

The Suffering of the Lower Realms

Overview and Summaries

Content

DAY 11 – The Suffering of the Lower Realms (overview and detail)

Sources

Main Source:

Liberation in the Palm of Your Hand, Pabonka Rinpoche, Wisdom Publications, page 332-361.

Supporting Sources:

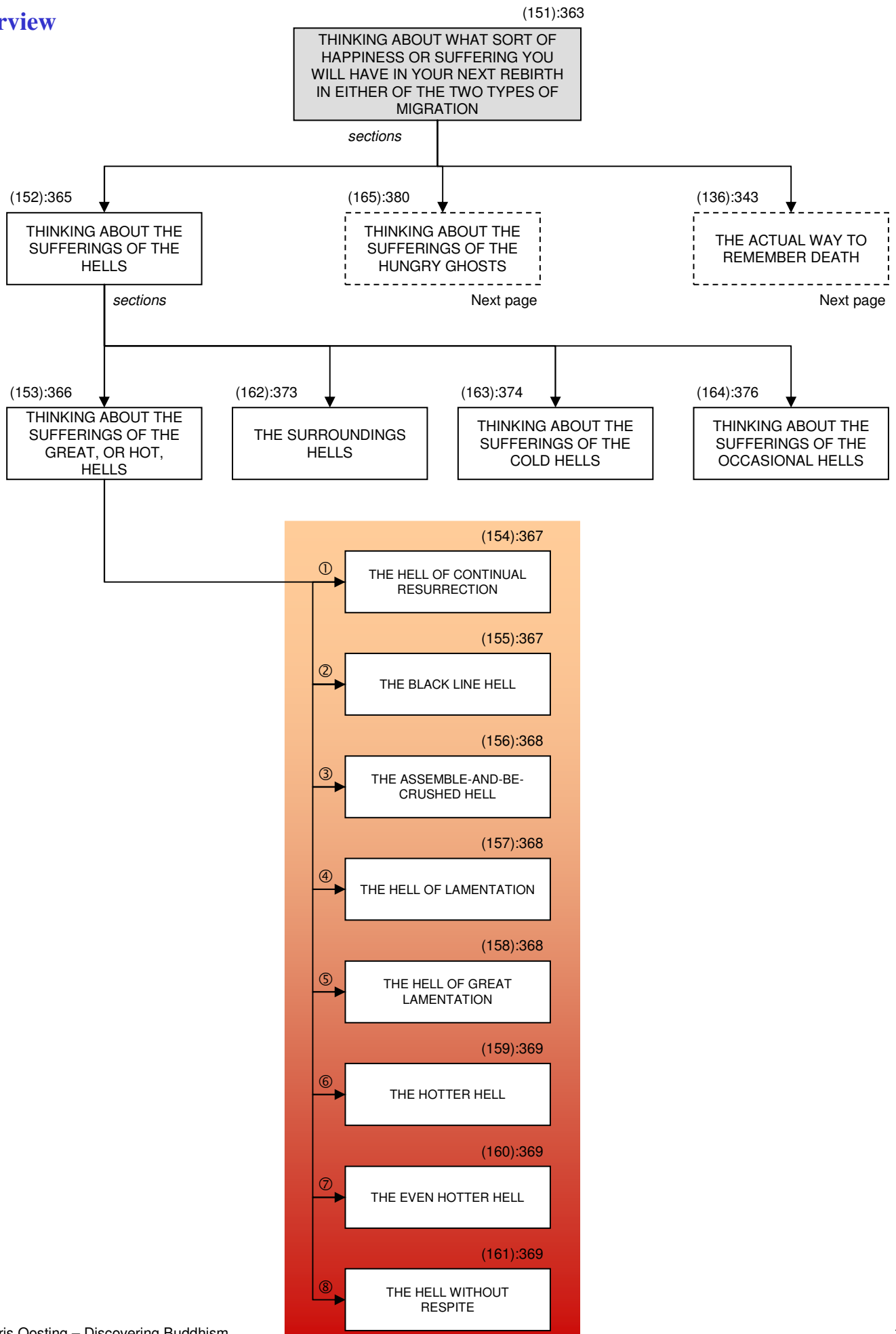
Path to Enlightenment in Tibetan Buddhism, Geshe Acharya Thubten Loden, Tushita Publications, page 225-275.

Wish-fulfilling Golden Sun, Lama Zopa Rinpoche, page 50-59.

