

## **Acharya Nagarjuna's Letter to a friend (Suhrelekha)**

The Text which deals with the actual Instruction if divided into three parts:

- I General advice concerning virtuous practise;
- II Development of aversion towards Samsara through contemplating its defects, and
- III Instruction on pursuance of the path after contemplating nirvana" benefits.

### **I General Advice Concerning Virtuous Practices**

CHAPTER 1: General Advice for Both House holders and those departed from the house life.

#### **(FIRST WEEK)**

CHAPTER 2: Instruction Directed Primarily to Householders.

#### **(SECOND WEEK)**

CHAPTER 3: Instruction for both concerning the pursuance of higher states and supreme beatitude.

#### **(THIRD WEEK)**

### **II Development of Aversion for Samara through contemplating its defects,**

CHAPTER 4: Presentation in Brief and in full.

#### **(FOURTH WEEK)**

### **III Pursuance of the Path, having contemplated Nirvanas Virtuous.**

CHAPTER 5: That which is Common to all Vehicles

CHAPTER 6: That Mahayana Path, together with its results-

#### **(FIFTH WEEK)**

LAST WEEK-**SIXTH WEEK** is for the preparation of Examination etc.  
This is the syllabus distributed for six weeks.

(Khenpo Chewang)  
Associate Professor

