

# FPMT Treasure Map: THE STAGES OF THE PATH TO ENLIGHTENMENT (*Lam-rim*), ACCORDING TO THE THREE TYPES OF BEINGS

Realizations to Achieve

MIDDLE

GREAT

(TANTRA)

Renunciation ———— Emptiness ———— Bodhichitta ————

Two Stages: Generation and Completion

<b>Guru Devotion</b>	<b>Precious Human Rebirth</b>	<b>Death &amp; Impermanence</b>	<b>Suffrings of 3 Lower Realms</b>	<b>Refuge in 3 Jewels</b>	<b>Karma</b>	<b>4 Noble Truths &amp; Upper Realms</b>	<b>Causes of Samsara: Delusions</b>	<b>12 Links</b>	<b>Generating Bodhichitta</b>	<b>Mind Trng</b>	<b>Six Perfections: 1-4</b>	<b>Concntrtn Wisdom</b>	<b>Perfctn 6:</b>	<b>Preliminary practices</b>	<b>Kriya//Yoga/ Anuttara Yoga</b>	<b>Highest Yoga Tantra: Generatn/Completn Stage</b>
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Buddhism In a Nutshell  
Kopan Monastery November Course  
Meditation 101: Introduction to Meditation

lam-rim overview  
lam-rim overview, includes meditation, living by 5 lay precepts, 8 Mahayana precepts, karma yoga  
applies throughout entire path to enlightenment, meditation

Heart Advice for Death & Dying (short intensive, includes meditation and how to be of service to others at the time of death)

**DISCOVERING BUDDHISM (DB)**  
meditation and short retreats required for each module  
100k Vajrasattva/prostrations, 3 Nyung Näs,  
2 week lam-rim retreat required to complete program  
intro to 5 lay precepts and 8 Mahayana precepts  
karma yoga encouraged, Inner Job Description service training (optional)

DB1: Mind & Its Potential  
DB2: How to Meditate  
DB3: Presenting the Path  
DB4: The Spiritual Teacher (Guru Devotion)  
DB5: Death & Rebirth  
DB6: All in 3 Jewels  
DB7: Refuge in 3 Jewels  
DB8: Establishing A Daily Practice  
DB9: Samsara & Nirvana  
DB10: Transferring Bodhichitta - Problems  
DB11: Transferring Bodhichitta - 6 Perfections  
DB12: Wisdom of Emptiness  
DB13: Introduction to Tantra  
DB14: Vajrasattva Prostrations

DB1: Mind & Its Potential  
applies throughout entire path to enlightenment  
lam-rim overview  
applies throughout entire path to enlightenment  
applies throughout entire path to enlightenment

**FOUNDATION OF BUDDHIST THOUGHT (FBT)**  
daily meditation required  
nurture harmonious behavior and communication  
karma yoga encouraged

FBT - Year 1:  
\*Four Noble Truths  
\*Two Truths  
\*Buddhist Psychology & Epistemology

FBT - Year 2:  
\*Mind of Enlightenment  
\*Emptiness According to Madhyamika Prasangika school

FBT - Year 2:  
\*Overview of Tantric Grounds & Paths

LIGHT OF THE PATH: A New Wave of Buddhist Education, 2009-2014 lam-rim overview and practice taught by Lama Zopa Rinpoche, includes pujas, rituals, meditation, living by 5 lay precepts, 8 Mahayana precepts, karma yoga

**BASIC PROGRAM (BP)**  
3 month lam-rim retreat required to complete program  
5 lay precepts, student conduct self-evaluation  
karma yoga encouraged

BP: \*Mind & Cognition - Part 1: Awarenesses & Knowers  
Part 2: Minds & Mental Factors  
\*Tenets

BP: \*Heart Sutra  
\*Mahayana Mind Training  
\*Engaging in the Bodhisattva's Deeds  
\*Tenets  
\*Seventy Topics  
\*Sublime Continuum of the Mahayana: First Chapter: The Tathagata Essence  
\*Ornament of Clear Realizations: Ch. 4

BP: \*Grounds & Paths of Secret Mantra  
\*The Three Bodies  
\*Highest yoga tantra commentary

BP: \*"Stages of the Path", Lama Tsongkhapa's Medium Exposition of the Stages of the Path (Optional: Tsongkhapa's Lam-Rim Chenmo)

**MASTERS PROGRAM (MP)**  
1 year lam-rim retreat required to complete program  
weekly meditation requirement  
daily self-evaluation practice  
karma yoga required

MP: \*Abhidharmakosha  
Tibetan Language  
(Optional 3 month intensive available prior to start of program)

MP: \*Abhisamayalamkara

MP: \*Madhyamakavatara

MP: \*Grounds & Paths of Secret Mantra  
\*Two Stages of Guhyasamaja Tantra

**MAITRIPA COLLEGE (MC)**  
daily meditation requirement  
rules of ethical conduct  
community service required to complete program

MC: \*PHL301: Foundations of Buddhist Thought I - Introduction to Buddhist Philosophy  
\*TIB102/102: Tibetan Language (required year 1, optional years 2-3)  
\*MDT301: Introduction to Buddhist Meditation

MC: \*PHL303: FBT III - Doorway to the Great Scope  
\*PHL304: FBT IV: The Great Scope  
\*PHL305/306: Madhyamaka I/II  
\*MDT303: TM - The Great Scope  
\*MDT304: TM- Bodhichitta  
\*MDT305/306: TM-Madhyamaka Meditation

MC: \*PHL401/402: Vajrayana Philosophy I/II (optional)  
\*MDT401/402: Vajrayana Meditation I/II (optional)

MC: CS001-006 Community Service Practicum

MC: \*PHL302: FBT II - The Medium Scope  
\*MDT302: Techniques of Meditation (TM) - The Medium Scope  
applies throughout entire program

MC: \*PHL303: FBT III - Doorway to the Great Scope  
\*PHL304: FBT IV: The Great Scope  
\*PHL305/306: Madhyamaka I/II  
\*MDT303: TM - The Great Scope  
\*MDT304: TM- Bodhichitta  
\*MDT305/306: TM-Madhyamaka Meditation

MC: \*PHL401/402: Vajrayana Philosophy I/II (optional)  
\*MDT401/402: Vajrayana Meditation I/II (optional)

LOSANG RINCHEN ZANGPO TRANSLATOR PROGRAM: 4-year residential intensive in Tibetan language to become a translator and interpreter of the Dharma.

**LEGEND: FPMT INTEGRATED EDUCATION of Study Practice Behavior & Service complemented by:** mantras and sutras, retreats with Lama Zopa Rinpoche, service to community & FPMT, and living in pratimoksha/bodhisattva/tantric vows.

**Accumulation of Merit & Purification of Negativities** through pujas and karma yoga at centers, nine preliminary practices, recitation of