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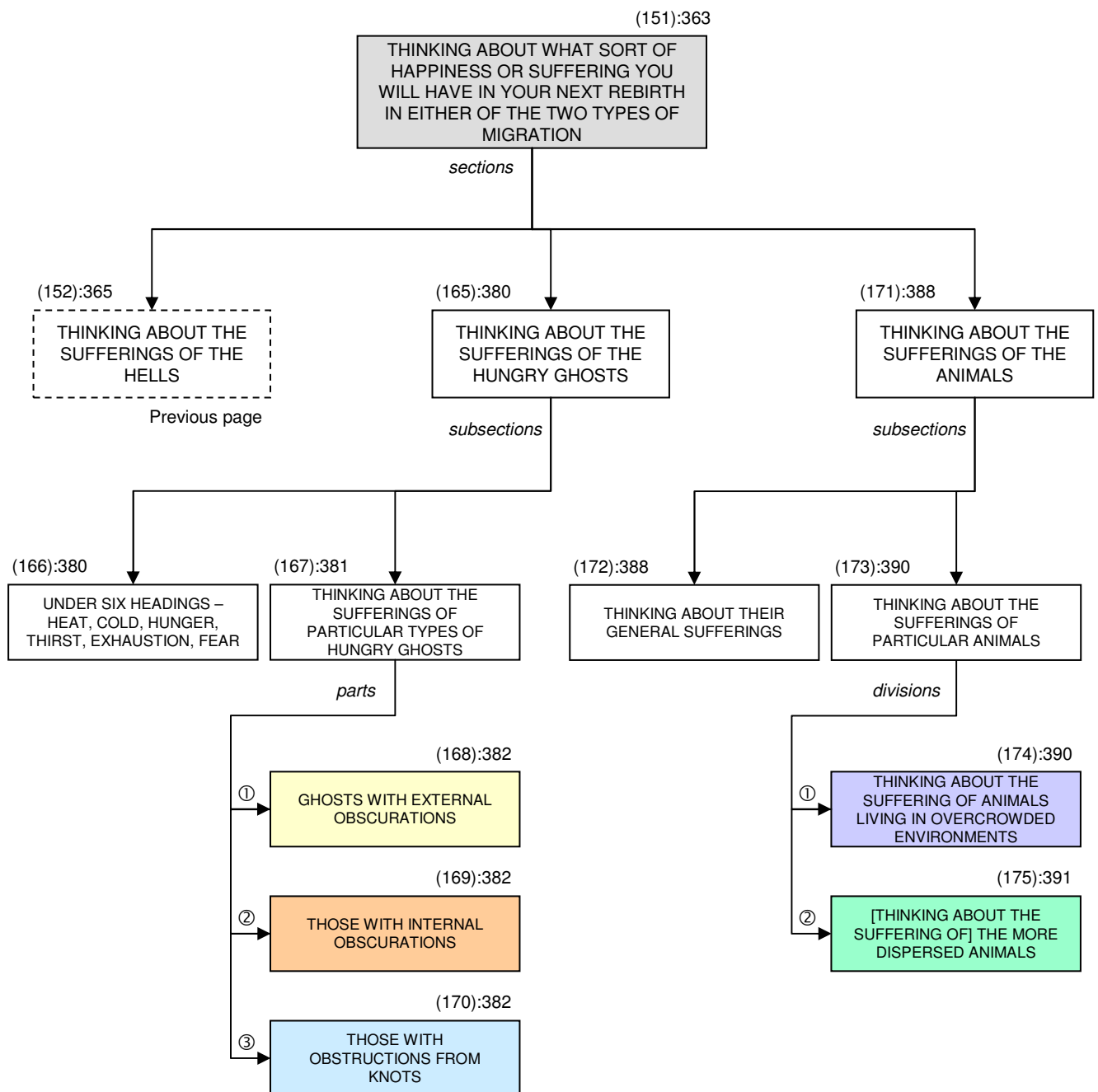
Overview



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Overview



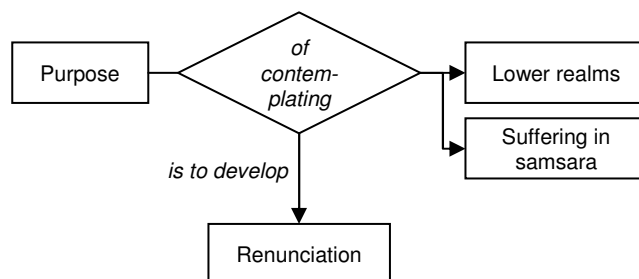
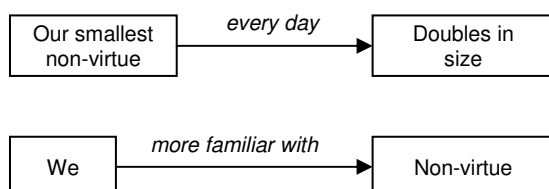
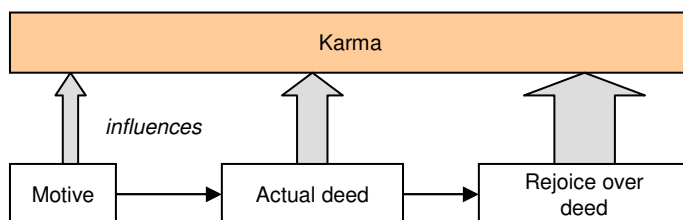
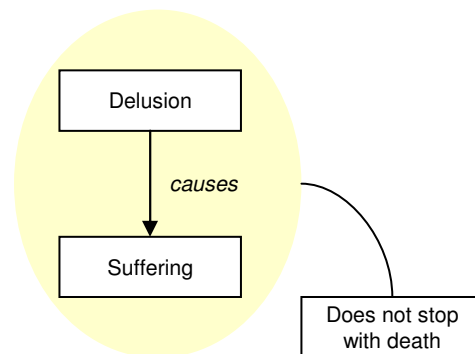
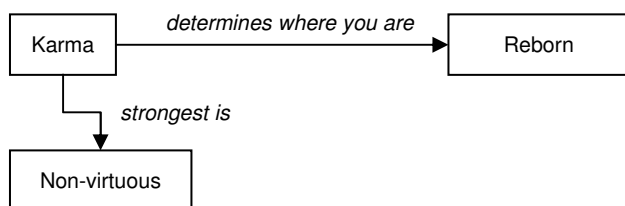
The Suffering of the Lower Realms

