skill in transmuting personal suffering into compassion (e.g. natural compassion practice)
4. *Wisdom*: Developing an ultimate refuge (e.g. natural meditation, *mahamudra*, *dzogchen*, etc.)
5. *Cognitive-emotional reconditioning*: Working with thought-patterns, perceptions and perspective (e.g. slogan practice, *37 Practices of a Bodhisattva*, etc.)
6. *Barriers work*: Identifying and working with one's own particular barriers to compassion (self-reflection, psychotherapy, all practices)

