

Chapter 3 – Explanation of the normal and expedient path of the Five Vehicle

Chapter 3 Section 1 – Normal Path (The righteous practice of heading to Buddhahood)

Stage 1
Explaining what are
worldly right views
and the joys and
suffering of the five
realms

1. Development of firm Right View via profound faith and understanding

Overview how Right View guides right practices

Detailed explanation of four types of basic right views

Definition of Right View

Components of Right View

- ◆ Good and Evil
- ◆ Karma and retribution
- ◆ Previous and future lives
- ◆ Worldly beings and sages

2. Observing the joys and suffering of the five realms, diligently cultivate goodness and discard evil

Contemplate the joys and sufferings of the five realms

Reflect that the Five realms are full of suffering

Reflect on the amount of suffering relative to joy

- ◆ Suffering of the hells, hungry ghosts and animal realms (arising from the three poisons)
- ◆ Mixture of suffering and joy in the human realm (the deciding point for future rebirths and continuation in cyclic existence)
- ◆ The excellent qualities of the heavenly realms (the different types of devas, their physical body, lifespan and mental concentration etc)

Contemplate that joy and suffering are exhaustible (joy and suffering arise from karma, so diligently cultivate goodness)

Concluding reminder — encouragement to cultivate goodness immediately

Chapter 3 – Explanation of the normal and expedient path of the Five Vehicle

Stage 2

Explanation on the
righteous practices of
the Five Vehicles
(Cultivating the right
practices via the
three meritorious
actions)

1. Observe the proper aims underlying the cultivation of the Five Vehicles

- Contemplate the human form is the most suitable tool for cultivation
- Contemplate that the three meritorious actions are the right practices of humans and devas
- Contemplate that the core mentality for entering the path is right vows

2. Observe the right practices of the three meritorious actions

Practice of giving

- Contemplate the merits and virtues of giving
- Contemplate on the types of giving and their relative superiority
- Contemplate on the faults of giving inappropriately

Practice of developing morality

- Contemplate the underlying meaning or keeping the precepts
- Contemplate the virtues of the three types of precepts
 - ♦ The Five Precepts (the mentality, manifestation, vows and results of these precepts)
 - ♦ The Eight precepts
 - ♦ The Ten Wholesome deeds (Understanding its manifestation and its key role in both the mundane and supramundane practices)

Practice of meditation

- The preparatory practices of meditation (reflect on the discursiveness of pleasures; establish the right attitude; reflect on the merits and virtues of meditation)
- Brief outline of the stages of meditation (taming the body, breath and mind; developing concentration; gradually entering the higher states of no mental thoughts and cessation of sensations of joy and suffering)
- Explanation on the different types of meditation
- Explanation that meditation must be cultivated in stages

Chapter 3 – Explanation of the normal and expedient path of the Five Vehicle

Stage 3

Explaining that the
core element of
meritorious actions
is the practice of
precepts

From a human to Buddhahood, we rely on the practice of upholding precepts, that is the cultivation of morality.

Chapter 3 – Explanation of the normal and expedient path of the Five Vehicle

Chapter 3 Section 2 – Expedient Paths (Consolidating the faith of practitioners)

