

Discovering BUDDHISM

Overview of the Stages of the Path to Enlightenment with DB Modules

Preliminary Instructions

- The nature of the mind and its potential for enlightenment (MODULE 1)
- The way to meditate on the stages of the path (MODULE 2)

THE STAGES OF THE PATH TO ENLIGHTENMENT (MODULE 3)

The Foundations of the Path

- Reliance upon a qualified spiritual teacher (MODULE 4)
- Recognizing and appreciating this opportune and fortunate human rebirth

1. **THE SMALL SCOPE: The Stages of the Path of the Person of Small Capacity**

- a. Recollecting death and impermanence (MODULE 5)
- b. Contemplating the various sufferings of the unfortunate states
- c. Taking refuge in the Three Jewels (MODULE 7)
- d. Generating confidence in the law of cause and effect (MODULE 6)

MOTIVATION: To attain fortunate states and avoid unfortunate ones

[Establishing a Daily Practice - MODULE 8]

2. **THE MIDDLE SCOPE: The Stages of the Path of the Person of Middling Capacity**

- a. Contemplating the various sufferings of the fortunate states
- b. Reflecting on the process of cyclic existence (*samsara*) (MODULE 9)
 - i. Through examining its origins in the delusions
 - ii. Through understanding the twelve links of dependent-arising

MOTIVATION: To attain individual liberation from suffering (*nirvana*)

3. **THE GREAT SCOPE: The Stages of the Path of the Person of Great Capacity**

- a. Generating the mind of enlightenment, *bodhichitta* (MODULES 10 & 11)
 - i. Through the sevenfold cause and effect method
 - ii. Through the method of equalizing and exchanging self and others
- b. Performing the deeds of the *bodhisattva*
 - i. Practicing the six perfections
 1. The perfection of generosity
 2. The perfection of ethical discipline
 3. The perfection of patience
 4. The perfection of joyous perseverance
 5. The perfection of concentration
 6. The perfection of wisdom (MODULE 12)
 - ii. Accomplishing the four means of gathering disciples
- c. Entering the path of *tantra* (MODULE 13)

MOTIVATION: To attain full and complete enlightenment for the welfare of all sentient beings (Buddhahood)