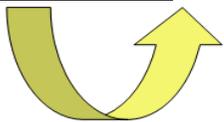
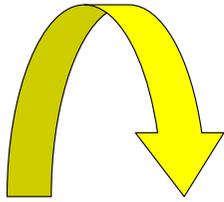


# WHY WE NEED TO MEDITATE ON TRUE SUFFERINGS

*Realize that whole Samsara is the nature of suffering. Need to generate a strong wish to attain liberation. And, by meditation, develop renunciation with respect of our own suffering and compassion of others' sufferings.*



## General sufferings in Samsara

**Common experiences by all beings in Samsara:-**

- 1) Uncertainty (conditions, relationship, beauty, youthfulness etc)
- 2) Having no satisfaction in our wants
- 3) Taking rebirth over and over again (up and down the Samsara)
- 4) Losing status over and over again (good reputation or high social status will decline)
- 5) Having no companionship (when we die, cannot be united with our friends of this life. And, in next life, no familiar faces)

## Specific sufferings in each Samsara realms

Sufferings of the Lower Realms

Sufferings of the Higher Realms



## Three Types of Sufferings

Internal True Sufferings (within continuum of body and mind of any being in Samsara)

External True Sufferings (various environments and enjoyments of beings within Samsara)

The suffering of manifest pain  
Changing suffering  
Pervasive suffering

The Great hells, or hot hells, are located many miles beneath our earth. The environment of these hells are prevailed by fire.

There are **eight specific hot hells**:  
 Reviving hell  
 The Black line hell  
 Massed Destruction  
 Wailing hell  
 Loud Wailing hell  
 Hot hell  
 Intensely Hot hell  
 Unceasing Torment hell




Surrounding each of the great hells are the neighbouring hells

There are :  
 Pit of Fiery Ash  
 Swamp of Excrement  
 Plain of Razors  
 Forest of Sword-leaf Trees  
 Mountain of Abrasive Trees  
 Acid River

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.



**Six kinds of suffering that Hungry Spirits experience:-**

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

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

Ignorance and Stupidity  
 Heat and Cold  
 Hunger and Thirst  
 Exploitation by Human beings for labour, food, resources and entertainment  
 Being prey to one another

Contemplate the following sufferings experienced in **human realms**:-

Birth  
 Sickness  
 Ageing  
 Death  
 Other types of suffering (Misery of separations, encounter what we do not like, failing to satisfy our desires)

**1) Demi-gods** are similar to gods, but their bodies, possessions and environments are inferior.  
**2)** Although status higher than human beings, they do not experience pure happiness  
**3)** Strong karmic obstruction, cannot realize ultimate nature of reality  
**4)** Demi-gods problem is mental affliction – jealousy  
**5)** Perpetual battle with Gods and they always lose

**Gods of Form and Formless realms**

- 1) Do not experience sufferings like those of gods in desire realm
- 2) Do not experience signs of death
- 3) Do not engage in battle
- 4) Do not experience dissatisfaction and any kind of painful feeling
- 5) But, they do experience pervasive suffering and lack freedom
- 6) They too have to take rebirth in lower realms
- 7) No pure and lasting happiness

**Gods of desire realm**

- 1) We may think it is wonderful to be a god, but gods do not enjoy real happiness.
- 2) Gods of desire realms have to defend themselves against demi-gods
- 3) Overwhelmingly depressed when meeting other Gods with higher merit
- 4) Lives of gods full of conflict and experience dissatisfaction.
- 5) Even they experience enjoyment, desires continue to grow stronger.
- 6) Gods of desire realm have more mental suffering than human beings.
- 7) Human beings, sufferings of ageing is long and death is brief. For gods, rebirth is short and death is long.
- 8) Knowledge of their next rebirth brings anguish at time of death because most of them fall into lower rebirths.
- 9) When god die, they experience 10 specific signs
- 10) When experiencing signs of death, feel fear
- 11) Receive no sympathy and other gods treat him or here as outcast