

Lamrim Chenmo  
Diagnostic Layer –  
Where to Practise When  
Stuck

● Pocket Diagnostic Reminder

- Symptoms reveal causes
- Apply antidotes, not preferences
- When self is empty, the path is light

● Meta-Diagnostic: When  
Unsure Where to Practise

- If motivation is weak →  
Chapters 1–3
- If resistance is strong →  
Chapter 4
- If life and practice are separate  
→ Chapters 6–8
- If guilt or pressure dominates →  
Wisdom emphasis

● Problem: Ethical Rigidity or  
Moral Anxiety

- Likely cause: Precepts reified  
as fixed entities
- Primary focus: Chapter 8 –  
Wisdom in Conduct
- Secondary focus: Chapter 4 –  
Emptiness of Self
- Key antidote: Dependent arising  
of action and restraint

● Problem: Loss of Confidence  
or Discouragement

- Likely cause: Path seen as self-  
based achievement
- Primary focus: Chapter 7 –  
Bodhisattva Vow
- Secondary focus: Chapter 1 –  
Great Capacity Perspective
- Key antidote: Shift from self-  
success to commitment

● Problem: Ritual Feels Empty  
or Superstitious

- Likely cause: Ritual  
disconnected from view and aim
- Primary focus: Chapter 5 – Ritual
- Secondary focus: Chapter 1 –  
Bodhicitta as Aim
- Key antidote: Restore intention  
before form

● Problem: Strong Resistance  
to Others' Needs

- Likely cause: Self-cherishing  
not fully exposed
- Primary focus: Chapter 4 –  
Equalising and Exchanging
- Secondary focus: Chapter 3 –  
Extraordinary Intention
- Key antidote: Reverse the  
assumed centre

● How to Use This Diagnostic  
Layer

- Identify the dominant difficulty
- Do not practise everything at once
- Apply the indicated chapter until  
symptoms change
- Re-check motivation and view regularly

● Problem: Practice Feels Dry  
or Mechanical

- Likely cause: Bodhicitta  
weakened or absent
- Primary focus: Chapter 1 – Great Capacity
- Secondary focus: Chapter 2 – Compassion
- Key antidote: Re-establish  
motivation before technique

● Problem: Strong  
Compassion but Emotional  
Exhaustion

- Likely cause: Compassion not  
grounded in emptiness
- Primary focus: Chapter 1 – Emptiness of Self
- Secondary focus: Chapter 4 – Self-cherishing
- Key antidote: Investigate the  
one who is overwhelmed

● Problem: Self-Criticism,  
Guilt, or Harshness

- Likely cause: Reification of vows or self
- Primary focus: Chapter 4 –  
Exchanging Self and Others
- Secondary focus: Chapter 7 –  
Wisdom Protecting the Vow
- Key antidote: Emptiness of  
agent and action

● Problem: Practice Feels  
Conceptual or Intellectual

- Likely cause: Training not  
integrated into life
- Primary focus: Chapter 6 – How to Train
- Secondary focus: Chapter 8 –  
Conduct and Perfections
- Key antidote: Apply Dharma to  
irritation and habit

● Problem: Difficulty  
Generating Bodhicitta

- Likely cause: Missing causal groundwork
- Primary focus: Chapter 3 –  
Sevenfold Cause and Effect
- Secondary focus: Chapter 2 – Compassion
- Key antidote: Build causes  
patiently, not force results