

PRELIMINARIES

1. First, Train in the Preliminaries

FORMAL PRACTICE

2. Regard All dharmas as Dreams
3. Examine the Nature of Unbound Awareness
4. Self-liberate Even the Antidote
5. Rest in the Nature of alaya, the Essence
6. In Postmeditation, Be a Child of Illusion
7. Sending and Taking Should Be Practiced Alternately. These Two Should Ride the Breath
8. Three objects, three poisons, and three seeds of virtue
9. In all activities, train with slogans
10. Begin the sequence of sending and taking with yourself

USING ADVERSITY

11. When the world is filled with evil, transform all mishaps into the path of Bodhi.
12. Drive all blames into one
13. Be grateful to everyone
14. Seeing confusion as the four kayas is unsurpassable shunyata protection
15. Four practices are the best of methods.
16. Whatever you meet unexpectedly, join with meditation

LIFE AND DEATH

17. Practice the five strengths, the condensed heart instructions.
18. The Mahayana instruction for the ejection of consciousness at death is the five strengths; how you conduct yourself is important

YARDSTICKS

19. All dharma agrees at one point
20. Of the two witnesses, hold the principal one
21. Always maintain only a joyful mind
22. If you can practice even when distracted, you are well trained

COMMITMENTS

23. Always abide by the three basic principles
24. Change your attitude, but remain natural
25. Don't talk about injured limbs
26. Don't ponder others
27. Work with the greatest defilements first
28. Abandon any hope of fruition
29. Abandon poisonous food
30. Don't be so predicable
31. Don't malign others
32. Don't wait in ambush
33. Don't bring things to a painful point
34. Don't transfer the ox's load to the cow
35. Don't try to be the fastest
36. Don't act with a twist
37. Don't make gods into demons
38. Don't seek others' pain as the limbs of your happiness

GUIDELINES

39. All Activities Should Be Done With One Intention
40. Correct All Wrongs With One Intention
41. Two Activities: One at the Beginning, One at the End
42. Whichever of the Two Occurs, Be Patient Two activities, one at the beginning and one at the end
43. Observe These Two, Even at the Risk of Your Life
44. Train in the three difficulties
45. Take on the three principal causes
46. Pay heed that the three never wane
47. Keep the three inseparable
48. Train without bias in all areas. It is crucial to do this pervasively and wholeheartedly
49. Always meditate on whatever provokes resentment
50. Don't be swayed by external circumstances
51. This time, practice the main points
52. Don't misinterpret
53. Don't vacillate
54. Train wholeheartedly
55. Liberate yourself by examining and analyzing
56. Don't wallow in self-pity
57. Don't be jealous
58. Don't be frivolous
59. Don't expect applause