

THREE TYPES OF PERSONS

CAPACITY	GOAL		ASPIRATION & PATH	TRAINING
SMALL	High status		Aspiration (striving for future lives)	Mindfulness of death Contemplating future suffering
			Path (achieving happiness in the next life)	Going for refuge Reflecting on karma (and giving up non-virtue)
MEDIUM	Definite goodness	Liberation	Aspiration (renunciation)	Reflecting on suffering and its origin Reflecting on the 12 links of dependent-arising
			Path (leading to liberation)	Three higher trainings
GREAT	Definite goodness	Enlightenment	Aspiration (bodhicitta)	Seven cause and effect Equalizing and exchanging self and other
			Path (training in the bodhisattva deeds)	Six perfections (Mahayana) Two stages (Vajrayana)