



Danger of rebirth in lower realms

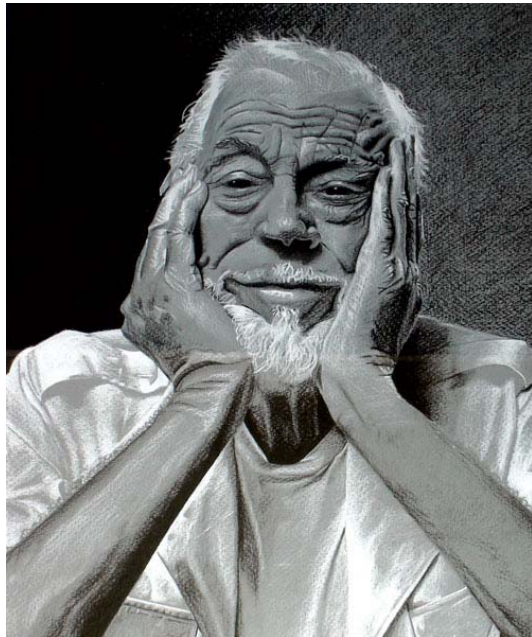


1

Why do we need to meditate on the sufferings of the lower realms?



- 1) Develop strong desire not to take rebirth in those unfortunate realms
- 2) Main cause of going for refuge
- 3) Reduce our pride (*we may be reborn there*)
- 4) Increase our compassion



2

How to gain
conviction of the
sufferings of hell
beings?



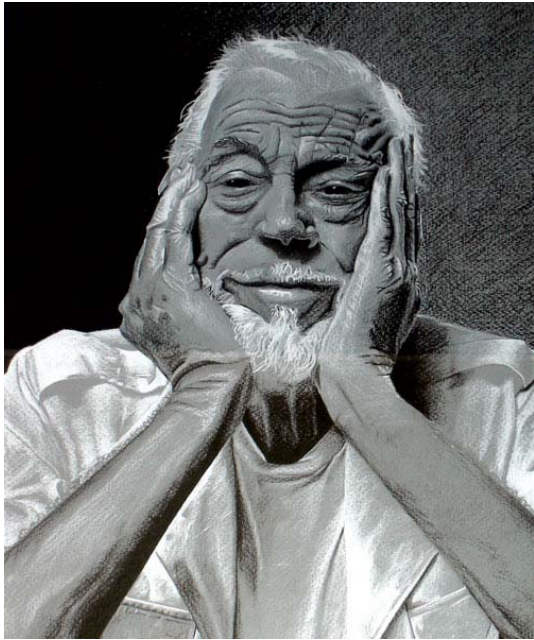
We gain conviction of the sufferings either from:-

1) Gaining conviction that hell exists

(2.1)

2) The actual meditation on the sufferings
of hell beings

(2.2)

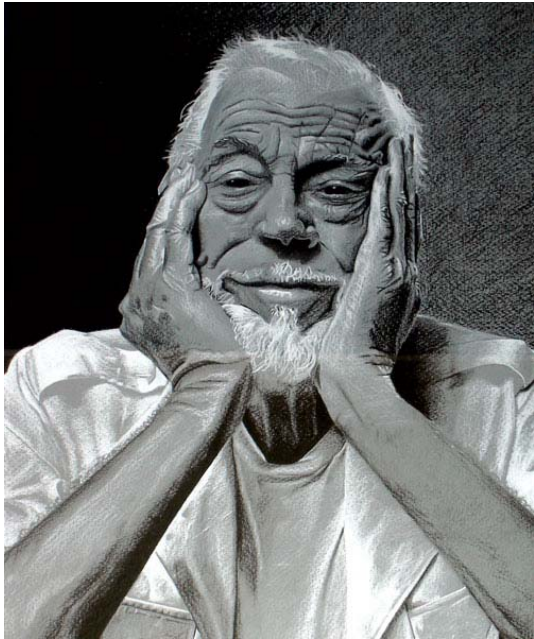


2.1 How can we gain conviction that Hell exists?



To gain confidence in the correct view by using reasoning that we can readily understand:-

