

HANDS-ON BUDDHISM

Perfect Human Rebirth

The causes of a being born human

- The causes of a human life are generosity, morality and aspirational prayer. Why? Because only humans have ability and opportunity to practice these (it's what differentiates us from animals). Ethics is not enough; we need the support of the Six Perfections as well as aspirational prayer.
- Think of the odds. A human rebirth is rare in terms of evolution, as well as in terms of ratio to other life-forms. A perfect human rebirth is even rarer - think of the percentage of people in Brisbane who visit Dharma centres.
- All beings have a mind that is fundamentally clear and knowing, and they all have buddha-nature, but with the particular combination of body and mind of a human we have the potential to become a buddha in this very lifetime. This is amazing!
- Achieving a perfect human rebirth (in terms of the 8 leisures and 10 endowments) is like lotto, only better - if we don't have all the numbers, we can get them! We are we lucky because we have everything we need to become happy.

Perfect human rebirth LOTTO

EIGHT LEISURES					
	1. Free from being born in the hells	2. Free from being born a hungry ghost	3. Free from being born as an animal	4. Free from being born as a long-life god	<i>Please tick the ones you have</i> <i>Squares with shading are still possible to attain even if you don't have them yet</i>
	5. Not born in a place or time where no Buddha has appeared	6. Not born in a place with no Dharma	7. Not with defective senses	8. Not holding wrong views	

TEN ENDOWMENTS					
Personal	1. Born human	2. Centre of religious country	3. Born with all features of body and mind intact	4. Not committed any of the 5 heinous crimes	5. Faith in the Dharma
Circumstantial	6. Period when Buddha appeared	7. Period when Buddha taught	8. Period when Dharma flourishes	9. Period able to meet pure followers of Dharma	10. Period where practitioners enjoy kind support

Appreciating our amazing human situation

- Whenever you feel down, remember that you have this amazing inheritance, don't squander it! If you could create such virtue before, you can certainly do it now...
- Please appreciate and rejoice in our amazing human situation. We have leisure in the sense that we have the spare time to engage in acts of virtue, undistracted by either suffering or activities of desire. We also have the capabilities and resources to make our life truly meaningful if we choose to do so.

8 leisures - freedom from being born...

- ... in hell realms, as a hungry ghost or an animal (called the lower realms, because they have more suffering and less chances to create virtue). For example: born in climates of extreme heat or cold, like microbes in glaciers or volcanoes. Born an animal, constantly trying to survive famine and attack. (1), (2), (3).
- ... as a long-life god. For example: being so pampered or spoilt that we have no need to change our life, like white South African farmers, or movie stars constantly distracted until a fall from grace. (4)
- ... at a time when the Buddha has not appeared, or a place with no Dharma. For example: Iraq or China with no religious freedom, the lineage destroyed through war. Born when there was no Dharma in Brisbane or no books translated. (5), (6).
- ... with defective senses. For example: daily struggle of life in a wheel-chair, or with dialysis, or unable to communicate easily with others because of deafness. (7).
- Freedom from holding wrong views, through either fear or stubbornness, strongly holding to views that lead to more suffering. For example: thinking women are inferior, or religious fundamentalism. (8).

10 Endowments

- 5 personal endowments - (1) born as a human, (2) in the centre of a religious country, (3) with all our faculties of body and mind well and functioning. (4) Not having committed any of the 5 heinous actions (killing mother, father, Arhat, aggressively drawing blood from a Buddha, and causing disunity among the Sangha). (5) Have faith in the Dharma (interested in personal development and making life more meaningful, inclination towards benefiting and helping others, having faith in the 'essential points').
- 5 circumstantial endowments - (6) born in a fortunate period when a Buddha has appeared, not in the dark ages. (7) When the Buddha actually taught, being shown the teachings of Buddha and his followers. (8) When Dharma exists undegenerated, people still living with realisations of the Buddha. (9) Where we can still meet pure followers of Buddhas teachings, like Geshe-la. (10) Where practitioners enjoy kind support - with supportive community and government, sponsored to do retreats, readily available books (in Russia they hand write out books, as no photocopier). Sangha supported with food and clothes, teachings organised, we have basic needs met so have time and inclination to study. Not illegal to practice.