

LAMRIM SUBJECTS

A commonly used outline for *LamRim* teachings today, in English translation from Tibetan, is that of *Liberation in the Palm of your Hand* by Pabongka Rinpoche. An abbreviated and annotated outline follows to show the structure of this *LamRim*:

- the greatness of the author of the *lamrim*, to establish the authenticity of the teaching
- the greatness of the *lamrim* itself, to gain respect for it
- the way the instructions are to be received and given
- the way the students are to be guided through the subjects

This fourth subject has two divisions:

- the way to rely on a spiritual guide
- the way to train your mind on the basis of the correct way to rely on the spiritual guide

This last heading contains the rest of the instructions under the headings:

- the way to encourage yourself to take the essence of this precious human rebirth
- the way to take the essence of this precious human rebirth (that is: training your mind in the paths of the three scopes included within the *LamRim*)

The path shared with persons who have the modest scope motivation (striving for a *rebirth in the upper realms*)

- the reality that this life will end and that you will die
- the suffering in a rebirth in the lower realms (a rebirth as hell being, hungry ghost or animal, which you want to avoid)
- (so you) take refuge in the three Jewels: Buddha, Dharma and Sangha
- (and adjust your behavior of body, speech and mind according to the) law of cause and effect (karma)

which will lead you to a favorable rebirth within cyclic existence in the human-, demigod-, or god realm.

The path shared with persons who have the medium scope motivation (striving for *liberation of cyclic existence*)

- The truth of suffering (in cyclic existence in general, including the favorable rebirths)
- The truth of the causes of suffering (the afflictive emotions, especially ignorance)
- The truth of cessation (there is a state that is free of suffering and its origins)
- The truth of paths (the way to attain this state free of suffering and its causes by practicing ethics, concentration and wisdom)

Another presentation of the middle scope subjects is the presentation of the 12 links of dependent arising

The training in the medium scope path will lead to the development of the wish to be liberated from all un-free rebirths in cyclic existence through the power of afflictive emotions and karma

The path for persons who have the high scope motivation (striving for *complete buddhahood*)

- the advantages of the mind of enlightenment (the wish to become a buddha for the welfare of all sentient beings)
- the way to develop the mind of enlightenment
- the 7-point instruction in seeing all sentient beings as your mothers (from previous lives and contemplating their kindness towards you)
- the instruction on how to exchange your self-interest for others' interest (by looking at the drawbacks of self-cherishing and the advantages of cherishing others)
- the way to train your mind after developing the mind of enlightenment
- training in the perfection of generosity
- training in the perfection of ethics
- training in the perfection of patience
- training in the perfection of joyful effort
- training in the perfection of concentration
- training in the perfection of wisdom

For a more detailed outline, see the external link "Lam Rim: The Gradual Path to Enlightenment, Thubten Chodron's online Lamrim Outline"

Source: <http://en.wikipedia.org/wiki/Lamrim>