**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

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