

OUTLINE OF LAMRIM TOPICS

This outline of lamrim topics provides a navigational guide and point of reference for the daily meditations in [Lamrim Year](#), a unique one-year study program designed to support meditators of various capabilities in establishing and maintaining regular lamrim study and practice. The outline is based on *Liberation in the Palm of Your Hand* by Pabongka Rinpoche.

INTRODUCTION	Day 1
GURU DEVOTION	Day 4
1 Devoting to the guru	Day 6
1.1 The power of the guru	
1.2 The qualities of the guru	
1.3 The qualities of the disciple	
2 The benefits of correct devotion to a guru	Day 10
2.1 We become closer to enlightenment	
2.1.1 We become closer to enlightenment by practicing the advice given by our guru	
2.1.2 We become closer to enlightenment by making offerings to our guru	
2.1.3 We become closer to enlightenment by serving our guru	
2.2 We please all the buddhas	
2.3 We are not harmed by maras or evil friends	
2.4 All our delusions and negative actions naturally cease	
2.5 All our realizations of the paths and bhumis increase	
The story of Geshe Chayulwa	
2.6 We will never lack virtuous friends in all our future lives	
2.7 We will not fall into the lower realms	
2.8 We will effortlessly achieve all our temporary and ultimate wishes	
3 The disadvantages of incorrect devotion to a guru	Day 22
3.1 If we criticize our guru, we criticize all the buddhas	
3.2 Anger toward our guru destroys our merit and causes rebirth in the hells	
Purifying our mistakes	
3.3 Even though we practice tantra, we will not achieve enlightenment	
3.4 Even if we practice tantra with much hardship, it will be like attaining hell and the like	
3.5 We will not generate any fresh realizations and those we have will degenerate	
3.6 We will be afflicted even in this life by illness and other undesirable things	
3.7 In future lives we will wander endlessly in the lower realms	
3.8 In all our future lives we will lack virtuous friends	
4. Devoting ourselves through thought	Day 33
4.1 The root: training our mind in devotion to the guru	
4.1.1 Why we should look at the guru as a buddha	
The story of the old woman and the dog's tooth	
4.1.2 Why we are able to see the guru as a buddha	
The story of the two disciples and the cold tea	
4.1.3 How to see the guru as a buddha	
4.1.3.1 There is nothing to trust in our view	

	The story of Asanga, the dog and the maggots	
	4.1.3.2 All the buddhas and bodhisattvas are still working for sentient beings	
	4.1.3.3 The guru is the agent of all the buddhas' good works	
	4.1.3.4 Vajradhara stated that the guru is a buddha	
4.2	Developing respect by remembering the guru's kindness	
4.2.1	The guru is kinder than all the buddhas	
	4.2.1.1 The guru is kinder than all the buddhas in general	
	4.2.1.2 The guru is kinder than Shakyamuni Buddha in particular	
4.2.2	The guru's kindness in teaching Dharma	
4.2.3	The guru's kindness in blessing our mindstream	
4.2.4	The guru's kindness in inspiring us to practice Dharma through material gifts	
5	Devoting ourselves through action.....	Day 54
5.1	Carrying out the guru's advice	
5.2	Offering respect and service	
5.3	Making material offerings	
5.4	Guru yoga	
	THE PERFECT HUMAN REBIRTH.....	Day 64
1	Identifying the perfect human rebirth.....	Day 65
1.1	The freedom of not being born as a hell being	
1.2	The freedom of not being born as a hungry ghost	
1.3	The freedom of not being born as an animal	
1.4	The freedom of not being born as a long-life god	
1.5	The freedom of not being born where no buddha has descended	
1.6	The freedom of not being born as a barbarian	
1.7	The freedom of not being born as a fool	
1.8	The freedom of not being born as a heretic	
1.9	The five personal richnesses	
1.10	The five richnesses in relation to others	
2	The benefits of the perfect human rebirth.....	Day 77
2.1	Temporal benefits	
2.2	Ultimate benefits	
2.3	How every moment can be beneficial	
3	The difficulty of acquiring a perfect human rebirth.....	Day 80
3.1	How the causes are difficult to acquire	
	The story of the blind turtle	
3.2	The rarity of this life	
3.3	The brevity of this life	
4	Taking the essence of the perfect human rebirth.....	Day 84
	IMPERMANENCE AND DEATH.....	Day 87
1	The drawbacks of not remembering death.....	Day 88
1.1	We do not remember to practice Dharma	
1.2	We postpone our Dharma practice	
1.3	We practice but do it impurely	

