

# The Joyful Path of Good Fortune: Meditation on True Sufferings

This is an outline summarizing the condensed meaning of the chapter “Meditation on True Sufferings” 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).

## **True sufferings.** [4.2.2.2.1.1.1] p.271,p.277

1. The general sufferings of samsara. [4.2.2.2.1.1.1] p.278
  1. Uncertainty. [4.2.2.2.1.1.1.1] p.278
  2. Having no satisfaction. [4.2.2.2.1.1.1.2] p.281
  3. Having to leave our body over and over again. [4.2.2.2.1.1.1.3] p.283
  4. Having to take rebirth over and over again. [4.2.2.2.1.1.1.4] p.284
  5. Having to lose status over and over again. [4.2.2.2.1.1.1.5] p.285
  6. Having no companionship. [4.2.2.2.1.1.1.6] p.286
2. The particular sufferings of each state of samsaric rebirth. [4.2.2.2.1.1.2] p.287
  1. The sufferings of the lower realms. [4.2.2.2.1.1.2.1] see pp.172-186
  2. The sufferings of the higher realms. [4.2.2.2.1.1.2.2] p.288
    1. The sufferings of human beings. [4.2.2.2.1.1.2.2.1] p.288
      1. Birth. [4.2.2.2.1.1.2.2.1.1]
        1. The extreme pains experienced in the womb and during birth. [4.2.2.2.1.1.2.2.1.1.1]
        2. The unceasing pains we experience after birth. [4.2.2.2.1.1.2.2.1.1.2]
        3. Birth is the basis for all the sufferings of life. [4.2.2.2.1.1.2.2.1.1.3]
        4. Birth is the foundation for all delusions. [4.2.2.2.1.1.2.2.1.1.4]
        5. Birth changes into death. [4.2.2.2.1.1.2.2.1.1.5]
      2. Ageing. [4.2.2.2.1.1.2.2.1.2] p.291
        1. Loss of beauty and health. [4.2.2.2.1.1.2.2.1.2.1]
        2. Loss of physical strength and vitality. [4.2.2.2.1.1.2.2.1.2.2]
        3. Loss of power in our sense and mental faculties. [4.2.2.2.1.1.2.2.1.2.3]
        4. Loss of enjoyments. [4.2.2.2.1.1.2.2.1.2.4]
        5. Loss of life span. [4.2.2.2.1.1.2.2.1.2.5]
    3. Sickness. [4.2.2.2.1.1.2.2.1.3] p.294
      1. Loss of power and control over the functions of our body. [4.2.2.2.1.1.2.2.1.3.1]
      2. Increasing unhappiness. [4.2.2.2.1.1.2.2.1.3.2]
      3. Loss of enjoyments. [4.2.2.2.1.1.2.2.1.3.3]
      4. Having to experience what we do not want to experience. [4.2.2.2.1.1.2.2.1.3.4]
      5. Knowing that our sickness is incurable and that our life is coming to an end. [4.2.2.2.1.1.2.2.1.3.5]

4. Death. [4.2.2.2.1.1.1.2.2.1.4] p.296
  1. Departing from our possessions. [4.2.2.2.1.1.1.2.2.1.4.1]
  2. Departing from our friends. [4.2.2.2.1.1.1.2.2.1.4.2]
  3. Departing from those who live and work with us. [4.2.2.2.1.1.1.2.2.1.4.3]
  4. Departing from our body. [4.2.2.2.1.1.1.2.2.1.4.4]
  5. Experiencing mental and physical pain. [4.2.2.2.1.1.1.2.2.1.4.5]
5. Having to part with what we like. [4.2.2.2.1.1.1.2.2.1.5] p.299
6. Having to encounter what we do not like. [4.2.2.2.1.1.1.2.2.1.6] p.299
7. Failing to satisfy our desires. [4.2.2.2.1.1.1.2.2.1.7] p.300
2. The sufferings of demi-gods. [4.2.2.2.1.1.1.2.2.2] p.303
3. The sufferings of gods. [4.2.2.2.1.1.1.2.2.3] p.303
3. The three types of suffering. [4.2.2.2.1.1.1.3] p.305
  1. The suffering of manifest pain. [4.2.2.2.1.1.1.3.1] p.306
  2. Changing suffering. [4.2.2.2.1.1.1.3.2] p.306
  3. Pervasive suffering (e.g. contaminated/appropriated aggregates). [4.2.2.2.1.1.1.3.3] p.307

## 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
        2. A preliminary explanation for establishing the path that leads to liberation. [4.2.2.2.2] p.310