

Contemplating the stages of involvement in cyclic existence, the origins (from p. 154)

1. How mental afflictions arise (p. 167-171)
2. How karma is thereby accumulated (p. 173)
 - a. Identifying the karma that is created
 - b. How karma is accumulated
3. How you die, transmigrate, and take rebirth

Identifying the Karma that is Accumulated

- Mental karma is the mental factor of intention.
- Karma of body & speech—there are different views:
 - Vaibhasikas divide them into perceptible and imperceptible, and say they are all form.
 - Other schools (Sautrantika, Cittamatra, and Madhyamaka Svatantrika) say they are intention.
- Another three types of karma:
 - Nonmeritorious—all nonvirtuous karma
 - Meritorious—virtuous karma in the desire realm
 - Immovable—contaminated virtuous karma included in the form and formless realms.

How You Die, Transmigrate, and Are Reborn (from p. 167)

1. Conditions for death
2. The minds of death
3. From where the heat withdraws
4. How the intermediate state is reached after death
5. How you take rebirth in an incarnation