

Lamrim Meditation Outline

The Path in Common with the Initial Level Practitioner

Precious Human Life

The Purpose and Opportunity of Our Precious Human Life

The Rarity and Difficulty of Attaining a Precious Human Life

The Eight Worldly Concerns

The Nine-Point Death Meditation

Imagining Our Death

Refuge: Its Meaning, Causes, and Objects

Refuge: An Analogy and the Qualities of the Three Jewels

The Law of Karma and Its Effects

The Ten Non-Virtues

The Results of Karma

The Four Opponent Powers for Purification

Constructive Actions

The Path in Common with the Middle Level Practitioner

The Eight Sufferings of Human Beings

The Six Difficulties of Cyclic Existence

The Causes of Cyclic Existence

Factors That Stimulate the Arising of Mental Afflictions

The Paths That Cease the Disturbing Attitudes, Negative Emotions, and Karma

The Path of the Advanced Practitioner

Equanimity

All Sentient Beings Have Been Our Parents, Their Kindness, and Repaying Their Kindness

The Kindness of Others

Equalizing Self and Others

The Disadvantages of Self-Centeredness

The Advantages of Cherishing Others

Love

Compassion

Exchanging Self and Others

Taking and Giving

The Great Resolve and the Altruistic Intention (Bodhicitta)

Far-Reaching Generosity

Far-Reaching Ethical Conduct

Far-Reaching Patience

 The Disadvantages of Anger

 The Antidotes to Anger

Far-Reaching Joyous Effort

Far-Reaching Concentration

Far-Reaching Wisdom

 Dependent Arising

 Emptiness

How to Rely on a Spiritual Mentor

Source: Chodron, Thubten. *Guided Buddhist Meditations* (pp. 65-67). Shambhala. Kindle Edition.