

The Precious Human Life

Saturday & Sunday, March 11 & 12 at Kunzang Palchen Ling & Livestreamed



Our guiding questions this weekend will be:

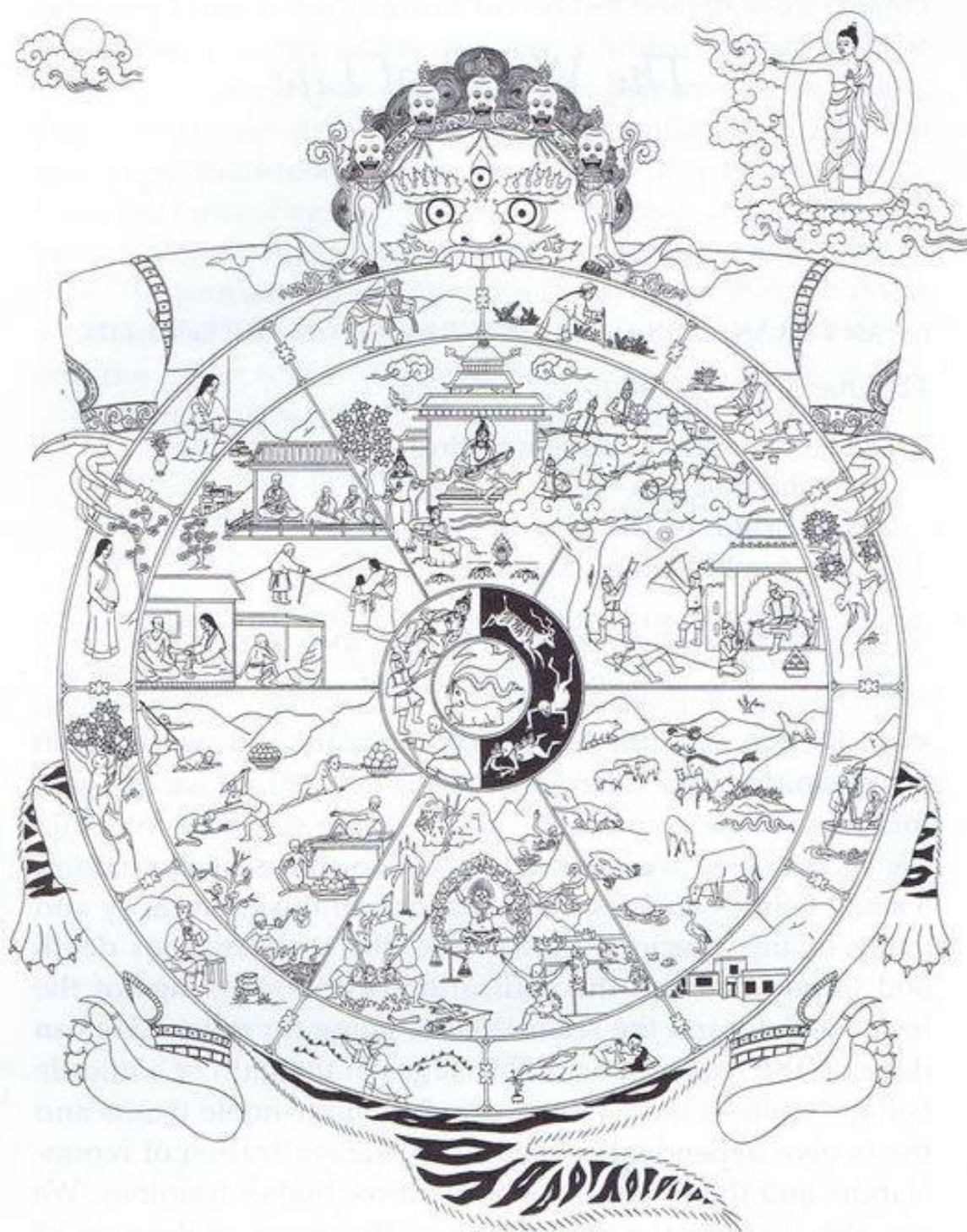
- A) What makes a human life precious?
- B) What should we do with our precious human life?

The Eight Freedoms

1. Free from being born into a hell realm
2. Free from being born into the hungry ghost realm (aka pretas)
3. Free from being born into the animal realm
4. Free from being born a barbarian
5. Free from being born as a long-lived god
6. Free from being born with wrong views
7. Free from being born in a time without enlightened beings
8. Free from being born deaf or mute

The Six Realms

as depicted in The Wheel of Life



See: <https://en.wikipedia.org/wiki/Bhavacakra>

The Ten Advantages

The Five Individual Advantages

1. Having been born a human being
2. Having been born in a central region
3. Having been born with all of one's faculties
4. Having a lifestyle that does not conflict with spiritual practice
5. Having faith in the Buddha's teachings i.e. the Dharma

The Five Circumstantial Advantages

1. A Buddha has appeared
2. A Buddha has taught the Dharma
3. The teachings still exist
4. The teachings can be followed/practiced
5. There are favorable conditions for Dharma practice i.e. kind hearted teachers

Tripitaka – (“Thee Baskets” in Sanskrit) The discourses of the Buddha, collected in the first century and arranged into the three divisions of sermons (Sutra), monastic law (Vinaya), and metaphysics (Abhidharma).

The Five Kleshas (negative emotions) – attachment, aversion, ignorance, pride, and jealousy.

Longchenpa's Sixteen Additional Conditions:

The Eight Intrusive Circumstances

1. Turmoil from the five emotions
2. Stupidity
3. Being dominated by evil influences
4. Laziness
5. Being inundated by the effect of past evil actions
6. Enslavement to others
7. Seeking protection from dangers
8. Hypocritical practice

The Eight Incompatible Propensities

1. Being bound by one's ties
2. Flagrant depravity
3. Lack of dissatisfaction with samsara
4. Complete absence of faith
5. Taking pleasure in bad actions
6. Lack of interest in the Dharma
7. Heedlessness of one's vows
8. Heedlessness of one's samayas

Lay Buddhist Vows / Upasaka Vows:

1. Not to take the life of a sentient being
2. Not to take what has not been given
3. Not to engage in sexual misconduct
4. Not to engage in false speech
5. Not to become intoxicated

The Eight Worldly Concerns

1. Hope for pleasure and fear of pain
2. Hope for good reputation and fear of bad reputation
3. Hope for praise and fear of blame
4. Hope for gain and fear of loss