- 1) Reasoning using external signs
(See 2.1A)
- 2) Reasoning using internal signs
(See 2.1B)



2.1A

**There are three ways
in which we can
reason ourselves
using external
signs?**

2.1A Signs / Conviction That Hell Exists

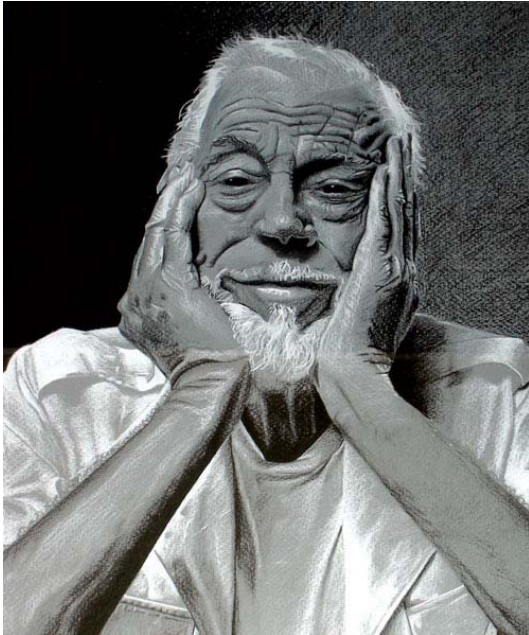


People trapped in midst of raging fire.....a
resembling of **"HOT HELL"**

2.1A Signs / Conviction That Hell Exists



When people crashed to death in earthquake,
their suffering is like suffering of the
Massed Destruction Hell



2.1B

**There are three ways
in which we can
reason ourselves
using internal
signs?**



The three reasons are:-

- 1) Considering the Law of Karma in general [2.1Ba]
- 2) Considering dreams [2.1Bb]
- 3) Considering how the world as it appears to us depends on Karma [2.1Bc]

2.1Ba **Considering Law of Karma in general**



- Most people whether or not religious, believe that we should engage in virtuous actions and avoid actions that are harmful.
- General Law of Karma
- With this we understand how hell exists – hell is painful, terrifying world that is experienced as a result of most destructive kinds of bad action.

2.1Bb Considering dreams



- This line of reasoning is very helpful because it is based on our own immediate experience.
- Dream / nightmares of hostile environments (places full of fire) refer to experience we had in this life or past lives (hell beings) or experience we shall have in future.
- These dreams have karmic imprints (past lives and present) and karmic potential (future lives)

2.1Bc Considering World as it appears depends on karma



- When we die, the world we now experience with our sense consciousness will become non-existent, and the world that will appear to us when we take rebirth will be entirely new.
- If we understand this we shall see that the different worlds do not exist inherently.
- The way in which our world appears to us depends upon our mind.

2.1Bc Considering World as it appears depends on karma



- ❑ A pure mind experience pure world
- ❑ An impure mind experience impure world (hell is worst)



2.2 Actual Meditation on Sufferings of the lower realms:

2.2A Hell Beings

2.2A Actual Meditation on Sufferings of Hell beings



Great Hell (2.2Aa)



Neighboring Hell (2.2Ab)



Cold Hell (2.2Ac)



Resembling Hell (2.2Ad)



2.2Aa Sufferings of beings in Great hells



- ✓ **The Great hells, or hot hells, are located many miles beneath our earth.**
- ✓ **The environment of these hells are predated by fire.**
- ✓ **There are eight specific hot hells:**
 - 2.2Aaa Reviving hell**
 - 2.2Aab The Black line hell**
 - 2.2Aac Massed Destruction**

2.2Aa Sufferings of beings in Great hells



- ✓ There are eight specific hot hells (Cont'd):

