

## Stages of the Path and Three Motivations

### Happiness

Calm abiding  
Clear seeing: three marks  
Brahma-viharas  
Preciousness of human life  
Death & impermanence  
Sufferings of the lower realms  
Refuge in the Three Jewels  
Four noble truths & eightfold path  
Inevitability of karma  
Ethics: negative & virtuous actions

### Freedom from Samsara

Calm abiding  
Clear seeing: emptiness of self & phenomena  
Four immeasurables  
Faults of samsara  
Sufferings of the upper realms  
Suffering: three levels  
Suffering: eight kinds & six kinds  
Origin & cessation of samsara  
Dependent arising  
Ethics: ethics, meditation, & wisdom

### Awakening for All Beings

Calm abiding  
Clear seeing: union of emptiness-appearance  
Love & compassion leading to bodhicitta  
Awakening mind: aspiring & engaging  
Awakening mind: relative & ultimate  
Equalizing & exchanging self & other  
Mind training & taking & sending  
Six (ten) perfections  
Four social means  
Ethics of the bodhisattva vow

### Classic texts on the stages of the path (lam-rim)

Buddhaghosa, *The Path of Purification (Visuddhimagga)*  
Atisha, *A Lamp for the Path to Enlightenment* (root text with commentary by Jamgon Kongtrul)  
Gampopa, *The Jewel Ornament of Liberation*  
Taranatha, *Essence of Ambrosia*  
Jigme Lingpa, *Treasury of Precious Qualities* (root text with commentary by Kangyur Rinpoche)  
Tsongkhapa, *Great Treatise on the Stages of the Path to Enlightenment*

### Contemporary books on the stages of practice (gom-rim)

Geshe Sopa, *Steps on the Path to Enlightenment* (commentary on Tsongkhapa's *Great Treatise*)  
Kathleen McDonald, *How to Meditate on the Stages of the Path*  
Ken McLeod, *Wake Up to Your Life*