Lamrim Year Crosswalk

This crosswalk provides a navigational guide that shows the correlation between the lamrim outlines presented in *Lamrim Year* (LYWA, 2021) and the renowned book *Liberation in the Palm of Your Hand*, by Pabongka Rinpoche (Wisdom Publications, 2006). The crosswalk was created to support students who wish to extend their understanding of the teachings found in *Lamrim Year* by reading the corresponding section of *Liberation in the Palm of Your Hand*.

Many of the subheadings across the two publications are directly related, however there is not always an exact match. The *Lamrim Year* outline is adjusted to fit within the 365-day structure of the book and is set out in accordance with the emphasis given by Lama Zopa Rinpoche to certain topics. The Wrap-up at the end of each topic in *Lamrim Year* reviews that topic in its entirety.

Lamrim Year		Libera	tion in the Palm of Your Hand
Day #	Outline	Heading	Outline & Section
Day 1	INTRODUCTION		
Day 2	as above		
Day 3	as above		
Day 4	GURU DEVOTION	61–99	411.21 The advantages of relying on a
			spiritual guide
			[through to]
			411.24 Devoting yourself through deeds
Day 5	as above		as above
Day 6	1 Devoting to the guru		as above
	1.1 The power of the guru		
Day 7	1.2 The qualities of the guru		as above
Day 8	as above		as above
Day 9	1.3 The qualities of the disciple		as above
Day 10	2 The benefits of correct	61–62	411.21 The advantages of relying on a
	devotion to a guru		spiritual guide
			411.211 You will come closer to
			buddhahood
Day 11	2.1.1 We become closer to	63	411.211.1 You will come closer to
	enlightenment by practicing the		buddhahood by practicing the instructions
	advice given by our guru		he taught you
Day 12	2.1.2 We become closer to	64	411.211.2 You will also come closer to
	enlightenment by making offerings		buddhahood through making offerings to
	to our guru		the guru and serving him
Day 13	2.1.3 We become closer to	64	as above
	enlightenment by serving our guru		
Day 14	2.2 We please all the buddhas	65	411.212 It pleases the victorious ones
Day 15	2.3 We are not harmed by maras or	68	411.213 You will not be disturbed by
	evil friends		demons or bad company
Day 16	2.4 All our delusions and negative	69	411.214 You will automatically put a stop
	actions naturally cease		to all delusions and misdeeds
Day 17	2.5 All our realizations of the paths	70	411.215 Your insights and realization into
	and bhumis increase		the levels and the path will increase
Day 18	The story of Geshe Chayulwa		as above
Day 19	2.6 We will never lack virtuous	71	411.216 You will not be deprived of
	friends in all our future lives		virtuous spiritual guides in all your future
			rebirths

Day 20	2.7 We will not fall into the lower	72	411.217 You will not fall into the lower
Day 20		12	
D 21	realms	72	realms
Day 21	2.8 We will effortlessly achieve all	73	411.218 You will effortlessly achieve all
D 00	our temporary and ultimate wishes	7.4	short- and long-term aims
Day 22	3 The disadvantages of incorrect	74	411.22 The disadvantages of not relying
	devotion to a guru		on a spiritual guide, or of letting your
			devotion lapse
Day 23	3.1 If we criticize our guru, we	75	411.221 If you disparage your guru, you
	criticize all the buddhas		insult all the victorious ones
Day 24	3.2 Anger toward our guru destroys	76	411.222 When you develop angry
	our merit and causes rebirth in the		thoughts toward your guru, you destroy
	hells		your root merits and will be reborn in hell
			for the same number of eons as the
			moments [of your anger]
Day 25	Purifying our mistakes	50	411.153 The third limb: confession of sins
Day 26	3.3 Even though we practice tantra,	77	411.223 You will not achieve the supreme
	we will not achieve enlightenment		state, despite your reliance on tantra
Day 27	3.4 Even if we practice tantra with	78	411.224 Though you seek the benefits of
	much hardship, it will be like		tantra, your practice will achieve only the
	attaining hell and the like		hells and the like
Day 28	3.5 We will not generate any fresh	79	411.225 You will not develop fresh
	realizations and those we have will		qualities you have not already developed,
	degenerate		and those you have will degenerate
Day 29	3.6 We will be afflicted even in this	80	411.226 In this life you will suffer
,	life by illness and other undesirable		undesirable illnesses and so on
	things		
Day 30	3.7 In future lives we will wander	81	411.227 You will wander endlessly in the
24,50	endlessly in the lower realms	0.1	lower realms in your next lives
Day 31	3.8 In all our future lives we will	82	411.228 You will be deprived of spiritual
24, 51	lack virtuous friends	~ _	guides in all future lives
Day 32	as above		as above
Day 33	4. Devoting ourselves through	83–84	411.23 Devoting yourself through thought
Zuj ss	thought	00 01	411.231 The root: training yourself to
	4.1 The root: training our mind in		have faith in your guru
	devotion to the guru		nave nam m your gard
Day 34	4.1.1 Why we should look at the	85	411.231.1 The reason you must regard the
Day 31	guru as a buddha	03	guru as a buddha
Day 35	The story of the old woman and		as above
Day 33	the dog's tooth		www.
