

STAGES OF THE PATH (LAM RIM)			
SIX-WEEK FOUNDATIONS OF CHO SERIES	SOURCE OF ALL MY GOOD <i>(Yongten Shigyurma)</i> By Lama Tsongkhapa, 1357-1419	THE JEWEL ORNAMENT OF LIBERATION <i>(Tharpa rinpochey gyen)</i> By Gampopa, 1074-1153	THE WORDS OF MY PERFECT TEACHER <i>(Kunsang Lamey Shelung)</i> By Patrul Rinpoche, 1808-1887
WEEK 1 BLUEPRINT OR TOPOLOGY OF THE PATH	- How to Take a Lama	THE PRIMARY CAUSE - Buddha-Nature	
SMALL & MEDIUM SCOPES		THE FOUR THOUGHTS	
WEEK 2 GROUNDWORK Spiritual Discipline Cultivation of Stable Attention Entering the Path: Renunciation Dismantling Attachment to the concerns and Belief Dismantling Reactive Emotion	- Advice to Take the Essence of Life - Learning How to Want Freedom - Finding the Right Path to Freedom	-The Precious Human Life THE CONTRIBUTORY CAUSE -The Spiritual Master THE METHOD - Impermanence - The Suffering of Samsara - Karma and its Result	- The difficulty of finding the freedoms and advantages - The impermanence of life - The defects of samsara - Actions: the principle of cause and effect - The benefits of liberation - How to follow a spiritual friend
GREAT SCOPE		(MAHAYANA)	
WEEK 3 WALL Opening the Heart – Loving-Kindness and Compassion Altruistic Intent: Bodhicitta	- Developing the Wish for Awakening - Training In Bodhisattva Activities	- Loving-Kindness and Compassion - Refuge and Precepts - Cultivation of Bodhicitta - Training in Action Bodhicitta - The Perfection of Generosity, Moral Ethics, Patience, Perseverance	- Taking Refuge - foundation stone of all paths - Arousing Bodhicitta - the root of the Great Vehicle - Meditating on Vajrasattva - cleanse all obscurations - Offering the mandala - accumulate merit and wisdom
WEEK 4 ROOF Wisdom: Emptiness Calm-Abiding - cultivating Attention Insight – Dismantling Illusion	- Training In the Final Two Perfections (Shamatha & Vipashyana)	- The Perfection of Meditative Concentration - the Perfection of Wisdom Awareness - The Aspects of the Five Paths - The Ten Bodhisattva Bhumis	- The Kusali's Accumulation – destroying the four demons at a single stroke - Guru Yoga – entrance-way for blessings - the ultimate way to arouse the wisdom of realization
WEEK 5 GOLDEN ROOF Guru Yoga Vajrayana (Creation and Completion)	- Entering the Vajra Way - Keeping Vows and Pledges Pure - Meditating on the Two Secret Stages		THE SWIFT PATH OF TRANSFERENCE
WEEK 6 CROWN JEWEL Cho Mahamudra No Separation	- A Request for Good Circumstances	THE RESULT -Perfect Buddhahood THE ACTIVITIES -Activities of the Buddha	- Transference of Consciousness – the instructions for the dying: Buddhahood without meditation