

Lamrim Year Crosswalk

This crosswalk provides a navigational guide that shows the correlation between the lamrim outlines presented in *Lamrim Year* (LYWA, 2021) and the renowned book *Liberation in the Palm of Your Hand*, by Pabongka Rinpoche (Wisdom Publications, 2006). The crosswalk was created to support students who wish to extend their understanding of the teachings found in *Lamrim Year* by reading the corresponding section of *Liberation in the Palm of Your Hand*.

Many of the subheadings across the two publications are directly related, however there is not always an exact match. The *Lamrim Year* outline is adjusted to fit within the 365-day structure of the book and is set out in accordance with the emphasis given by Lama Zopa Rinpoche to certain topics. The Wrap-up at the end of each topic in *Lamrim Year* reviews that topic in its entirety.

<i>Lamrim Year</i>		<i>Liberation in the Palm of Your Hand</i>	
Day #	Outline	Heading	Outline & Section
Day 1	INTRODUCTION		
Day 2	<i>as above</i>		
Day 3	<i>as above</i>		
Day 4	GURU DEVOTION	61–99	411.21 The advantages of relying on a spiritual guide [through to] 411.24 Devoting yourself through deeds
Day 5	<i>as above</i>		<i>as above</i>
Day 6	1 Devoting to the guru 1.1 The power of the guru		<i>as above</i>
Day 7	1.2 The qualities of the guru		<i>as above</i>
Day 8	<i>as above</i>		<i>as above</i>
Day 9	1.3 The qualities of the disciple		<i>as above</i>
Day 10	2 The benefits of correct devotion to a guru	61–62	411.21 The advantages of relying on a spiritual guide 411.211 You will come closer to buddhahood
Day 11	2.1.1 We become closer to enlightenment by practicing the advice given by our guru	63	411.211.1 You will come closer to buddhahood by practicing the instructions he taught you
Day 12	2.1.2 We become closer to enlightenment by making offerings to our guru	64	411.211.2 You will also come closer to buddhahood through making offerings to the guru and serving him
Day 13	2.1.3 We become closer to enlightenment by serving our guru	64	<i>as above</i>
Day 14	2.2 We please all the buddhas	65	411.212 It pleases the victorious ones
Day 15	2.3 We are not harmed by maras or evil friends	68	411.213 You will not be disturbed by demons or bad company
Day 16	2.4 All our delusions and negative actions naturally cease	69	411.214 You will automatically put a stop to all delusions and misdeeds
Day 17	2.5 All our realizations of the paths and bhumis increase	70	411.215 Your insights and realization into the levels and the path will increase
Day 18	The story of Geshe Chayulwa		<i>as above</i>
Day 19	2.6 We will never lack virtuous friends in all our future lives	71	411.216 You will not be deprived of virtuous spiritual guides in all your future rebirths

Day 20	2.7 We will not fall into the lower realms	72	411.217 You will not fall into the lower realms
Day 21	2.8 We will effortlessly achieve all our temporary and ultimate wishes	73	411.218 You will effortlessly achieve all short- and long-term aims
Day 22	3 The disadvantages of incorrect devotion to a guru	74	411.22 The disadvantages of not relying on a spiritual guide, or of letting your devotion lapse
Day 23	3.1 If we criticize our guru, we criticize all the buddhas	75	411.221 If you disparage your guru, you insult all the victorious ones
Day 24	3.2 Anger toward our guru destroys our merit and causes rebirth in the hells	76	411.222 When you develop angry thoughts toward your guru, you destroy your root merits and will be reborn in hell for the same number of eons as the moments [of your anger]
Day 25	Purifying our mistakes	50	411.153 The third limb: confession of sins
Day 26	3.3 Even though we practice tantra, we will not achieve enlightenment	77	411.223 You will not achieve the supreme state, despite your reliance on tantra
Day 27	3.4 Even if we practice tantra with much hardship, it will be like attaining hell and the like	78	411.224 Though you seek the benefits of tantra, your practice will achieve only the hells and the like
Day 28	3.5 We will not generate any fresh realizations and those we have will degenerate	79	411.225 You will not develop fresh qualities you have not already developed, and those you have will degenerate
Day 29	3.6 We will be afflicted even in this life by illness and other undesirable things	80	411.226 In this life you will suffer undesirable illnesses and so on
Day 30	3.7 In future lives we will wander endlessly in the lower realms	81	411.227 You will wander endlessly in the lower realms in your next lives
Day 31	3.8 In all our future lives we will lack virtuous friends	82	411.228 You will be deprived of spiritual guides in all future lives
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Day 35	The story of the old woman and the dog's tooth		<i>as above</i>
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