Day 36	4.1.2 Why we are able to see the	86	411.231.2 The reason you are able to see
Day 50	guru as a buddha	00	him this way
Day 37	as above		as above
Day 38	as above		as above
	The story of the two disciples and		as above
Day 39	the cold tea		as above
Day 40	4.1.3.1 There is nothing to trust in	91	411.231.34 You cannot be sure of
Day 40	our view	71	
Day 41	The story of Asanga, the dog and		appearances as above
Day 41			as above
Day 42	the maggots 4.1.3.2 All the buddhas and	90	411.231.33 Buddhas and bodhisattvas are
Day 42		90	
	bodhisattvas are still working for		still working for the sake of sentient
Da=- 42	sentient beings	00	beings
Day 43	4.1.3.3 The guru is the agent of all	89	411.231.32 Proof that the guru is the
	the buddhas' good works		agent of all the buddhas' good works

D 44	442477 11 1.11	00	444 024 24 77 : 11 1 1
Day 44	4.1.3.4 Vajradhara stated that the	88	411.231.31 Vajradhara stated that the guru
	guru is a buddha		is a buddha
Day 45	as above		as above
Day 46	4.2 Developing respect by	92	411.232 Developing respect for him by
	remembering the guru's kindness		remembering his kindness
Day 47	4.2.1 The guru is kinder than all the	93–94	411.232.1 The guru is much kinder than
	buddhas		all the buddhas
	4.2.1.1 The guru is kinder than all		411.232.11 He is much kinder than all the
	the buddhas in general		buddhas is general
Day 48	4.2.1.1 The guru is kinder than all	94	411.232.11 He is much kinder than all the
Day 10	the buddhas in general	, ,	buddhas is general
Day 49	4.2.1.2 The guru is kinder than	95	411.232.12 He is kinder specifically than
Day +7	Shakyamuni Buddha in particular	73	even Shakyamuni Buddha
Day 50		96	
Day 50	4.2.2 The guru's kindness in	96	411.232.2 His kindness in teaching the
D 54	teaching Dharma	07	Dharma
Day 51	4.2.3 The guru's kindness in	97	411.232.3 His kindness in blessing your
	blessing our mindstream		mindstream
Day 52	4.2.4 The guru's kindness in	98	411.232.4 His kindness in attracting you
	inspiring us to practice Dharma		into his circle through material gifts
	through material gifts		
Day 53	5. Devoting ourselves through	99	411.24 Devoting yourself through deeds
	action		
	5.1 Carrying out the guru's advice		
Day 54	5.2 Offering respect and service		as above
Day 55	5.3 Making material offerings		as above
Day 56	5.4 Guru yoga	63	411.211.1 You will come closer to
Day 30	3.4 Guiu yoga	03	
			buddhahood by practicing the instructions
	,		he taught you
Day 57	as above		as above
Day 58	as above		as above
Day 59	as above		as above
Day 60	as above		as above
Day 61	as above		as above
Day 62	Guru devotion: Wrap-up		
Day 63	as above		
Day 64	THE PERFECT HUMAN	102	42 The proper graduated training you
Day 01	REBIRTH	102	should undertake after you have begun to
	KEBIKITI		rely on your spiritual guide
Day 65	1 Identifying the perfect human	105	421.11 Identifying the optimum human
Day 03	rebirth	103	rebirth
D ((107	
Day 66	1.1 The freedom of not being born	106	421.111 The freedoms
	as a hell being		,
Day 67	1.2 The freedom of not being born		as above
	as a hungry ghost		
Day 68	1.3 The freedom of not being born		as above
	as an animal		
Day 69	1.4 The freedom of not being born		as above
	as a long-life god		
Day 70	1.5 The freedom of not being born		as above
_ = =, , ,	where no buddha has descended		
Day 71	1.6 The freedom of not being born		as above
Day (1	as a barbarian		is word
Day 72	1.7 The freedom of not being born		as above
1 1 1 2 1 7 / /	I I / The treedom of not being born. I		as above
Day 12	as a fool		

D 72	4.0 779		1
Day 73	1.8. The freedom of not being born		as above
	as a heretic		
Day 74	1.9 The five personal richnesses	107-8	421.112.1 The five personal endowments
Day 75	1.10 The five richnesses in relation	109	421.112.2 The five endowments in
	to others		relation to others
Day 76	as above		as above
Day 77	2 The benefits of the perfect	110–11	421.2 Thinking about the great benefits of
Day 11		110-11	