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Detail

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THINKING ABOUT WHAT SORT OF
HAPPINESS OR SUFFERING YOU
WILL HAVE IN YOUR NEXT REBIRTH
IN EITHER OF THE TWO TYPES OF
MIGRATION



Treasury of Metaphysics:
Karma turns [the wheel of life].
The heaviest [karma] ripens first;
Then, the nearest; then, the most familiar;
Then, the [karmic actions] done earliest.

Shantideva:
The good qualities of suffering are
That grief dispels arrogance,
And one develops compassion for the beings in samsara,
Non-virtue is shunned and joy found in virtue.

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Detail

Meditation of the suffering of the lower realms has these

(151):363
THINKING ABOUT WHAT SORT OF HAPPINESS OR SUFFERING YOU WILL HAVE IN YOUR NEXT REBIRTH IN EITHER OF THE TWO TYPES OF MIGRATION

sections

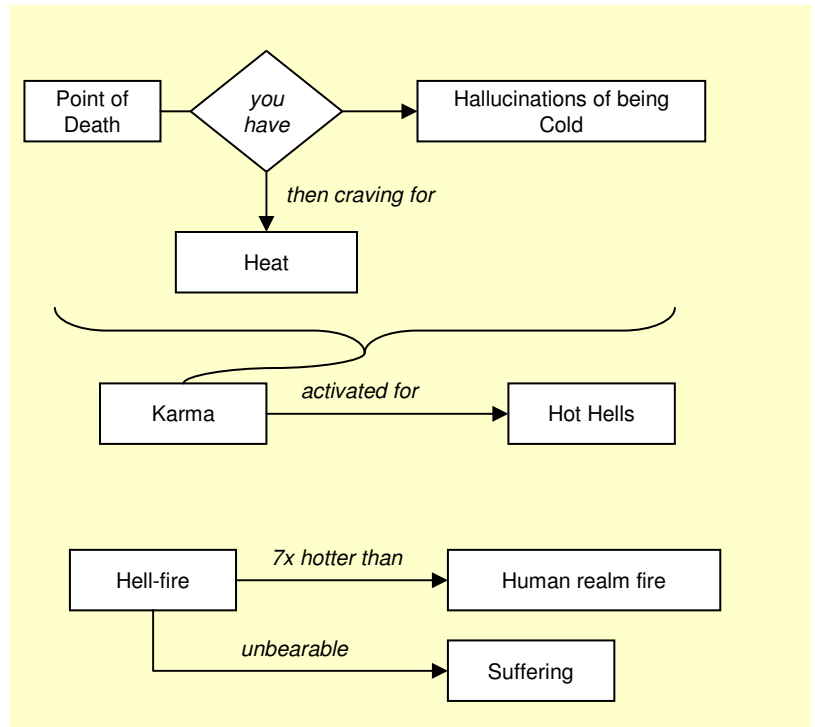
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THINKING ABOUT THE SUFFERINGS OF THE HELLS

(153):366

4 sections

1. THINKING ABOUT THE SUFFERINGS OF THE GREAT, OR HOT, HELLS

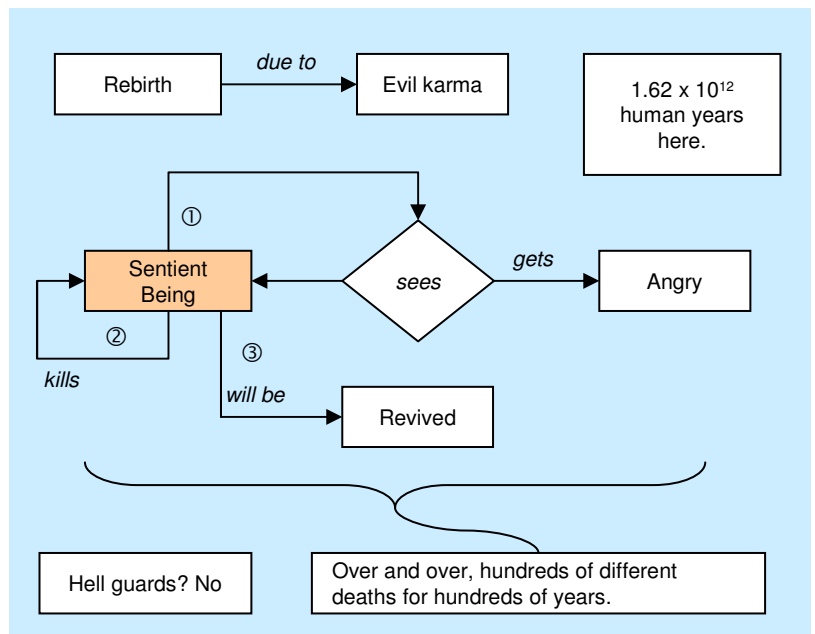


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THE HELL OF CONTINUAL RESURRECTION

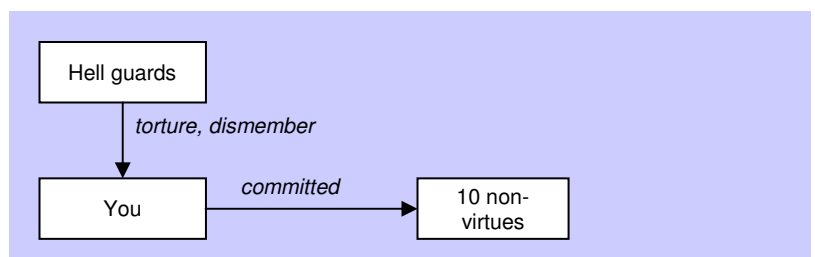
Reviving hell



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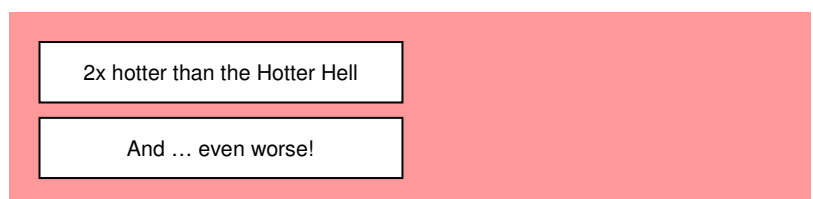
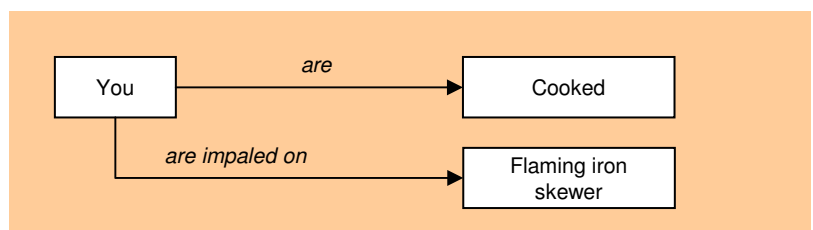
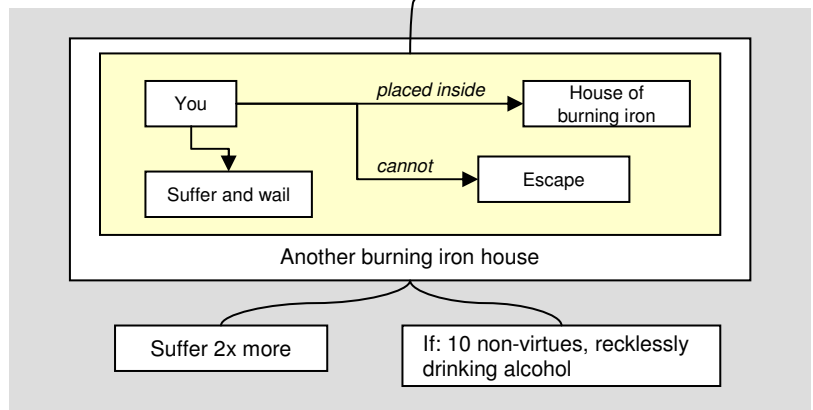
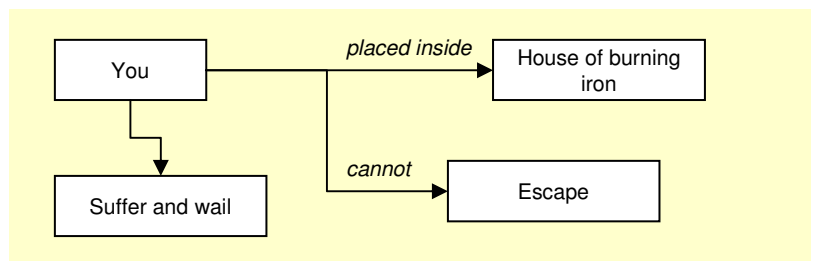
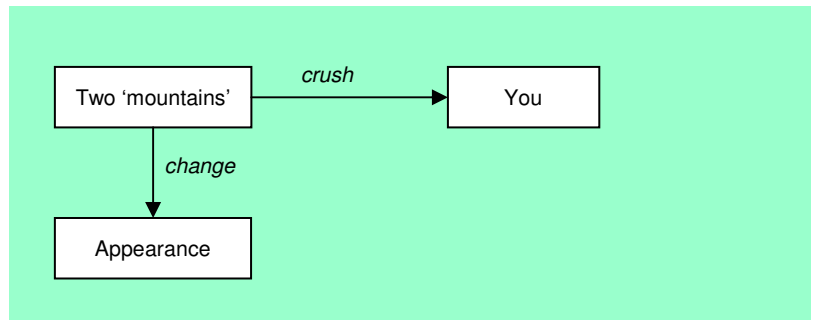
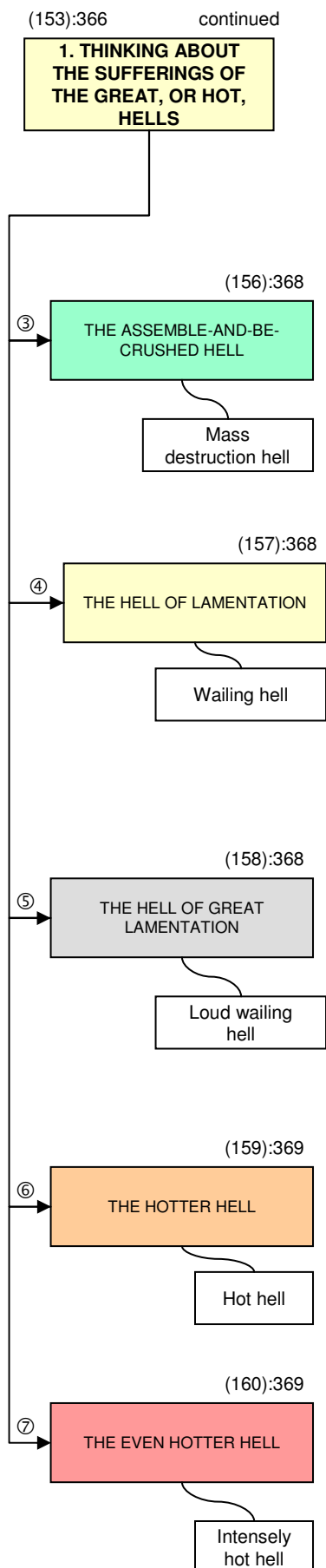
THE BLACK LINE HELL



