

LAMRIM – Stages of the Path

Preliminaries

- *The Lamrim*: author and authenticity; how to receive its instruction
- *The Spiritual Guide*: how to rely on a spiritual guide
- *Precious Human Life*: taking the essence of this precious human rebirth

Modest Scope Motivation (striving for a rebirth in the upper realms)

- *Death*: reality that this life will end and that one will die
- *Suffering*: in a rebirth in the lower realms
- *Going for Refuge*: in the Three Jewels (Buddha, Dharma, and Sangha)
- *Karma*: the law of cause and effect

Medium Scope Motivation (striving for liberation from cyclic existence)

- *Truth of Suffering*: in all of cyclic existence
- *Origin of Suffering*: afflictive emotions (attraction, aversion); ignorance
- *Cessation of Suffering*: being free of suffering and its origins
- *Path to Freedom from Suffering*: ethics, concentration, and wisdom
- *12 Links of Dependent Arising*

High Scope Motivation (striving for complete Buddhahood)

- *Bodhichitta*: the mind that seeks enlightenment to benefit others
- *Mind of Enlightenment*: how to develop
- *Perceiving Others*: seven-point instruction in how to view others
- *Cherishing Others*: self-cherishing versus cherishing others
- *Six Perfections*: training in the six perfections