1.4	We practice purely but not continuously	
1.5	We create nonvirtue	
1.6	We die with fear and regret	
2	The advantages of remembering death	Day 94
2.1	We avoid the lower realms and attain a perfect human rebirth	
2.2	We attain great power to destroy the negative mind	
2.3	We gain great benefit at the beginning, middle and end of our practice	
2.4	We die happily and without regret	
3	The nine-point meditation on death	Day 98
3.1	Death is certain	
3.1.1	Everyone has to die	
3.1.2	Our lifespan is continually decreasing	
3.1.3	There is very little time to practice Dharma	
	Conclusion: We must practice Dharma	
3.2	The time of death is uncertain	
3.2.1	The lifespan of human beings is not fixed	
3.2.2	There are many causes of death	
3.2.3	Our body is extremely fragile	
	Conclusion: We must practice Dharma right now	
3.3	Nothing can help except Dharma	
3.3.1	Possessions and enjoyments cannot help	
3.3.2	Friends and relatives cannot help	
3.3.3	Our body cannot help	
	Conclusion: We must practice Dharma and only Dharma	
THE LOWER REALMS		Day 114
1	The hell realms	Day 117
1.1	Causes of the hell realms	
1.2	Rebirth in the hell realms	
1.3	The hot hells	
1.4	The neighboring hells	
1.5	The cold hells	
1.6	The occasional hells	
2	The hungry ghost realm	Day 126
2.1	Causes of the hungry ghost realm	
2.2	General sufferings: heat, cold, hunger, thirst, exhaustion and fear	
2.3	Particular sufferings: outer and inner obscurations, and obscurations of food and drink	
3	The animal realm	Day 129
3.1	Causes of the animal realm	
3.2	General sufferings: heat, cold, hunger, thirst, exhaustion and fear	
3.3	Particular sufferings: overcrowding and abuse by humans	
REFUGE		Day 135
1	The causes on which taking refuge depends	Day 137

2	Identifying what to take refuge in	Day 138
2.1	Why the Three Rare Sublime Ones are fitting objects of refuge	
2.1.1	The Buddha is free from suffering and fear	
2.1.2	The Buddha is skilled in guiding sentient beings	
2.1.3	The Buddha has equal compassion for all sentient beings	
2.1.4	The Buddha works for all sentient beings equally	
3	The criteria for taking refuge	Day 143
3.1	Knowing the good qualities of our refuge	
3.1.1	The good qualities of the Buddha	
3.1.1.1	The good qualities of the Buddha's body	
3.1.1.2	The good qualities of the Buddha's speech	
3.1.1.3	The good qualities of the Buddha's mind	
3.1.1.4	The good qualities of the Buddha's enlightened activities	
3.1.2	The good qualities of the Dharma	
3.1.3	The good qualities of the Sangha	
3.2	Knowing the differences between the Three Rare Sublime Ones	
3.3	Taking refuge according to our beliefs	
3.4	Taking refuge and not asserting another religion	
4	The benefits of taking refuge	Day 153
4.1	We become Buddhist	
4.2	We become a candidate for all vows	
4.3	We purify previous negative karma	
4.4	We will easily accumulate a huge amount of merit	
4.5	We are protected from the harmful actions of humans and non-humans	
4.6	We will not fall to the lower realms	
4.7	We achieve all our temporary and long-term aims	
4.8	We will soon be enlightened	
5	Advice after taking refuge	Day 161
5.1	What to avoid	
5.2	What to practice	
5.2.1	Respect holy objects	
5.2.2	Respect the written texts	
5.2.3	Respect the Sangha	
5.2.4	General practices	
KARMA		Day 170
1	The four outlines	Day 175
1.1	Karma is definite	
1.2	Karma is expandable	
1.3	We cannot meet the result unless we have created the cause	
1.4	Once the cause has been created the result cannot be lost	
2	The negative karmic process	Day 179
2.1	The ten nonvirtues	
2.1.1	Killing	
2.1.2	Stealing	
2.1.3	Sexual misconduct	

