Small and Intermediate paths both Necessary

Bodhisattva

Every action, speech and mind is directed to helping others

First, you must strive to cultivate and sustain this attitude until continuous presence

All are on Small and Intermediate Scope paths and pave the way to generating bodhicitta

meditation; a calm and tamed mind; the accumulation of merit and purification of past negative actions are all necessary prerequisites

Without grasping its benefits, the motivation to strive for it will be weak

contemplate and meditate on the benefits of bodhicitta until a profound recognition of its wonderful and indispensable qualities takes root in your heart

understand the significance, necessity, and benefits of bodhicitta

Developing bodhicitta requires effort

Spontaneous bodhicitta is gateway to Mahayana path

Attaining bodhicitta is the actual reason

you avoid unfavourable rebirths and instead takes birth in more favourable conditions

Short term

Developing bodhicitta benefits

Ultimate benefit

assured liberation from all hindrances, anguish, and suffering

A mind filled with bodhicitta is necessary to achieve highest enlightenment

achieve enlightenment and a blissful state for every sentient being

bodhicitta becomes a crucial and direct tool for achieving personal spiritual goals - enlightenment

Virtuous karma ensures higher rebirth

Counters selfish attitudes Concerned exclusively with others' wellbeing

Neutralise past negative actions Deters formation of new negative karma

Spontaneous bodhicitta heads you onto Great Scope Path

Small Scope

Contemplate suffering on TV: war, refugees, animals. Those who cause suffering

Extend this concern to all beings trapped in cycles of destructive karma - unending suffering

generating a strong aversion to the suffering and harm you could endure in a lower rebirth

Don't waste time on meaningless, worldly activities. If they are not essential buddhist practices, dump them

generating a strong aversion to the suffering and harm you could endure in a lower rebirth

Until I attain enlightenment, I go for refuge to the Buddha, Dharma and Sangha. May all my acts of charity result in my becoming a Buddha in order to benefit all sentient beings

Bodhicitta emerges

Aim for no more samsara

Intermediate Scope

Great Scope Path

Cannot skip any steps

Step-by-step process you must follow

address the root cause of samsara which is karma

Karma, in turn, is driven by mental afflictions

these afflictions stem from ignorance, particularly ignorance concerning the nature of the self

Misconceptions about the self, or the "I", lay the groundwork for a complex web of suffering

This flawed perception gives selfishness, leading to desires, anger and other mental afflictions from this egocentric view

Eradication of this incorrect view of the self is crucial

To eliminate this ignorance, it's necessary to cultivate the wisdom that recognises the ordinary perception of the "I" as fundamentally flawed

This wisdom understands that the entity we consider as the "I" is not inherently real, but merely a designated concept

the principal practice is to cultivate the wisdom that realises selflessness

Each stage on this path builds upon the previous one - cannot skip any

Small Scope Path
Avoid & prevent non-virtue
Only virtuous deeds

Intermediate Scope Path
aim is to achieve complete liberation from the cycle of samsaric existence

path is gradual, with three distinct goals that need to be achieved in sequence

When achieved that can then focus on liberation from cycle of samsara

First step is to secure a favourable rebirth in your next life

Practicing the six perfections

Single-pointed concentration

Meditative stabilisation

investigate the true nature of the self and all phenomena

break the misconceptions surrounding the self of persons and self of phenomena

Method is everything on the path up to here

This part is Wisdom

You need both method and wisdom to achieve buddhahood

Four methods to attract disciples

Bodhisattva vows

Our mental afflictions, such as desire and attachment, stem from ignorance of the true nature of these selves

delve into the concept of emptiness or selflessness

realisation of emptiness, śūnyatā, is the ultimate understanding of the nature of the self and all phenomena

Wisdom is the 'ultimate truth' and is the 'profound path'

Emptiness and wisdom

Not sufficient

Three trainings

Ethics

Concentration

Wisdom

All before here is called the 'common' or Sutrayana Path

Tantric Path

Quicker

More complex

Requires prior knowledge

Require guru

Special initiation

Taking powerful vows

Do not break them

High risk

Difficulty in finding competent teacher

Consequences of breaking vows

Difficult complex steps

Practices deep and with significant benefits

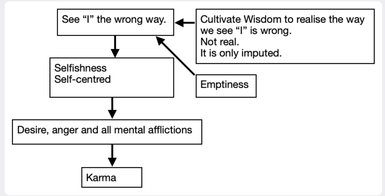
Tantric Teachings

action tantra

performance tantra

yoga tantra

Highest yoga tantra



i) The actual reason

essential for everyone to first cultivate the aspiration for a higher rebirth

Clearly identifies a beginners stage

To develop the attitude of great compassion, characteristic of superior persons, one must complete these two lower stages

The determination to seek Buddhahood for the benefit of all sentient beings emerges from deep-seated compassion

people who have practiced the lower paths in previous lives may find these early paths easily attainable

Hastily advancing through the stages can impede one's spiritual progress. A step-by-step approach is crucial

Have to clear away mental afflictions, suffering, desires, hatred and ignorance

Progressive

Leads to buddhahood; fully enlightened and completely free from mental obstacles and afflictions

Teachings are medicinal

Finding a proper Dharma teacher is essential

Power to lead you to ultimate freedom and then Buddhahood

Must be a receptive vessel to receive teachings

A lot is possible in a single lifetime

Major obstacle is attachment to worldly pleasures and comforts

Eight Worldly concerns

the desire for gain and fear of loss, the pursuit of pleasure and aversion to pain, the thirst for praise and the dread of scorn and the quest for fame and the fear of disgrace

not all teachings are universally suitable

Great Scope Path

Central to this is overcoming of two types of obscurations

Dispelling misconceptions of self

clarifying erroneous perceptions about all aspects of reality

Two fundamental Truths

conventional truth

ultimate truth

freeing oneself entirely from all erroneous perceptions

those associated with personal liberation

those that obstruct complete enlightenment

bodhisattva's journey involves a profound transformation aimed at eliminating all forms of incorrect beliefs

Why have the three Scopes when they are all in the Great Scope

ii) The purpose

the practices of the small and intermediate paths serve as necessary preparation for the path of superior scope persons

Without traversing these initial paths, one cannot progress to the higher path

The three paths form an interconnected and continuous journey, with the early paths having crucial components leading to the higher path of enlightenment

a) The purpose of leading students by means of the paths of the three types of persons

b) Why one guides students through such stages

Three types of Persons Ch 8

1 from Chapter 7 under B begun in Chapter 7 which makes up all the rest of the path

2) Why students are led in stages using the trainings of the three types of persons



2. How to take full advantage of a life with leisures and endowments

a. Producing certainty about the general presentation of the path

1) How all the scriptures are included within the paths of the three types of persons

Small Scope

Wants a good human rebirth

Instruction on

Opportunities of human birth

Refrain from negative actions

Virtuous karma

Impermanence

Impact of karma

Ethical behaviour

Intermediate Scope

Wants to completely escape samsara

Meditations around

Four Noble Truths

Three trainings

Ethical conduct

Meditative stabilisation

Wisdom

Great Scope

Bodhisattvas

Adds bodhichitta

Enlightenment for self and all sentient beings

Involves

Mahayana sutras

Treatises

Tantra teachings

Six perfections

Single-point concentration

Highest insight

Lamrim path has essential steps for each Scope

Paths sequentially

No shortcuts

Overcome the eight obstacles

sensual desire
ill-will
sloth and laziness
anxiety
restlessness & worry
doubt
attachment to sensory experience
attachment to religious rituals