	The stimulus to extract the essence from the perfect human rebirth			* Identify the perfect human rebirth
 Relying on a spiritual teacher The training after you begin to rely on a teacher 	How to extract the essence from the perfect human rebirth	Training in the path shared with the small scope	Yearning for a good rebirth	* Impermanence and Death
				*Contemplating the three lower
			The means for a happy rebirth	*Taking refuge: the entry to the teachings
				* Developing faith in cause and effect
		Training in the path shared with the middle scope	Yearning for liberation	*The general sufferings of samsara: 6 & 3.
				*The specific sufferings of samsara: 7 human
			The path to liberation	*Origin of sufferings: delusions and karma
				* How we die and take rebirth - the 12 links
				*The path: the higher trainings in ethics, concentration & wisdom
		Training in the great scope stages of the path	Bodhicitta the sole gateway to the Mahayana	*The benefits of bodhicitta (10)
			How to develop bodhicitta	* The basis: Immeasurable Equanimity * Method 1: 7-Fold Cause and Effect * Method 2: Interchange of self and others
				* Developing bodhicitta through vows
			Training in the six perfections	*Generosity, Ethics, Patience and Effort Calm Abiding and Special Insight
				* The uncommon path of Vajrayana