The Jewel Ornament of Liberation
By Je Gampopa

Gampopa and his disciple the first Karmapa

Cause, basis, condition,

Methods, result, and activity

Are the six general topics of unsurpassable enlightenment.

The wise should know these.

These are the general topics that Gampopa will discuss in his Jewel Ornament of Liberation, often called the "Lama's Manual."