

# The Stages of the Path Shared in Common with Persons of Medium Capacity

This has four points:

1. The actual training in the attitude
2. The measure of its development
3. Eliminating misconceptions
4. Determining the nature of the path leading to liberation

# 1. The actual training in the attitude

A. Identifying the mind striving for liberation

B. The methods for generating this mind

1) Contemplating the faults of cyclic existence,  
the truth of suffering

a. Showing why the truth of suffering is taught as  
the first of the four truths

b. Actual meditation on suffering

2) Contemplating the stages of involvement in  
cyclic existence, the origins

## b. The Actual Meditation on Suffering

(1) Contemplating the suffering of cyclic existence in general

a) The eight types of suffering

b) The six types of suffering

(2) Contemplating the suffering of the individual realms (humans, demigods, and gods)