Outline on page 98

Relying on the means to gain happiness in future lives—this has two points:

1. Training in going for refuge, the holy gateway for entering the teachings (p. 98 - 117)

2. Generating the faith of conviction in actions and their effects, the root of all well-being (p. 119 - 149)
Karma and Its Effects

1. Contemplating karma and its effects in general
   A. The actual way to contemplate this
   B. Contemplating the specific categories
2. Contemplating karma and its effects in particular
3. Having contemplating karma and its effects, how to engage in virtue and desist from nonvirtue.
A. The Actual Way to Contemplate Karma and its Effects in General

1) Karma is certain
2) Karma greatly increases
3) You do not meet with karma you have not created
4) Karma you have created does not dissipate
B. Contemplating the Specific Categories

1) The principal teaching of the ten paths of action (p.122)

2) Establishing actions and their effects (p.123)
   a. Nonvirtuous actions and their effects
   b. Virtuous actions and their effects
   c. Other categories of actions
a. Nonvirtuous Actions and their Effects

i. The actual nonvirtuous paths of action (p. 123 - 130)

ii. Differentiating heavy and light karma

iii. A presentation of their effects