

**An Outline of Verses 9–37 of Nāgārjuna's *Letter to a Friend*
Following the Presentation Style of the Small Scope of the Lam Rim**

Outline Number	Outline Title	Verses in Text
1	Developing Respect for Parents	9
2	Taking the One Day Vows	10-11
3	Seeing the Afflictions as the Enemy	12
4	Developing Carefulness / Heedfulness	13-14
5	Developing Patience	15-16
6	The Way of Behaviour of the Three Doors (body, speech, and mind)	17-19
7	Distinguishing Between Wholesome and Unwholesome Friends	20
8	Developing the Antidotes to the Manifest Afflictions	21-26
9	The Way of Developing the Antidote to the Seed	27
10	The Benefits of the Antidote to the Seed	28
11	Smoothing Out the Eight Worldly Concerns	29
12	In Particular, the Way of Contemplating the Need to Abandon What is Unwholesome	30-31
13	Striving for the Jewels/Wealth of the Āryas/Noble Ones	32
14	Abandoning the Adverse Conditions to That (Striving)	33
15	The Jewel of the World Known as Contentment	34-35
16	In Particular, Regarding the Householder Life, the Type of Spouse to Take Up and Avoid	36-37

Note: These outlines do not appear in ārya Nāgārjuna's original text but were added by Bhikṣu Losang Jinpa while abiding in retreat at Gaden Choling hermitage.

Preliminary Translation by Khedrup for the aid of students studying Nāgārjuna's *Letter to a Friend* with Geshe Sonam Ngodrup, 2021.