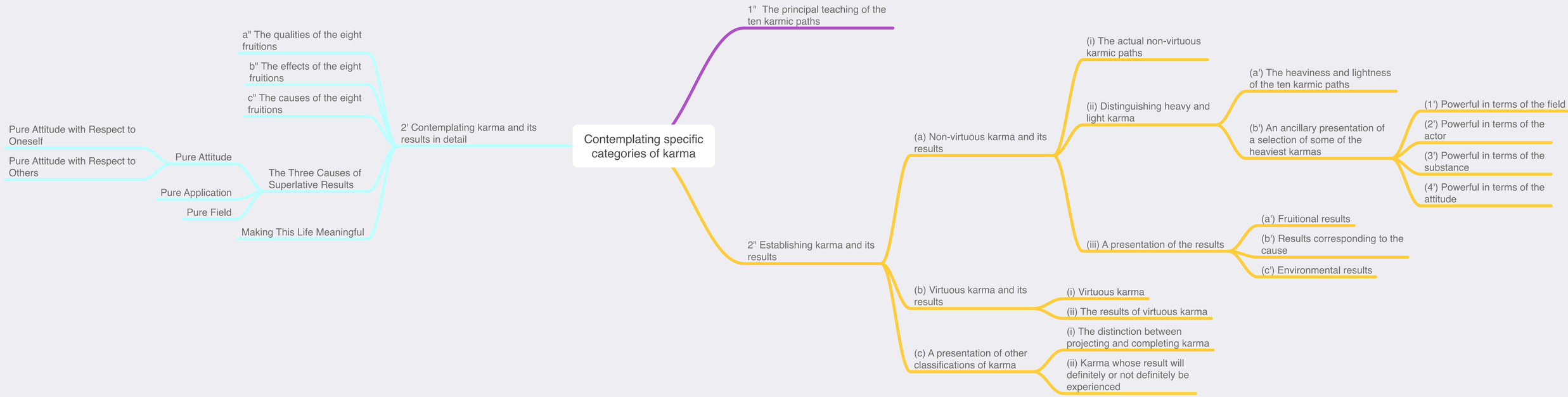

Contemplating specific categories of karma
1" The principal teaching of the ten karmic paths
2' Contemplating karma and its results in detail
a" The qualities of the eight fruitions
b" The effects of the eight fruitions
c" The causes of the eight fruitions
The Three Causes of Superlative Results
Pure Attitude
Pure Attitude with Respect to Oneself
Pure Attitude with Respect to Others
Pure Application
Pure Field
Making This Life Meaningful
2" Establishing karma and its results
(a) Non-virtuous karma and its results
(i) The actual non-virtuous karmic paths
(ii) Distinguishing heavy and light karma
(a') The heaviness and lightness of the ten karmic paths
(b') An ancillary presentation of a selection of some of the heaviest karmas
(1') Powerful in terms of the field
(2') Powerful in terms of the actor
(3') Powerful in terms of the substance
(4') Powerful in terms of the attitude
(iii) A presentation of the results
(a') Fruitional results
(b') Results corresponding to the cause
(c') Environmental results
(b) Virtuous karma and its results
(i) Virtuous karma
(ii) The results of virtuous karma
(c) A presentation of other classifications of karma
(i) The distinction between projecting and completing karma
(ii) Karma whose result will definitely or not definitely be experienced