

**An Outline of Verses 46–105
of Nāgārjuna's *Letter to a Friend*
Practices Common to the Paths of the
Śrāvakas, Pratyekabuddhas, and Bodhisattvas**

Outline No.	Outline Name	Verse(s)
1.	Abandoning the objects to be abandoned and generating their antidotes in the mind. Also, showing the profound points of analytical meditation.	46
2.	Making effort [to understand] the correct mundane/worldly view	47
3.	Making effort [to understand] the correct world transcending view	48
4.	How to meditate on the correct world transcending view	49-50
5.	Abandoning fetters	51
6.	The need for oneself to strive mainly on the path to liberation	52
7.	Striving in the three higher trainings	53
8.	The method of striving in mindfulness, the root of meditation on the path	54
9.	The cause of mindfulness: [awareness of] death and impermanence	55-58
10.	The freedoms and riches: how they are meaningful and difficult to find	59-60
11.	The essential instruction of the four wheels/chakras	61
12.	The essential instruction of the guru yoga	62
13.	The suitability of effort when (one has) concordant conditions and an absence of discordant conditions	63-64
14.	Meditating on the general faults of samsara/cyclic existence	65-76
15.	Meditating on the individual (specific) faults of cyclic existence	77-102
16.	The way to bring forth great effort for the purpose of abandoning samsara/cyclic existence and achieving nirvana	103-105

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.