	human rebirth		the optimum human rebirth
	2.1 Temporal benefits		421.21 Its great benefits from the short-
			term point of view
Day 78	2.2 Ultimate benefits [See also Day	112	421.22 Its great benefits from the ultimate
	260		point of view
Day 79	2.3 How every moment can be	113	421.23 Thinking briefly about how even
Day 15	beneficial	113	every moment of it can be most beneficial
D 90		114–15	
Day 80	3 The difficulty of acquiring a	114–15	421.3 Thinking about how difficult the
	perfect human rebirth		optimum human rebirth is to acquire
	3.1 How the causes are difficult to		421.31 Thinking about the causes for its
	acquire		being so hard to acquire
Day 81	The story of the blind turtle	116	421.32 Some analogies for the difficulty of
			acquiring it
Day 82	3.2 The rarity of this life	117	421.33 It's difficult by nature to acquire
Day 83	3.3 The brevity of this life	117	as above
	,	110.00	
Day 84	4 Taking the essence of the	118–20	422 How to extract the essence from your
	perfect human rebirth		optimum human rebirth
Day 85	as above		as above
Day 86	The perfect human rebirth: Wrap-		
	up		
Day 87	IMPERMANENCE AND DEATH	121	1 422.111 Recalling that your present rebirth
Day 87	IMPERMANENCE AND DEATH	121	422.111 Recalling that your present rebirth will not last long and that you will die
-			will not last long and that you will die
Day 87 Day 88	1 The drawbacks of not	121 122–23	will not last long and that you will die 422.111.1 The drawbacks of not
-	1 The drawbacks of not remembering death		will not last long and that you will die 422.111.1 The drawbacks of not remembering death
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Day 88	1 The drawbacks of not remembering death 1.1 We do not remember to practice Dharma 1.2 We postpone our Dharma	122–23	will not last long and that you will die 422.111.1 The drawbacks of not remembering death 422.111.11 The drawback that you will not remember Dharma 422.111.12 The drawback that you will
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Day 88	1 The drawbacks of not remembering death 1.1 We do not remember to practice Dharma 1.2 We postpone our Dharma	122–23	will not last long and that you will die 422.111.1 The drawbacks of not remembering death 422.111.11 The drawback that you will not remember Dharma 422.111.12 The drawback that you will remember [the Dharma] but not practice it 422.111.13 [The drawback that] you will
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Day 89 Day 90 Day 91	1 The drawbacks of not remembering death 1.1 We do not remember to practice Dharma 1.2 We postpone our Dharma practice 1.3 We practice but do it impurely 1.4 We practice purely but not continuously	122–23 124 125 126	will not last long and that you will die 422.111.1 The drawbacks of not remembering death 422.111.11 The drawback that you will not remember Dharma 422.111.12 The drawback that you will remember [the Dharma] but not practice it 422.111.13 [The drawback that] you will practice but not practice properly 422.111.14 The drawback of not practicing seriously
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Day 97	2.4 We die happily and without	135	422.111.26 The advantage that you will die
Day 71	regret	133	happily and gladly
Day 98	3 The nine-point meditation on	136–37	422.111.3 The actual way to remember
Day 70	death	130 37	death
	death		422.111.31 The nine-part meditation on
			death
Day 99	3.1 Death is certain	138–39	422.111.311 The first root: thinking about
Day 11	3.1.1 Everyone has to die	130–37	the inevitability of death
	3.1.1 Everyone has to the		422.111.311.1 The first reason: the Lord
			of Death will inevitably come, and no
			circumstance at all can prevent this
Day 100	3.1.2 Our lifespan is continually	140	422.111.311.2 The second reason:
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Day 354	2 Establishing the selflessness of phenomena 2.1. Physical forms do not truly exist 2.2. Consciousness does not truly		422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that
