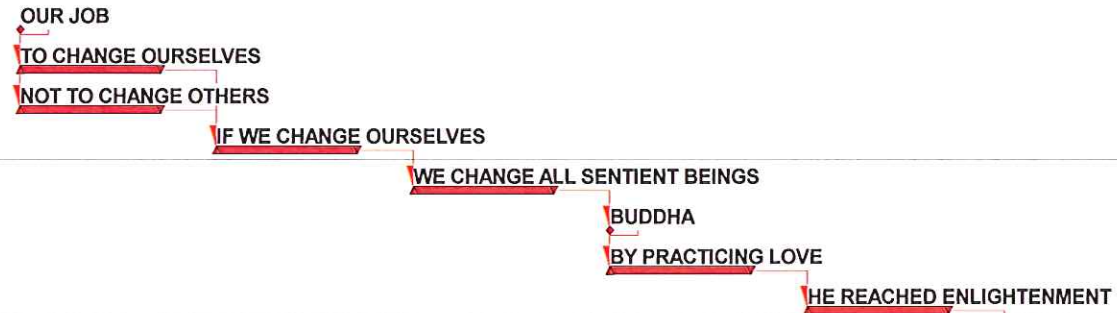
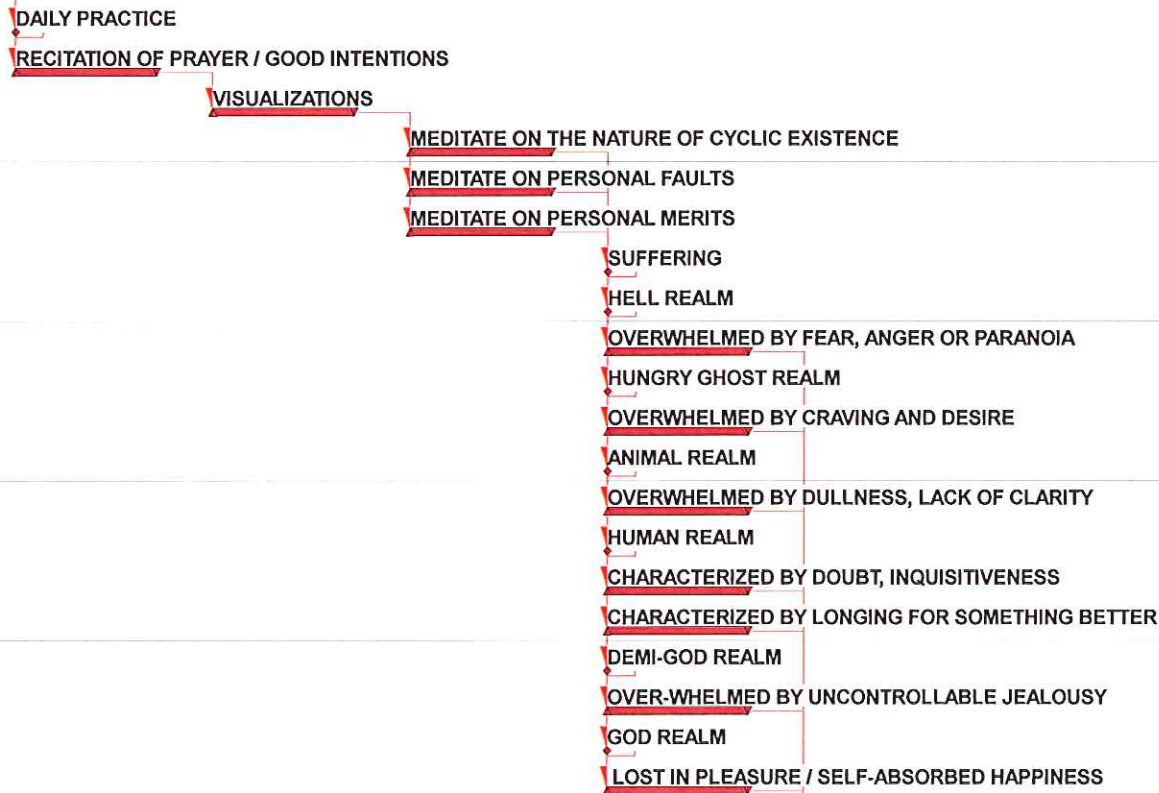