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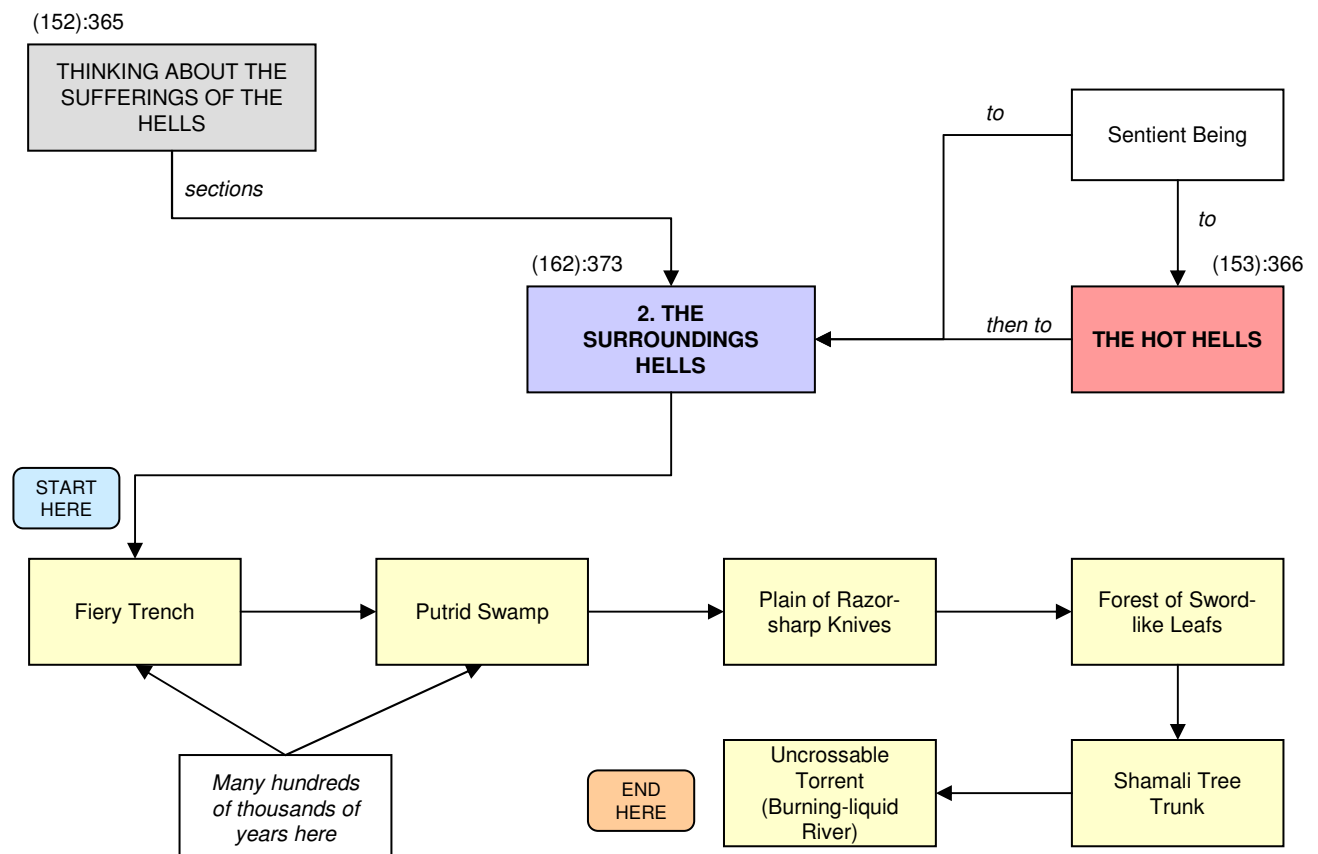
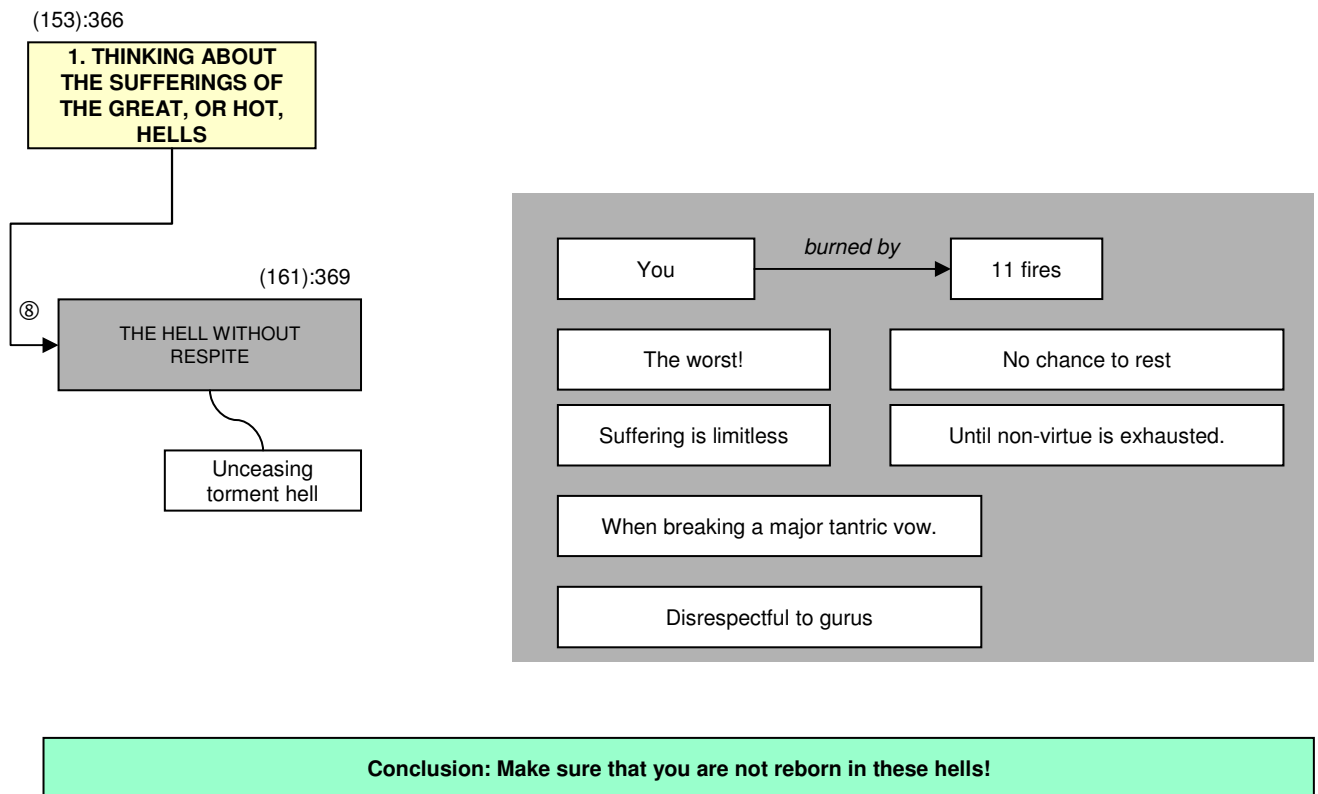
Detail



