

# 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 contemplated 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