2.2Aad Wailing hell

2.2Aae Loud Wailing hell

2.2Aaf Hot hell

2.2Aag Intensely Hot hell

2.2Aah Unceasing Torment hell

Intensity of sufferings : Reviving >>>>>Unceasing Torment

22.2Aaa Reviving Hell



- 1. Rebirth as result of beings having killed out of hatred or aggression.**
- 2. Weapons appear spontaneously and they use to pierce and lacerate each other's bodies.**
- 3. When each piece of flesh falls onto red hot iron ground, it experiences excruciating pain.**
- 4. Eventually they die and voice commanding them to revive and reborn in same hell until karma exhausted.**

2.2Aab Black Line Hell



In **Black Line Hell**, beings are seized by merciless torturers who force them to lie down on hot iron ground. Bodies stretched out and slowly cut with burning weapons such as axes, knives and saws.



2.2Aac Massed Destruction Hell



- 1. Beings are crushed between huge iron mountains that resemble heads of animals they have killed in the past.**
- 2. Crushed until all the blood in their bodies is squeezed out or bodies turn into paste.**
- 3. At times, bodies are rolled flat by red hot rollers.**
- 4. Pain....Pain everywhere**

2.2Aad Wailing Hell



- 1. Beings are driven by fear to search for a safe place**
- 2. Eventually they find an iron house, but door slam shut**
- 3. Iron house bursts into flames**
- 4. Bodies incinerated and they howl and wail in agony, but no escape from their prison of fire**

2.2Aae Loud Wailing Hell



In **Loud Wailing Hell**, beings born in ocean of boiling liquid. Grotesque torturers push them to the bottom with sharp spears and smash them with clubs when they resurface.



2.2Aaf Hot Hell



- 1. Beings are fried like fish on red-hot metal**
- 2. Huge skewers are thrust into their bodies and they are beaten to a pulp on the blazing iron ground**
- 3. Flames issue from every orifice of their bodies**

2.2Aag Intensely Hot Hell



- 1. Beings are impaled on flaming tridents and their bodies are encased in red-hot metal**
- 2. They are boiled in cauldrons of molten copper until the flesh falls away from their bones.**
- 3. Then their skeletons are laid out on the blazing ground until their flesh grows back and once again they are hurled into the boiling cauldrons.**

2.2Aah Unceasing Torment Hell



- 1. Most horrific of all hells**
- 2. Huge balls of fire rains down upon the inhabitants, burning every tissue of their bodies until they resemble only a mass of raging flames**

2.2Ab The Sufferings of beings in neighbouring hells



Surrounding each of the great hells are the neighbouring hells

There are :

2.2Aba Pit of Fiery Ash

2.2Abb Swamp of Excrement

2.2Abc Plain of Razors

2.2Abd Forest of Sword-leaf Trees

2.2Abe Mountain of Abrasive Trees

2.2Abf Acid River

2.2Aba Pit of Fiery Ash



- 1. Inhabitants have to walk through a pit of fiery ash**
- 2. As their legs sink into the red-hot ashes, their skin and flesh are burned away, only to grow back again so they experience the same torment over and over again**



2.2Abb Swamp of excrement

In the **Swamp of Excrement**, beings drown in filthy swamp that resembles rotting corpses. Tiny insects burrow into their bodies, right through to the marrow, causing them excruciating pain.....



2.2Abc Plain of Razors



- 1. Ground is covered with razor-sharp blades**
- 2. Inhabitants walk barefoot over this ground, their feet are cut to shreds**

2.2Abd Forest of Sword-leaf Trees



In the **Forest of Sword-leaf Trees**, the beings are dismembered by razor-sharp leaves that fall from trees. As they lie wounded on ground, vicious dogs come and tear their flesh.



2.2Abe Mountain of Abrasive Trees



- 1. Beings are driven by attachment to seek attractive objects at the top of trees.**
- 2. As they climb, their limbs are ripped and shredded by jagged thorns that protrude downwards from the tree trunks**
- 3. As they reach the top, the object disappears and reappears on the ground**

2.2Abe Mountain of Abrasive Trees



- 4. As they climb down, again limbs ripped and shredded by jagged thorns now protrude upwards**
- 5. As they struggle to free themselves from the trees, ferocious birds with iron beaks peck out their eyes.**

2.2Abf Acid River



In the **Acid River**, beings are cast into a river of molten lava and carried along by a very strong current. If they try to scramble out of the river, cruel tormentors on the banks push them back in with hooked sticks.....



2.2Ac Sufferings of beings in Cold Hell



In these **Cold hells**, the grounds are solid ice surrounded on all sides by huge mountain of ice. Pitch dark and terrifying blizzard blows continuously. Inhabitants naked.....freezing cold.

2.2Ad Resembling Hells

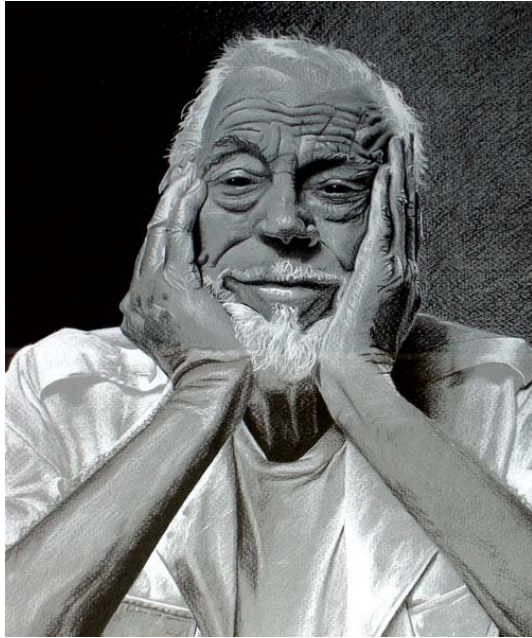


People trapped in midst of raging fire.....a resembling of "HOT HELL"

2.2Ada Resembling Hells



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2.2 Actual Meditation on Sufferings of the lower realms:

2.2B Hungry Spirits

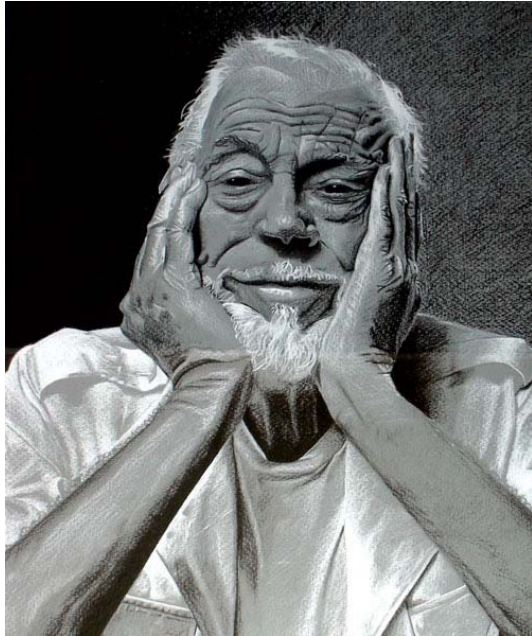


2.2B Sufferings of Hungry Spirits

Six kinds of suffering that Hungry Spirits experience:-

- ☹ Intense Heat
- ☹ Intense Cold
- ☹ Intense Hunger
- ☹ Intense Thirst
- ☹ Great Fatigue
- ☹ Great Fear





2.2 Actual Meditation on Sufferings of the lower realms:

2.2C Animals

2.2Ac Sufferings of Animals



**Five kinds of suffering that
Animals experience:-**

- 1. Ignorance and Stupidity**
- 2. Heat and Cold**
- 3. Hunger and Thirst**
- 4. Exploitation by Human beings for labour, food, resources and entertainment**
- 5. Being prey to one another**





2.2Aca **Sufferings of Animals**



**I must not
be born as
an animal
in my next
life**



2.2Acb **Sufferings of Animals**

**I must get out of
this vicious
cycle of
sufferings.....**





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email us if you need
further clarification or
explanation**