Day 354 Day 355 Day 356	2 Establishing the selflessness of phenomena 2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist	424	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist
Day 354 Day 355	2 Establishing the selflessness of phenomena 2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated	424	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-
Day 354 Day 355 Day 356	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not	424	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not
Day 354 Day 355 Day 356 Day 357	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist	424 425 426	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature
Day 354 Day 355 Day 356	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do	424	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that
Day 354 Day 355 Day 356 Day 357	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist	424 425 426	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not
Day 354 Day 355 Day 356 Day 357	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do not truly exist	424 425 426 427	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist
Day 354 Day 355 Day 356 Day 357	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do	424 425 426	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist 422.331.223 Then, the way you develop
Day 354 Day 355 Day 356 Day 357 Day 358 Day 359	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do not truly exist 3.4. When to develop special insight	424 425 426 427	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist 422.331.223 Then, the way you develop special insight
Day 354 Day 355 Day 356 Day 357 Day 358 Day 359 Day 360	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do not truly exist 3 How to develop special insight as above	424 425 426 427	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist 422.331.223 Then, the way you develop special insight as above
Day 354 Day 355 Day 356 Day 357 Day 358 Day 360 Day 360 Day 361	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do not truly exist 3 How to develop special insight as above as above	424 425 426 427	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist 422.331.223 Then, the way you develop special insight
Day 354 Day 355 Day 356 Day 357 Day 358 Day 360 Day 361 Day 362	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do not truly exist 3 How to develop special insight as above as above Emptiness: Wrap-up	424 425 426 427	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist 422.331.223 Then, the way you develop special insight as above
Day 354 Day 355 Day 356 Day 357 Day 358 Day 360 Day 360 Day 361 Day 362 Day 363	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do not truly exist 3 How to develop special insight as above as above Emptiness: Wrap-up as above	424 425 426 427	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist 422.331.223 Then, the way you develop special insight as above
Day 354 Day 355 Day 356 Day 357 Day 358 Day 360 Day 360 Day 361 Day 362	2.1. Physical forms do not truly exist 2.2. Consciousness does not truly exist 2.3. Non-associated compounded phenomena do not truly exist 2.4. Unconditioned phenomena do not truly exist 3 How to develop special insight as above as above Emptiness: Wrap-up	424 425 426 427	422.331.222 Ascertaining the nonexistence of a self of phenomena 422.331.222.1 Ascertaining that conditioned phenomena do not naturally exist 422.331.222.11 Ascertaining that physical things do not naturally exist 422.331.222.12. Ascertaining that consciousness does not naturally exist 422.331.222.13 Ascertaining that non-associated compositional factors do not exist by nature 422.331.222.2 Ascertaining that unconditioned phenomena do not naturally exist 422.331.223 Then, the way you develop special insight as above