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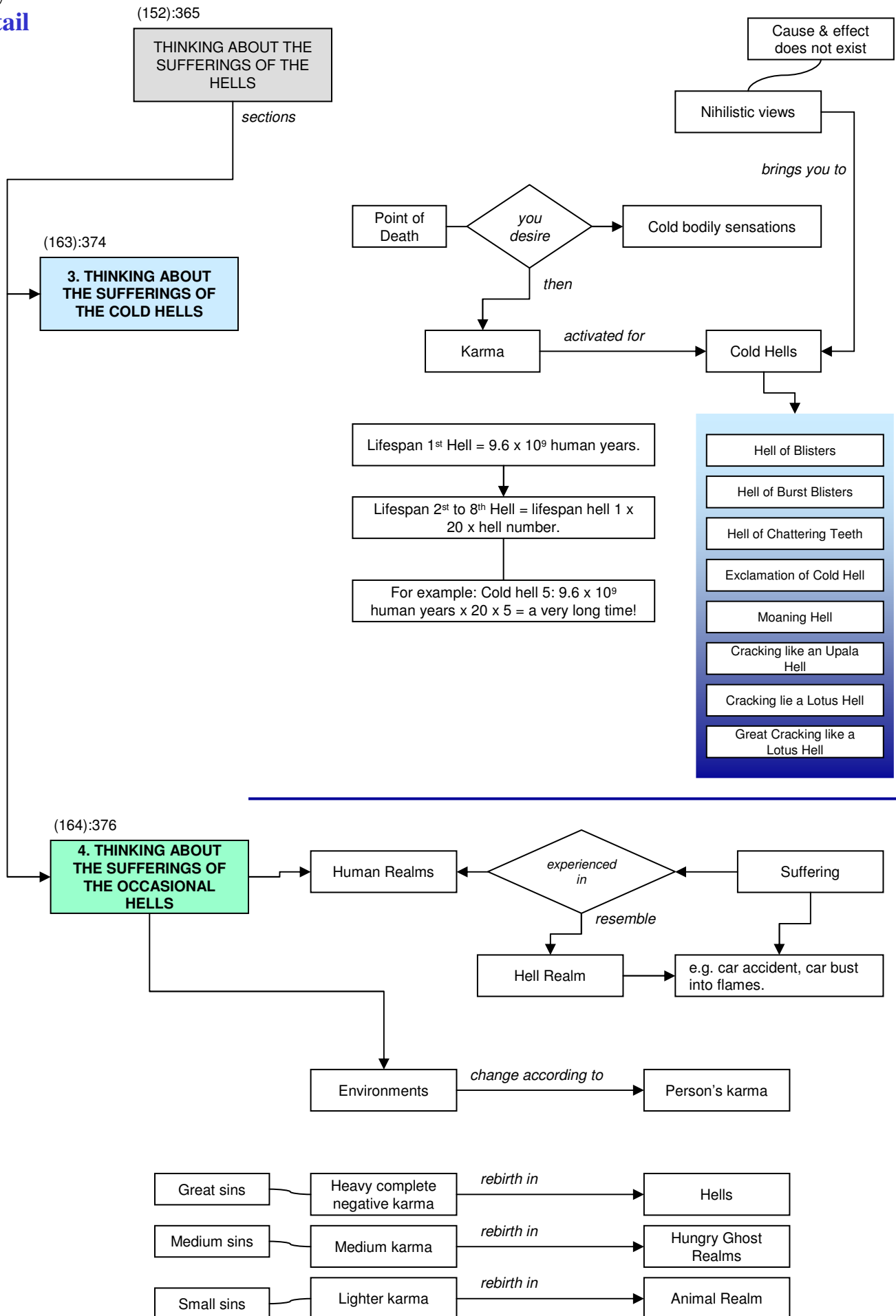
Detail



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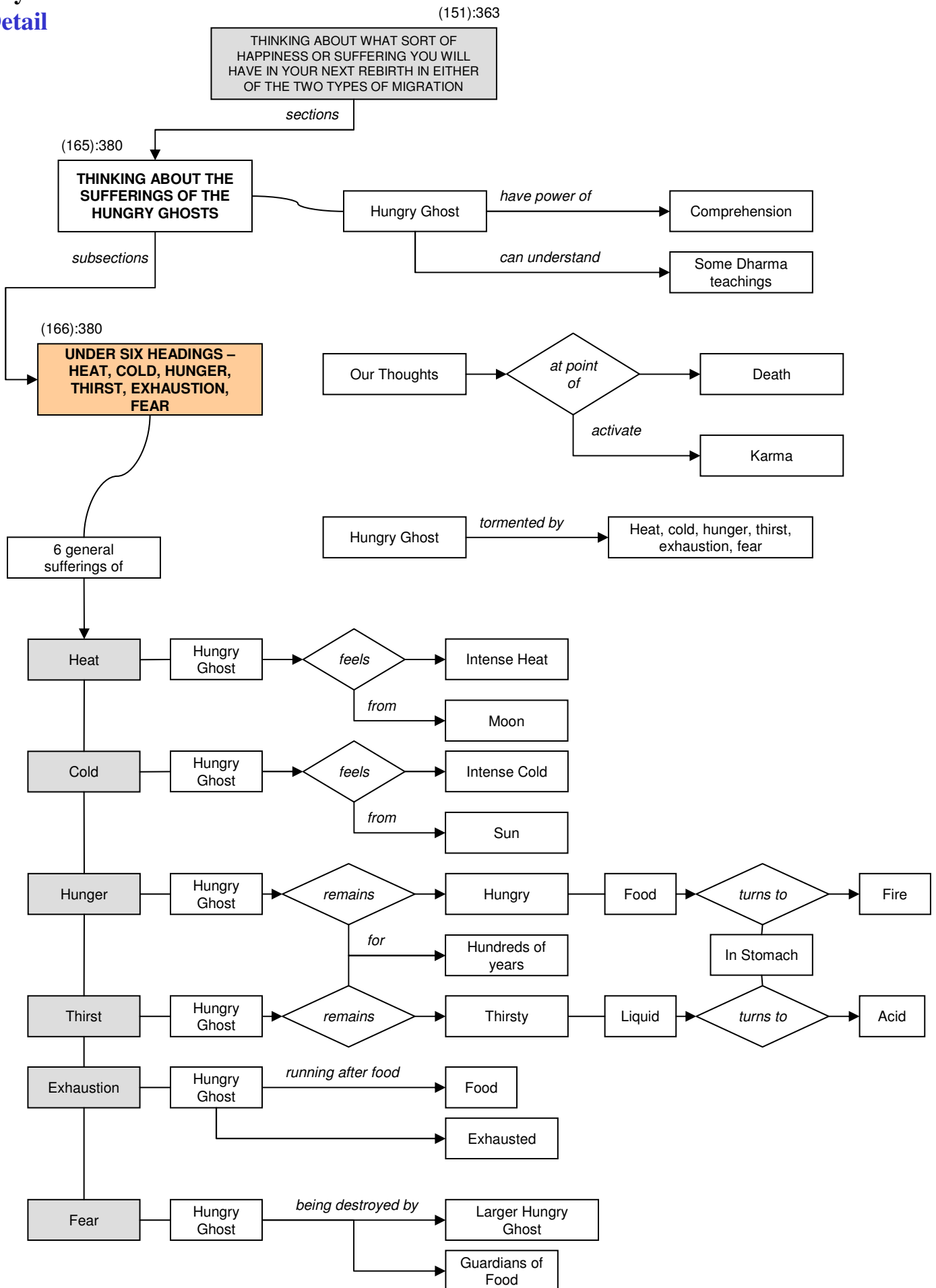
Detail



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THINKING ABOUT WHAT SORT OF HAPPINESS OR SUFFERING YOU WILL HAVE IN YOUR NEXT REBIRTH IN EITHER OF THE TWO TYPES OF MIGRATION

sections

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THINKING ABOUT THE SUFFERINGS OF THE HUNGRY GHOSTS

subsections

(167):381

THINKING ABOUT THE SUFFERINGS OF PARTICULAR TYPES OF HUNGRY GHOSTS

types

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GHOSTS WITH EXTERNAL OBSCURATIONS

Are unable to satisfy their hunger and thirst because of external obstacles

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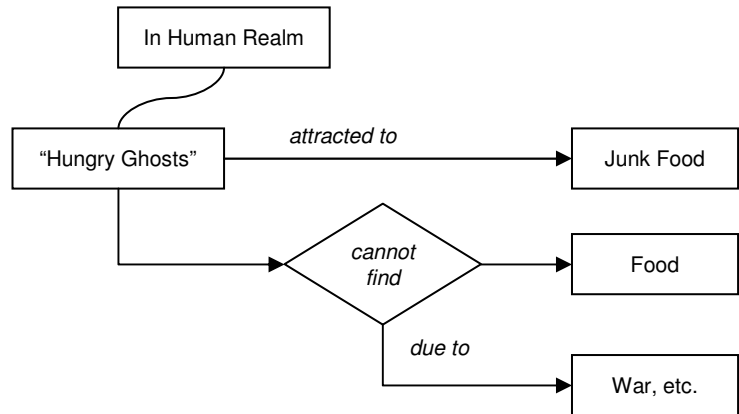
THOSE WITH INTERNAL OBSCURATIONS

Are unable to satisfy their hunger and thirst because the food and drink themselves become obstacles.

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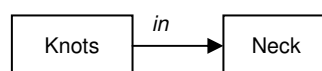
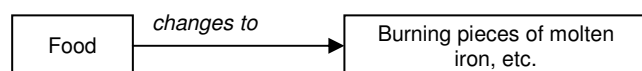
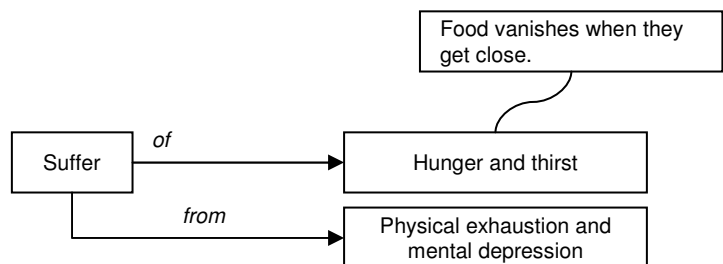
(170):382

THOSE WITH OBSTRUCTIONS FROM KNOTS



Reborn as Hungry Ghost if:

- Being ungenerous
- Preventing other people from being generous
- Great attachment to one's possessions
- Stealing
- Abusing charity
- Calling other people 'hungry ghosts'



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