2.1.4	Lying	
2.1.5	Divisive speech	
2.1.6	Harsh speech	
2.1.7	Idle gossip	
2.1.8	Covetousness	
2.1.9	Ill will	
2.1.10	Heresy	
2.2	The differences that make for heavy or light karma	
2.3	The four suffering results	
3	The positive karmic process	Day 193
3.1	The positive karmic process and its results	
3.2	The doors that unintentionally lead to powerful karma	
3.3	The ripening qualities	
4	How to modify our actions	Day 198
4.1	Purifying with the four powers	
4.2	Methods of purification	
	THE SUFFERINGS OF SAMSARA	Day 209
1	The six general types of suffering	Day 212
1.1	Nothing is definite in samsara	
1.2	Nothing gives satisfaction in samsara	
1.3	We have to repeatedly leave this samsaric body	
1.4	We have to take rebirth again and again	
1.5	We forever travel from high to low in samsara	
1.6	We experience pain and death alone	
2	The sufferings of the upper realms	Day 220
2.1	The eight types of human sufferings	
2.1.1	The suffering of birth	
2.1.2	The suffering of aging	
2.1.3	The suffering of sickness	
2.1.4	The suffering of death	
2.1.5	The suffering of separation from what is pleasant	
2.1.6	The suffering of encountering what is unpleasant	
2.1.7	The suffering of not getting what we want	
2.1.8	The suffering of having deluded aggregates	
2.2	The sufferings of the demigods	
2.3	The sufferings of the god realms	
3	The three types of suffering	Day 231
3.1	The suffering of suffering	
3.2	The suffering of change	
3.3	Pervasive compounding suffering	
	THE EVOLUTION OF SAMSARA	Day 239
1	The root delusions	Day 240
1.1	Attachment	

1.2	Anger	
1.3	Ignorance	
1.4	Pride	
1.5	Doubt	
1.6	The five deluded views	
1.7	The stages in their development	
2	The causes of the delusions	Day 248
2.1	The base	
2.2	The object	
2.3	Distraction	
2.4	Following false teachings	
2.5	Habit	
2.6	Wrong comprehension	
3	The drawbacks of the delusions	Day 255
4	Karma, death and rebirth	Day 257
4.1	Mental and intended karma	
4.2	What happens at death	
4.3	The intermediate state	
5	The path to liberation	Day 260
5.1	The physical rebirth that will stop samsara	
5.2	The three higher trainings	
5.3	The higher training of morality	
	THE TWELVE LINKS OF DEPENDENT ORIGINATION	Day 267
1	Ignorance	
2	Karmic formation	
3	Consciousness	
4	Name and form	
5	The six senses	
6	Contact	
7	Feeling	
8	Craving	
9	Grasping	
10	Becoming	
11	Rebirth	
12	Aging and death	
	BODHICITTA	Day 283
1	The ten benefits of bodhicitta	Day 286
1.1	Bodhicitta is the sole gateway to the Mahayana	
1.2	We gain the name “child of the buddhas”	
1.3	We outshine the arhats	
1.4	We become a supreme object of offering	
1.5	We accumulate enormous merit with ease	
1.6	We rapidly purify negative karma and obscurations	

1.7	We accomplish whatever we wish	
1.8	We are not bothered by hindrances	
1.9	We quickly complete the stages of the path	
1.10	We become a source of happiness for others	
2	The seven points of cause and effect	Day 296
	The basis: immeasurable equanimity	
2.1	All sentient beings have been our mother	
2.2	Remembering their kindness	
2.3	Repaying their kindness	
2.4	Loving kindness	
2.5	Great compassion	
2.6	Special attitude	
2.7	Developing bodhicitta	
3	Exchanging self and others	Day 306
3.1	Training in the two types of bodhicitta	
3.2	Training the mind in relative bodhicitta	
3.2.1	We and all others are equal	
3.2.2	The faults of self-cherishing	
3.2.3	The benefits of cherishing others	
3.2.4	How to meditate on taking and giving (tonglen)	
4	Converting unfortunate circumstances into the path	Day 316
4.1	Converting circumstances through thought	
4.1.1	Converting them through analysis	
4.1.2	Converting them through the view	
4.2	Converting circumstances through action	
5	Training in the activities of a bodhisattva	Day 328
5.1	The six perfections	
5.1.1	Charity	
5.1.2	Morality	
5.1.3	Patience	
5.1.4	Perseverance	
5.1.5	Concentration	
5.1.6	Wisdom	
5.2	The four means of drawing disciples to the Dharma	
5.3	Taking the bodhisattva vows	
	EMPTINESS	Day 340
1	Establishing the selflessness of persons	Day 343
1.1	What is to be refuted	
1.2	Determining the full set of possibilities	
1.3	The self and the aggregates are not truly the same	
1.4	The self and the aggregates are not truly different	
1.5	How to pursue the attitude that things are like an illusion	
2	Establishing the selflessness of phenomena	Day 354
2.1	Physical forms do not truly exist	

2.2 Consciousness does not truly exist
2.3 Non-associated compounded phenomena do not truly exist
2.4 Unconditioned phenomena do not truly exist

3 How to develop special insight..... Day 359

WRAP-UP..... Day 364