

January 12, 2019 Saturday

Intro to Buddhism: The precious human rebirth and how to make it meaningful

(Contemplating the difficulty of attaining leisure and opportunity and an exhortation to take full advantage of a life of leisure and opportunity)

Engaging in the Bodhisattva Deeds by Shantideva:

Relying on the boat of a human body, Free yourself from the great river of suffering.
[Because this boat is difficult to obtain again, Do not sleep now, fool!]

Upon obtaining such leisure, if I do not practice virtue, then there is no duplicity greater than this, and there is no delusion greater than this.

Aryasura:

Human life plants the seed For going beyond cyclic existence,
The supreme seed of glorious enlightenment. Human life is a stream of good qualities
Better than a wish-granting jewel. Who here would attain it and then waste it?

The Condensed Perfection of Wisdom Sutra:

Through moral ethics, one will avoid the rebirth of animals and so forth, the eight unfavorable conditions, and will always find leisure.

Chandrakirti's Introduction to the Middle Way (Madhyamakavatara):

Ordinary individuals, speech-born, Those certainly possessing enlightenment for themselves, And bodhisattvas, all attain certain excellence and Higher rebirth solely from discipline.

[General Outline] For detail study refer to p. 117 of 'The Great Treatise on the Stages of the Path to Enlightenment' by Tsongkhapa. Volume 1

1. Nature of higher rebirth
2. Cause of higher rebirth
3. How to obtain essence of higher rebirth

Online resources:

<https://thubtenchodron.org/2002/05/value-and-purpose-of-life/>

<https://www.lamayeshe.com/article/chapter/making-precious-human-rebirth-meaningful>

<https://studybuddhism.com/en/advanced-studies/lam-rim/the-three-scopes/serkong-rinpoche-dialogues-with-students-about-lam-rim/the-best-qualities-of-a-precious-human-rebirth>