

The Joyful Path of Good Fortune: Developing the Wish to Attain Liberation / Introduction to the Four Noble Truths

This is an outline summarizing the condensed meaning of the chapters “Developing the Wish to Attain Liberation” and “The Four Noble Truths” in the book “The Joyful Path of Good Fortune” by Geshe Kelsang Gyatso (Tharpa Publications, 2nd rev. ed., 1995). It is a restructuring of a portion of the book's appendix “The Condensed Meaning of the Text.” The square brackets enclose the outline key (e.g. [4.1.2] would be the second part, of the first part, of the fourth part).

Developing the wish to attain liberation. [4.2.2.2.1] p.268

This is a very short chapter, with no subdivisions.

Introduction to the four noble truths. [4.2.2.1.1] p.271

1. True sufferings. [4.2.2.1.1.1] p.271
2. True origins (three poisons: ignorance/delusion, attraction/aversion, anger/hatred). [4.2.2.1.1.2] p.273
3. True cessations (nirvana). [4.2.2.1.1.3] p.273
4. True paths (purification, concentration, wisdom). [4.2.2.1.1.4] p.275

Context

1. Explanation of the pre-eminent qualities of the author, showing that the instructions of Lamrim are authentic. [1] p.5
2. Explanation of the pre-eminent qualities of Lamrim to inspire faith and respect for the Lamrim instructions. [2] p.17
3. Explanation of how to listen to and teach Dharma. [3] p.25
4. Explanation of the actual instructions of the stages of the path to enlightenment. [4] p.39
 1. How to rely upon a Spiritual Guide, the root of spiritual paths. [4.1] p.39
 2. How to take the essence of our human life. [4.2] p.121
 1. How to develop the determination to take the essence of our precious human life. [4.2.1]
 2. Training the mind in the actual methods for taking the essence of our precious human life. [4.2.2] p.139
 1. Training the mind in the stages of the path of a person of initial scope. [4.2.2.1] p.144
 2. Training the mind in the stages of the path of a person of intermediate scope. [4.2.2.2] p.267
 1. **Developing the wish to attain liberation.** [4.2.2.2.1] p.268
 1. **Introduction to the four noble truths.** [4.2.2.2.1.1] p.271
 2. Meditating on true sufferings. [4.2.2.2.1.2] p.277,p.309