

Lama
Tsongkhapa's
Middle-Length
Lamrim



Background of the Lamrim

“The profound” = wisdom/the teachings on emptiness



Manjushri



Nagarjuna, etc



Atisa (982-1054)

“The vast” = method/the teachings on the stages of the path



Maitreya



Asanga, etc.



Atisa

Outline of the text (p. 5)

1. Showing the greatness of the author to demonstrate that this Dharma is a pure source (Chapter 1)
2. Showing the greatness of the Dharma to generate respect for the instructions (Chapter 2)
3. How the Dharma possessing those two greatnesses should be listened to and explained (Chapter 3)
4. The stages by which a student should be guided through the actual instructions (Chapters 4-27)

The Greatness of the Author: Atisa

- Born in 982 in eastern India.
- Became a master of sutra and tantra.
- Purely kept the 3 types of vows.
- Possessed the 3 higher trainings (ethics, concentration & wisdom).
- Spent the last 17(?) years of his life in Tibet. Died in 1054.
- Composed *The Lamp for the Path to Enlightenment*, the first Lam Rim text.



Lama Tsong Khapa

- Born in 1357 in eastern Tibet (Amdo) in a nomad family.
- Studied under many great masters—Nyingma, Kagyu and Sakya—and became a master of sutra & tantra.
- Became a renowned teacher and did extensive retreats.
- Wrote 18 volumes of texts.
- Died in 1419.
- Founder of the Gelug tradition.



The Greatness of the Dharma (p. 13-18)

1. The greatness of understanding all teachings as without contradiction
2. The greatness of seeing all of the Buddha's teachings as instructions
3. The greatness of allowing you easily to discover the Victor's intention
4. The greatness of naturally stopping serious misdeeds

Benefits of Listening to Dharma (p. 19-20)

- You will understand what is to be adopted and what is to be discarded. Specifically, you will learn how to practice the three higher trainings:
 - 1) ethics
 - 2) concentration
 - 3) wisdom
- Finally, you will attain liberation.

More Benefits of Listening

- 10 benefits from *Garland of Birth Stories*
 - 1) a lamp against ignorance
 - 2) great wealth that no robber can steal
 - 3) a weapon that conquers confusion
 - 4) the best friend giving good advice
 - 5) the best friend who won't abandon you
 - 6) the best medicine with no side effects
 - 7) the best army against faults
 - 8) the best treasure, fame, and splendor
 - 9) the best gift when meeting noble beings
 - 10) the best way to delight the wise.