

First train in the preliminaries

Traleg Kyabgon Mind at Ease p. 61	Precious human life	Impermanence	Karmic cause and effect	The sufferings of samsara
Jamgon Kongtrul, tr. Ken McLeod Great Path of Awakening	The difficulty of obtaining a free and well-favored existence	Death and impermanence	Action as seed and result	Consideration of the shortcomings of samsara
Norman Fischer Training in Compassion p.8	The rarity and preciousness of human life	The inevitability of death	The awesome and indelible power of our actions	The inescapability of suffering