

Overview of the Path to Enlightenment			
The three principal aspects of the path are in bold in order to show their relationship to the three levels of spiritual practitioners			
Level	Aspiration to develop	What to meditate on to develop it	What to practice once you have developed that aspiration
Path in common with initial level practitioners	To die peacefully and to have a good rebirth	Precious human life; impermanence and death; unfortunate realms of rebirth	Refuge, karma and its effects
Path in common with middle level practitioners	Determination to be free from cyclic existence and attain liberation (renunciation)	Four Noble Truths, the disadvantages of cyclic existence, the nature of afflictions, the factors that stimulate their arising	Three higher trainings:
			1. Ethical conduct
			2. Concentration
Path of advanced level practitioners	Altruistic intention (bodhicitta)	Equanimity	3. Wisdom (correct view)
			Six far-reaching practices:
			1. Generosity
		Seven point instruction of cause and result:	2. Ethical conduct
		1. Recognizing all sentient beings as our parents	3. Patience
		2. Remembering their kindness	4. Joyous effort
		3. Repaying their kindness	5. Meditative stabilization
		4. Love	6. Wisdom
		5. Compassion	
		6. Great resolve	The four ways of gathering disciples:
		7. Bodhicitta	1. Generosity
			2. Pleasant speech
		Equalizing and exchanging self and others:	3. Encouraging them to practice
		1. Equalizing self and others	4. Acting accordingly oneself
		2. Disadvantages of self-centeredness	
		3. Benefits of cherishing others	The path of tantra
4. Exchanging self and others			
5. Taking and giving			
6. Bodhicitta			