

# Benefits of Reliance (p. 41)

1. You will approach Buddhahood
2. Victors will rejoice
3. You won't be deprived of virtuous friends
4. You won't fall into lower rebirths
5. You won't easily succumb to bad karma & afflictions
6. Your excellent qualities will grow
7. Your temporal and ultimate goals will be accomplished
8. [You won't be harmed by spirits and bad friends]

# Faults of Improper Reliance (p. 41)

If we relinquish our reliance on a spiritual teacher,

1. We will be harmed by illnesses and evil spirits in this life
2. In future lives we will experience much suffering in the lower realms
3. Excellent qualities we don't have won't arise, and those we already have will deteriorate
4. Our faults will increase
5. Misfortune will befall us

# Summary (p. 42)

- “Guru yoga” instructions should be understood according to the above explanation
- Don’t do the meditation only once
- Rely on a spiritual teacher who guides you unmistakably for a long time
- The teachings on relying on a spiritual teacher are more important than any others—the root of fulfilling your long-held aspirations
- Confess instances of improper reliance and develop strong resolutions