THE PATHS TO LIBERATION AND ENLIGHTENMENT
MAY 2011 KHEN RINPOCHE'S TEACHING



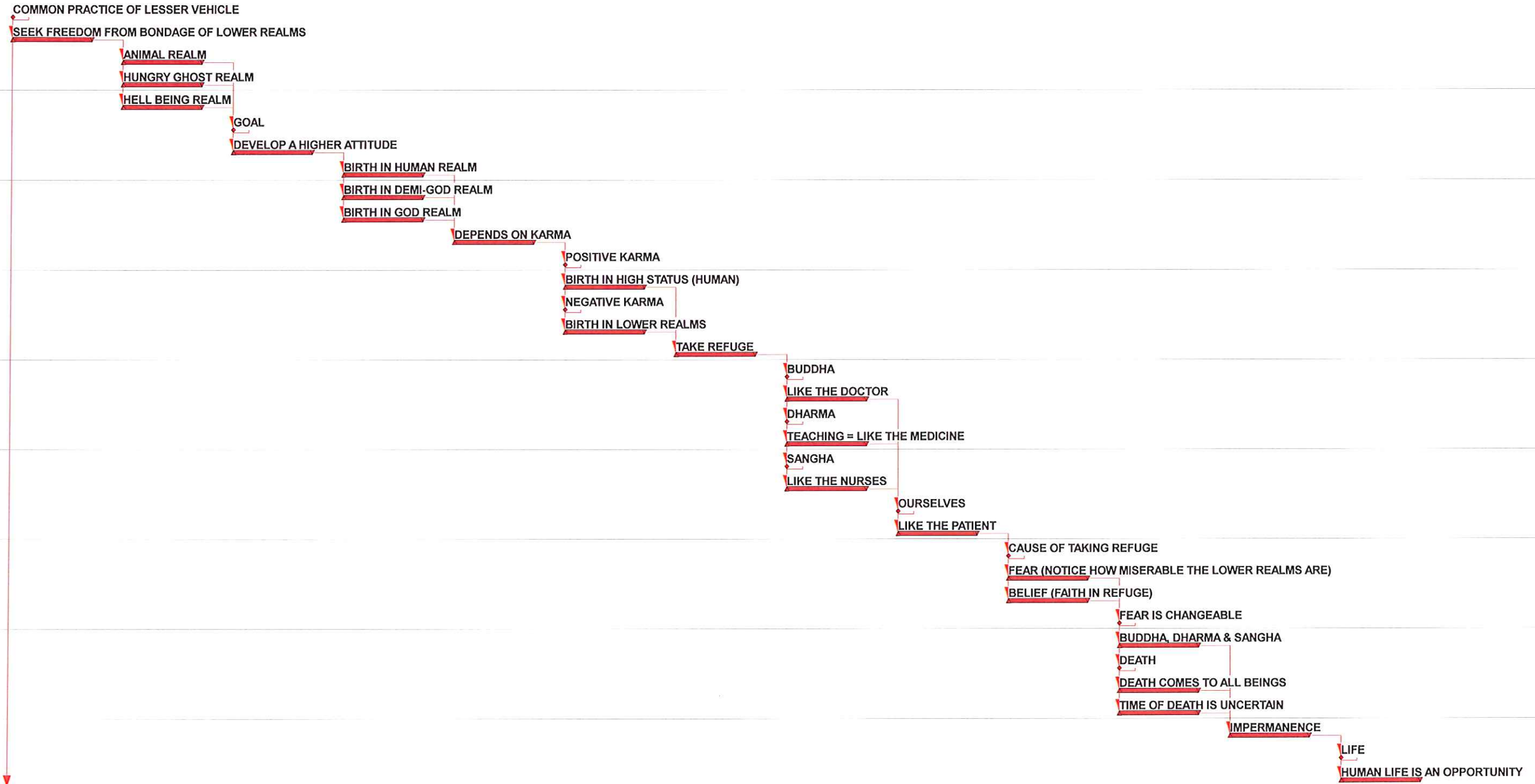
DAILY PRACTICE AND MOTIVATION



CAUSE / KARMA / APPROACH



THE PATHS TO LIBERATION AND ENLIGHTENMENT COMMON PRACTICE OF LESSER VEHICLE



THE PATHS TO LIBERATION AND ENLIGHTENMENT COMMON PRACTICE OF MIDDLE VEHICLE

COMMON PRACTICE OF MIDDLE VEHICLES

LEARN FOUR NOBLE TRUTHS

TYPES OF SUFFERING / DISSATISFACTION

SUFFERING OF SUFFERING (PAIN)

FUNDAMENTAL TO SAMBARA (DAILY LIFE)

BIRTH

SICKNESS

AGING

DEATH

SUFFERING OF CHANGE

ORDINARILY PLEASURABLE EXPERIENCES

PLEASURE IS RELATIVE AND IMPERMANENT

SUFFERING OF CONDITIONING

UNENLIGHTENED EXISTENCE

BASIS FOR PAINFUL EXPERIENCE

CAUSE OF FUTURE SUFFERING

DETERMINE CAUSE OF SUFFERING

IGNORANCE

CLINGING ATTACHMENT

ANGER / AVERSION

SEEK FREEDOM FROM AFFLICTIVE EMOTIONS / ACTIONS

MAIN GOAL

TRUE CESSATION (FREEDOM FROM BONDAGE OF SAMBARA)

DEPENDS ON CAUSES (THE TRUE PATH)

LIBERATION

THE PATHS TO LIBERATION AND ENLIGHTENMENT
COMMON PRACTICE OF HIGHER VEHICLE

MAHAYANA (HIGHEST VEHICLE)

REACH ENLIGHTENMENT FOR ALL SENTIENT BEINGS

PRACTICE EQUANIMITY

RECOGNIZE ALL SENTIENT BEINGS AS YOUR MOTHER

REPAY THEIR KINDNESS, COMPASSION AND LOVE

DEVELOP ALTRUISTIC MIND

KINDNESS

TWO TYPES OF KINDNESS

HELPFUL & KINDNESS TOWARD SELF

HELP & KINDNESS FROM OTHERS

SHELTER

FOOD

VEHICLE

CLOTHING

REPAY THE KINDNESS OF OTHERS

EQUANIMITY

GIVE UP ATTACHMENT TOWARD FRIENDS

GIVE UP ANGER TOWARD ENEMIES

GIVE UP IGNORANCE TOWARD STRANGERS

RECOGNIZE ALL SENTIENT BEINGS AS YOUR MOTHER

CAUSES AND CONDITIONS

BODHICHITTA

ALTRUISTIC MIND (SPECIAL ATTITUDE)

TAKE CARE OF THE BURDEN OF YOURSELF

DEVELOP GREAT COMPASSION

DEPENDS ON LOVE

LOVE

LOVE FRIENDS AND ALL SENTIENT BEINGS

MOTHER IS YOUR FIRST AND BEST FRIEND

RECOGNIZE / LOVE OTHERS AS YOUR MOTHER

LIBERATION

ENLIGHTENMENT