

# Three Principal Stages & Paths of Buddhist Practice

A Comparison of Tsongkapa's Lam Rim and the Teachings of H.H. Dorje Chang Buddha III

TEXTS: Lam Rims by Je Tsongkapa with commentary by  
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*The Principal Teachings of Buddhism*  
*Preparing for Tantra: The Mountain of Blessings*  
*Liberation in the Palm of Your Hand (OPTIONAL for REFERENCE)*

**1- Introduction**  
Greatness of the Lineages  
Greatness of the Dharma

**2-The Preliminaries**  
Right way to Explain & Listen to Dharma  
Practices During Meditation Sessions  
Practices Between Meditation Sessions  
How to take a Lama  
How to take the essence of this life

G01(A)-HHDCBIII, Treasury of True Dharma  
G03(A)-How Buddhism Came to the West  
D01(A)-Supreme & Magnificent Dharma

DCB12-What Is Cultivation?  
G03(A)-Five Vidyas  
D35(A)-128 Evil & Erroneous Views  
P10-Great Dharma of Zen Practice

**3-Initial Stage**  
Provisional goal of high status, favorable rebirth. Stop non-meritorious behavior  
Develop concern for the next life

**Intermediate Stage**  
Goal-escaping samsara, nirvana  
Stop the misconception of self  
Individual Liberation-Theravada

**Great Stage**  
Goal of achieving Buddhahood  
Stop all bad views, Develop bofichitta  
Liberation of All-Mahayana

(Happiness in this and the next life are not Buddhist goals, per se)

Mindfulness of Death  
**DCB12-What Is Cultivation?**  
**D03(A)-Impermanence**  
Suffering of the Lower Realms  
**D02(A)-Suffering**  
Law of Cause & Effect  
Four Laws of Karma  
Ten Wholesome Behaviors  
**DCB21-25 Expounding Absolute Truth**  
Four powers of Purification  
Taking Refuge

**4- Path of Renunciation**  
**D13(A)-Cutting Off attachment-Self**  
Suffering of Higher Realms  
Four Noble Truths  
Twelve Links of Conditioned Origination  
1-Ignorance  
2-Compositional Factors  
3-Consciousness  
4-Name & Form  
5-The Six Senses    9-Grasping  
6-Contact            10-Becoming  
7-Feeling            11-Rebirth  
8-Craving            12-Aging & Death  
**DCB21-25 Expounding Absolute Truth**

**5-Path of Bodhichitta**  
Develop Bodhichitta  
1-Seven-fold Cause & Effect Method  
2-Exchange of Self & Other Method  
3-Four Ways of Gathering Disciples  
4-Seven-point Mind Training Method  
**DCB12-What Is Cultivation?**  
**DCB35-Learning from Buddha**  
**P01 & 02X-Mahamudra of Liberation**  
Six Paramita Training  
1-Generosity    4-Perseverance  
2-Ethics        5-Concentration  
3-Patience     6-Wisdom  
Bodhisattva Vows

**6-Path of Right View of Emptiness**  
Functionalist Schools  
1-Detailist or Abhidharma-Hinayana  
2-Sutrist or Logic & Perceptual-Hinayana  
3-Mind only or Yogachara-Mahayana  
Independent School  
4-Mashyamika Svatantrika-Mahayana  
Implication School  
5-Madhyamika Prasangika-Mahayana  
Other Schools  
6-Other Emptiness  
**P01 & 02X-Mahamudra of Liberation**  
**DCB21-25 Expounding Absolute Truth**

**7-The Conclusion**  
The next steps after you have gained proficiency in the other stages of this path  
Continue to Develop Bodhichitta and Prajna  
Practice the Mahamudra of Liberation  
Four Preliminary Practices  
Seek Initiation and Practice Higher Dharmas  
**DCB26-How to Realize Prajna**  
**G36-Dharma that Every Buddhist Must Follow**  
DCB35-Learning from Buddha  
**P02X-SAUMOL Practice**  
**P03X-Vajra Yoga Perfection Dharma**  
**P04X-Green Tara Dharma**  
**R97X-Solitary Retreats-Xiuxing Practice Program**

These bold references are major teachings of H.H. Dorje Chang Buddha III available at the Learning from Buddha College & Seminary.