

(write the slogans in your own hand) OR [fill in reflections with the slogans already there](#)

The Preliminaries

- 1.

The Main Practice (Training in Bodhichitta)

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Transformation of bad circumstances into the Path of Enlightenment (Patience)

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Showing the Utilization of Practice in One's Whole Life (Exertion)

- 1.
- 2.

Evaluation of Mind Training (Meditation)

- 1.
- 2.
- 3.
- 4.

Disciplines of Mind Training (Prajna)

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Guidelines of Mind Training (Post-meditation)

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Concluding Verse: