

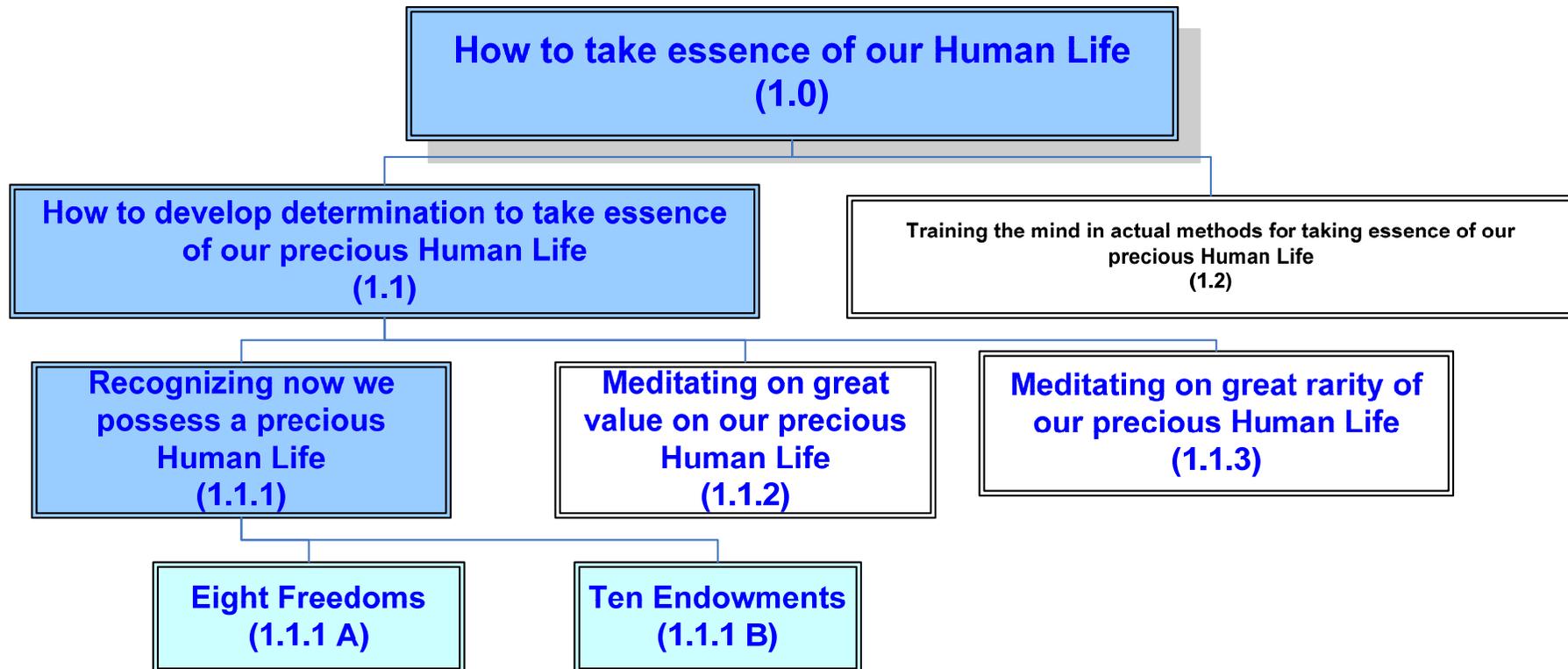


Our Precious Human Life

Road Map – Our Precious Human Life



What will you learn?



1.1.1 A Eight Freedoms



We need to recognize that as human beings, we now possesses a precious Human life. We have the following 8 freedoms i.e., freedom from being:-

- 1) Born as a hell being***
- 2) Born as a hungry spirit***
- 3) Born as an animal***
- 4) Born as ordinary god***
- 5) Born and remain in country with no religion***
- 6) Born and remain in country where there is no Buddhadharma***
- 7) Born and remaining with mental or physical disabilities***
- 8) Freedom from holding a wrong views denying Dharma***

1.1.1 B Ten Endowments



The first 5 Endowments are personal endowments:-

- 1) Being born as human***
- 2) Being born and remain in country where dharma is flourishing***
- 3) Being born and remain in country with complete powers, free from mental and physical disabilities***
- 4) Not having committed any of the 5 actions of immediate retribution***
- 5) Having faith in the three sets of Buddha's teachings***

1.1.1 Ba Ten Endowments (Cont'd)

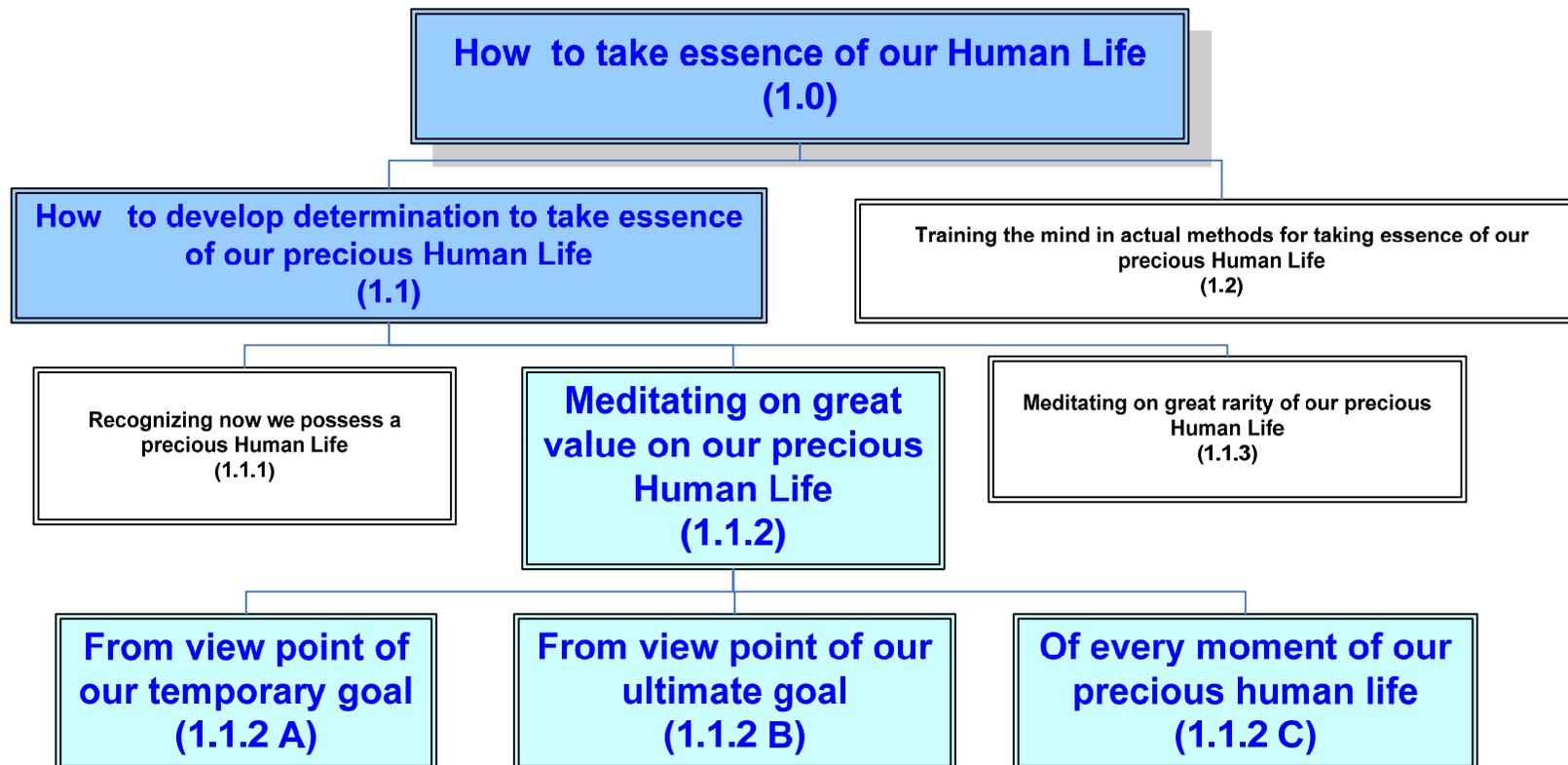


Another 5 Endowments with regard to external conditions:-

- 6) Taking human rebirth in a world where Buddha has appeared*
- 7) Taking human rebirth in a world where Buddha has taught dharma*
- 8) Taking human rebirth in a world where pure Dharma is still being taught*
- 9) Taking human rebirth in a world where there are people practising pure Dharma*
- 10) Taking human rebirth in a world where there are benefactors and sponsors for Dharma practitioners*



*“Mediating on great value on our precious Human Life”
is done via 3 points of view: temporary goal, ultimate goal and
reflecting every moment of our life.*



1.1.2A Precious human life from view point of temporary goal



Attributes	Causes
Human Birth	Moral Discipline / Stainless prayer
7 attributes of higher lineage / Future happiness	
- Nobility	Respect parents, Spiritual Guides & Triple Gems
- Great Beauty	Patience
- Great Resources	Generosity
- Great Power	Offering protection to others
- Great Wisdom	Studying & rejoicing in Dharma
- Great Health	Healing and looking after sick
- Long Life	Saving lives of other

Temporary Goal....Limited Happiness experienced by human and gods

1.1.2B Precious human life from view point of ultimate goal



Ultimate Goal

- ❖ *Attain pure eternal happiness of liberation and full enlightenment*
- ❖ *Use human life to practice and complete 3 higher trainings that lead to liberation*

Training in 5 causes of full enlightenment

- ✓ *Renunciation; Bodhicitta; Correct view of emptiness; Generating & completing stages of Secret Mantra*

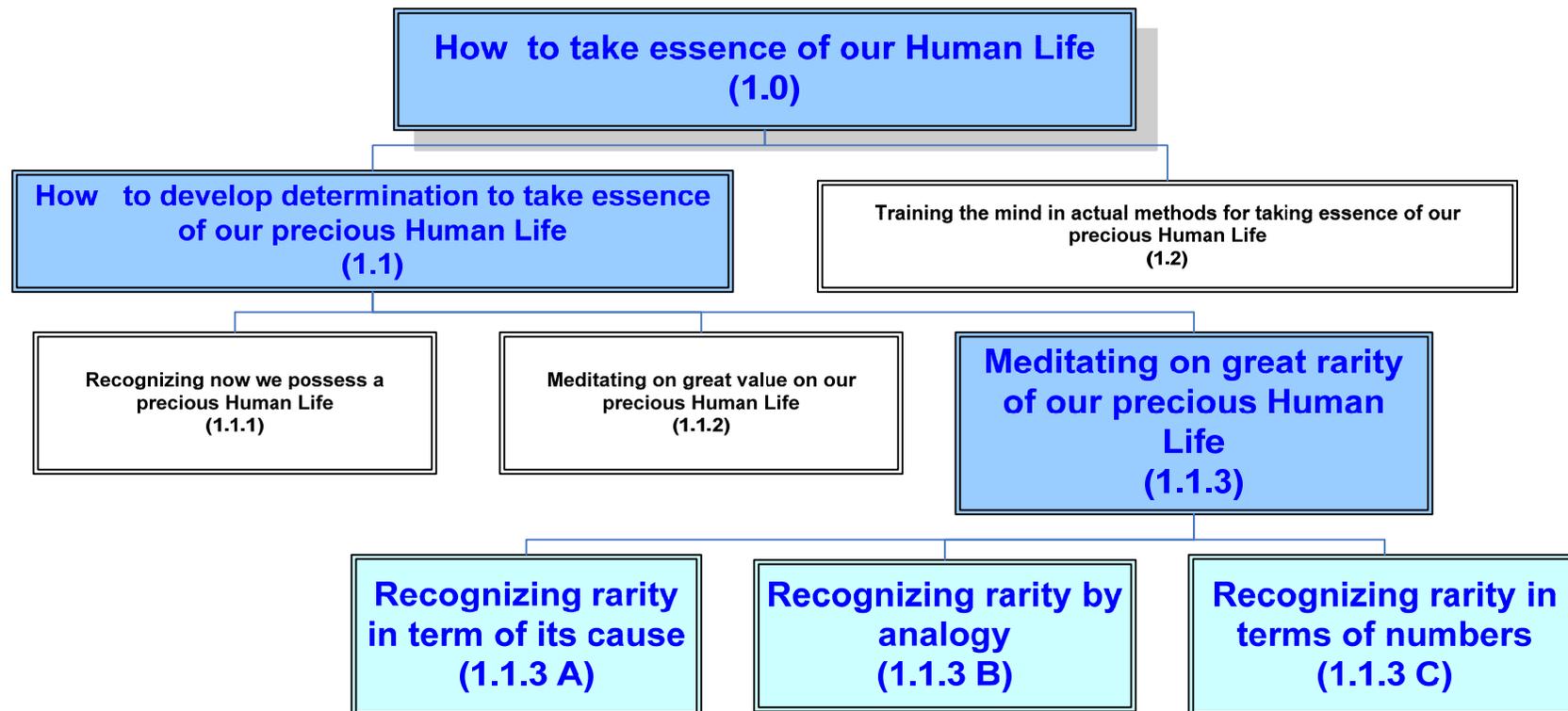
1.1.2C Precious human life from view point of every moment



- ✓ *Every single moment of our lives can be used to create large amount of merit and to purify all our negative karma that we have created in the past lives.*
- ✓ *By meditating on the great value of this precious human life, we shall feel a great sense of loss if we wasted even a single moment.*



“Mediating on great rarity on our precious Human Life can be done in term of its cause, analogy and numbers.



1.1.3A Recognizing Precious human life rarity in term of causes



Very rare to be born a human
because it is rare for anyone
to practice pure moral
discipline, which is the cause
for a human rebirth.....

1.1.3B Recognizing Precious human life
rarity in term of analogy



In one sutra, Buddha Shakyamuni asks his disciples, “Suppose there existed a vast and deep ocean the size of this world, and on its surface there floated a golden yoke, and at the bottom of the ocean there lived a blind turtle who surfaced only once in every hundred years. How often would that turtle raise its head through the middle of the yoke?.....Ananda answers that, indeed, it would be extremely rare.



1.1.3B Recognizing Precious human life rarity in term of analogy (Cont'd)



Morale of story.....

- 1) Most of precious lives, we remained at bottom of vast & deep ocean of Samsara***
- 2) Occasionally we are born as Human beings***
- 3) Even with human life, extremely rare to meet Buddhadharma***

1.1.3C Recognizing Precious human life rarity in term of numbers



Even as human being with all freedoms & endowments, still difficult to practice pure Dharma. WHY?

No time to study and meditate, laziness of procrastination and complacency.

1.1.3 C Rarity in terms of number (Cont'd) (Major World Religions by Rank - 2005)

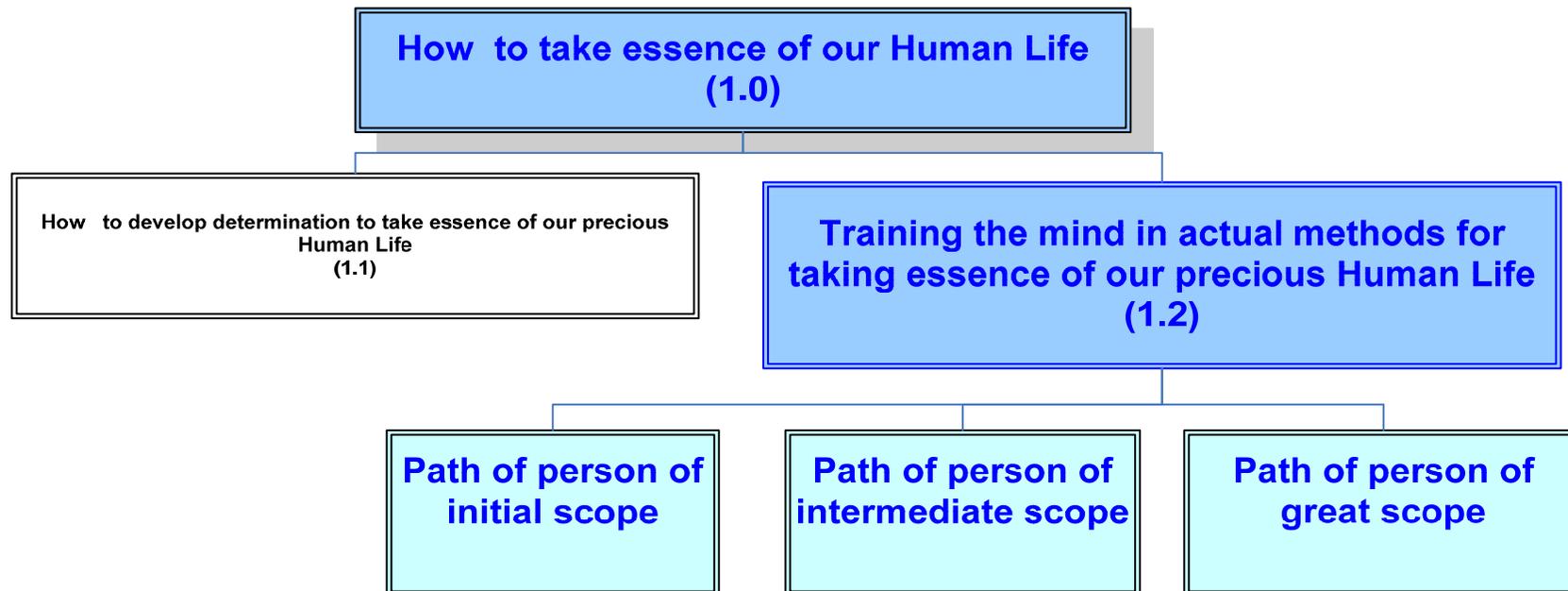


Christianity	2.1 billion
Islam	1.5 billion
Secular / Non Religious / Agnostics / Atheist	1.1 billion
Hinduism	900 million
Taoism	394 million
Buddhism	376 million
Judaism	14 million



Of the 376 million Buddhists, how many actually practice Pure Dharma?

1.2 Training the mind in actual methods for taking essence of our precious human life is via the gradual path of enlightenment i.e., initial , intermediate and greater scope



Please see 1.2 for summary of the path

1.2 THE STAGES OF THE PATH TO ENLIGHTENMENT

Initial Scope		Intermediate Scope	Great Scope
Ordinary Small Being	Special Small Being		
Finding worldly happiness in this life alone	Striving for a rebirth in upper realms in future lives	Striving for liberation from cyclic existence	Striving for complete Buddhahood
If an ordinary small being also practices Lamrim, he will not only become much more successful in all his worldly pursuits, but he will also increase his merit, purifying negative karma, and gradually extend his aspiration to become a special small being.			
	Re-birth in Human, Asura [Demi God] and Heavenly realms	Arahantship / Pacceka Buddhahood	Buddhahood (via Bodhisattva path)



**Go to Kadhampa Web
page (Contact us) and
email us if you need
further clarification or
explanation**