

			World	Court	The Dharma												
					Guru	PHR.	Imp.	Low	Ref.	Karma	Suff.	12L.	Bodhi.	T.Trans.	6.Per	Emp	Tan
Subjects	Buddhist	FPMT		Law													
		LTC		Law													
		Sangha		Law													
		Lay		Law													
	Non-Buddhists		Virtuous or not	Law	Not applicable												

	1 st choice	2 nd choice
Guru devotion		
Perfect human rebirth		
Death & Impermanence		
Sufferings of lower realms		
Refuge		
Karma		
Sufferings of samsara		
12 links of dependence		
Bodhichitta		
Thought transformation		
Six perfections		
Emptiness		
Tantric perspective		

			World	Court	The Dharma												
					Guru	PHR.	Imp.	Low	Ref.	Karma	Suff.	12L.	Bodhi.	T.Trans.	6.Per	Emp	Tan
Subjects	Buddhist	FPMT		Law													
		LTC		Law													
		Sangha		Law													
		Lay		Law													
	Non-Buddhists		Virtuous or not	Law	Not applicable												

	1 st choice	2 nd choice
Eight Verses Mind Training		
Seven-point Mind Training		
Bodhisattva Deeds		
The Wheel-Weapon		
Poison-Destroying Peacock		
Stages of the Heroic Mind		

			World	Court	The Dharma												
					Guru	PHR.	Imp.	Low	Ref.	Karma	Suff.	12L.	Bodhi.	Lojong	6.Per	Emp	Tan
Subjects	Buddhist	FPMT		Law													
		LTC		Law													
		Sangha		Law													
		Lay		Law										#####			
	Non-Buddhists		Virtuous or not	Law	Not applicable												

	1 st choice	2 nd choice
Eight Verses Mind Training	I will train myself to cherish them, for they are so rarely found (v4)	I will train myself to view them as my sublime teacher (v6)
Seven-point Mind Training	Towards all beings, contemplate their great kindness (v3)	Do not dwell on others' shortcomings (v7)
Bodhisattva Deeds	May this seemingly negative connection be our link to waking up (Ch1, v34)	What help to me will be my friends and kin? For then life's virtue is my one defence, and this, alas, is what I shrugged away. (Ch2, v41)
The Wheel-Weapon	When I am avaricious yet bereft of wealth, it is the weapon of evil karma turning upon me for failing to give charity and make offerings to the Three Jewels; From now on I will strive in giving and offering (v36)	When all the good I have done turns out badly, it is the weapon of evil karma turning upon me for repaying others' kindness with ingratitude; From now on I will respectfully repay others' kindness (v44)
Poison-Destroying Peacock	Responding with evil to evildoers is as senseless as a donkeys' horn (v7)	With whom shall I battle, for I am my own enemy? Who will save whom, for I am my own saviour? (V79)
Stages of the Heroic Mind	Your life is being cut short by you yourself (v18)	Reflect deeply on this tale of terror (v19)