

Discussion 25.07.2107

Note — page references are from 'Liberation in the Palm of Your Hand'

1. Discuss : Relying on a spiritual teacher. pg. 251
2. List the Eight Leisures and Ten Endowments. pg. 308
3. Explain the benefits and meaning of a precious human life. pg. 313
4. Explain the difficulty of obtaining a precious human life. pg. 316

Discuss the four main headings of the small scope:

6. Remembering death. pg. 333
7. Contemplation of the Suffering of the lower realms. pg. 362
8. Taking Refuge in the Three Jewels. pg. 394

9. Observing the Laws of Cause and Effect. pg. 429