

LAMRIM MEDITATIONS

There are 21 Lamrim meditations, which may be practiced in a three-week cycle as a daily meditation practice:

Modest Motivation (Initial Scope)

- (1) Our precious human life
- (2) Death and impermanence
- (3) The danger of lower rebirth
- (4) Refuge practice
- (5) Actions and their effects

Medium Motivation (Intermediate Scope)

- (6) Developing renunciation for samsara

High Motivation (Great Scope)

- (7) Developing equanimity
- (8) Recognizing that all living beings are our mothers
- (9) Remembering the kindness of living beings
- (10) Equalizing self and others
- (11) The disadvantages of self-cherishing
- (12) The advantages of cherishing others
- (13) Exchanging self with others
- (14) Great compassion
- (15) Taking
- (16) Wishing love
- (17) Giving
- (18) Bodhicitta
- (19) Tranquil abiding
- (20) Superior seeing
- (21) Relying upon a Spiritual Guide

Source: Gyatso, Geshe Kelsang. *The New Meditation Handbook: Meditations to Make our Life Happy and Meaningful*. Tharpa Publications, 2003. (Pages v-vi)