

Four Hindrances to Generosity

1. Not being used to generosity (think: “This is due to not familiarizing with it in the past; if I don’t give, I will also dislike generosity in the future.”)
2. Declining fortune (make a gift after willingly accepting the suffering of poverty)
3. Attachment (give after remembering the shortcomings of attachment, e.g. that it will bring future suffering)
4. Not seeing the goal (remember impermanence and give for the sake of enlightenment).

The Perfection of Ethics

1. The nature of ethics
2. Its subdivisions:
 - a. The ethics of restraint
 - b. The ethics of gathering virtuous qualities
 - c. The ethics of bringing about the welfare of sentient beings
3. How to generate ethics in one's mind