



# 1 Stages of the Path



What Dharma talks are covered under Path to Enlightenment (Initial Scope)?



1. The stages of the Path
2. The Qualities of the Author
3. The Qualities of the Teaching
4. Listening to and Teaching Dharma
5. Preparing for Meditation
6. What is Meditation?
7. Relying on a Spiritual Guide
8. Our previous Human Life
9. Meditation on Death
10. The Sufferings of the Lower Realms
11. Going for Refuge
12. Karma





# Road map on the Stages of Path to Enlightenment



# 1 SUMMARY - THE STAGES OF THE PATH TO ENLIGHTENMENT

Initial Scope		Intermediate Scope	Great Scope
Ordinary Small Being	Special Small Being		
Finding worldly happiness in this life alone	Striving for a rebirth in upper realms in future lives	Striving for liberation from cyclic existence	Striving for complete Buddhahood
If an ordinary small being also practices Lamrim, he will not only become much more successful in all his worldly pursuits, but he will also increase his merit, purifying negative karma, and gradually extend his aspiration to become a special small being.			
	Re-birth in Human, Asura [Demi God] and Heavenly realms	Arahantship / Pacceka Buddhahood	Buddhahood (via Bodhisattva path)
Training in Morality and to an extent Concentration and Wisdom		Training in Higher Morality, Concentration and Wisdom with Samsaric Renunciation	Training in Higher Morality, Concentration and Wisdom with Bodhichitta
	1) Meditation on Death 2) Meditation on the Sufferings of lower realms 3) Going for refuge 4) Gaining conviction in Law of Karma	1) Four Noble Truths 2) Meditation on true suffering of higher realms 3) The twelve Dependent-related Links	Bodhichitta training in:- 1) Seven cause and effect 2) Equalizing and exchanging self for others
Buddhists [Theravada & Mahayana] / Non Buddhist in general		Theravada / Mahayana	Mahayana



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further clarification or  
explanation**