

The Joyful Path of Good Fortune: Preparing for Meditation / What is Meditation

This is an outline summarizing the condensed meaning of the chapters “Preparing for Meditation” and “What is Meditation” 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).

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 1. How to train the mind during the meditation session. [4.1.1] p.41
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 1. Cleaning the meditation room and setting up a shrine with representations of Buddha's body, speech, and mind. [4.1.1.1.1] p.42
 2. Arranging suitable offerings. [4.1.1.1.2] p.48
 3. Sitting in the correct meditation posture, going for refuge (visualizing the Buddha) p.52, generating p.60 (four immeasurables: equanimity p.62, love p.63, compassion p.64, joy p.64) and enhancing p.61 bodhichitta. [4.1.1.1.3] p.50
 4. Visualizing the Field for Accumulating Merit. [4.1.1.1.4] p.65
 5. Accumulating merit and purifying negativity by offering the practice of the seven limbs (prostration p.68, offerings p.72, confession (four opponent powers: regret, reliance, opponent force, promise) p.73, rejoicing p.77, beseeching to stay p.79, requesting teaching p.80, dedication p.80) and the mandala p.81. [4.1.1.1.5] p.67
 6. Requesting the Field for Accumulating Merit in general and the Lamrim lineage Gurus in particular to bestow their blessings. [4.1.1.1.6] p.82

Context

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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
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