

OUTLINE OF THE MIND TRAINING LIKE THE RAYS OF SUN
(With scheduled month and page number)

The Author's Homage and Request

A Prayer of Devotion

I. INTRODUCTION

A. The Historical Account of the Teaching

April, 2018: Topic and page 14-41

B. The Unique Features, Values and Extraordinary Function of this Secret Instruction

II. EXPLANATION OF THE TEACHINGS

A. Contemplation of the Preliminary Teachings

1. Life as a Free and Fortunate Human Being
2. How to Think About the Brevity of This Life, Death and Impermanence
3. Actions and Their Consequences
4. The Drawbacks of Cyclic Existence

May, 2018: Topic and page 42-83

B. The Steps for Actually Training in the Precious Awakening Mind, the Actual Basis of the Practice

I. Cultivating the Conventional Awakening Mind

a. Appreciating the Value of the Awakening Mind, the entrance to the great vehicle

b. Actual Techniques for Cultivating the Awakening Mind

(1) Instructions for Actually Training in the Conventional Awakening Mind

(a) The Process of Cultivating the Awakening Mind That is Concerned with the Welfare of Others

(b) The Process of Cultivating the Awakened Mind Concerned with Attaining the Fully Awakened State of Being

(2) Instructions Concerning the Five Precepts that are Factors of the Training

(a) Transforming Adverse Circumstances into the Path

June, 2018: Topic and page 84-106

(b) The Integrated Practice of a Single Lifetime

(c) The Measures of Having Trained the Mind

(d) The Irreversible Commitments of Mind Training

(e) The Precepts of Mind Training

July, 2018: Topic and page 107-140

II. Cultivating the Ultimate Awakening Mind

How persons and phenomena appear like illusions