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.

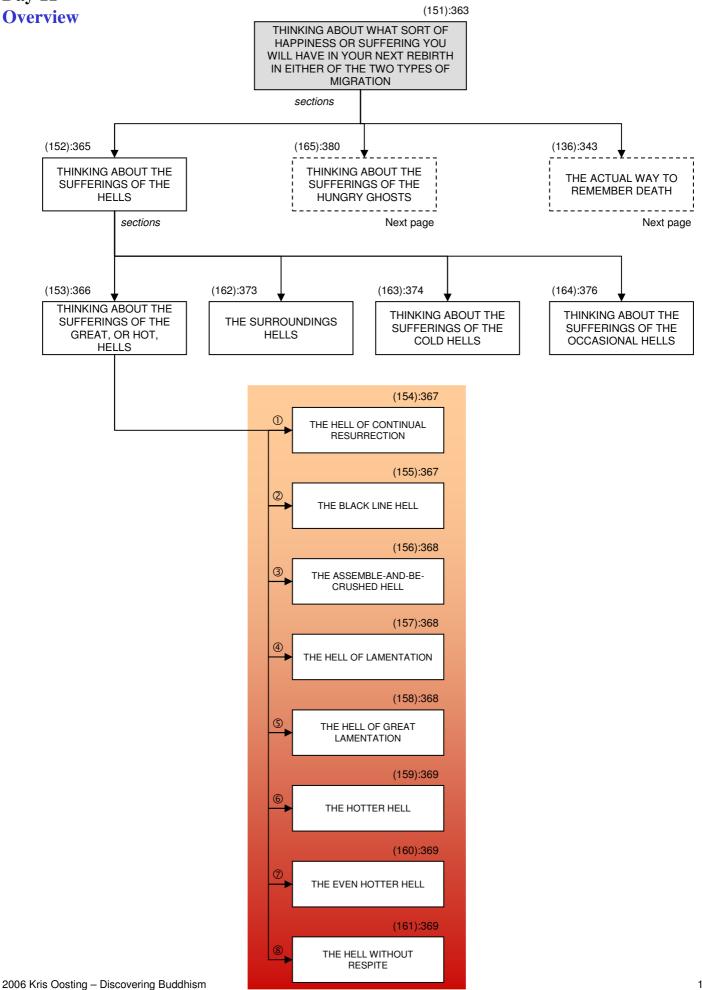
Supporting Sources:

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

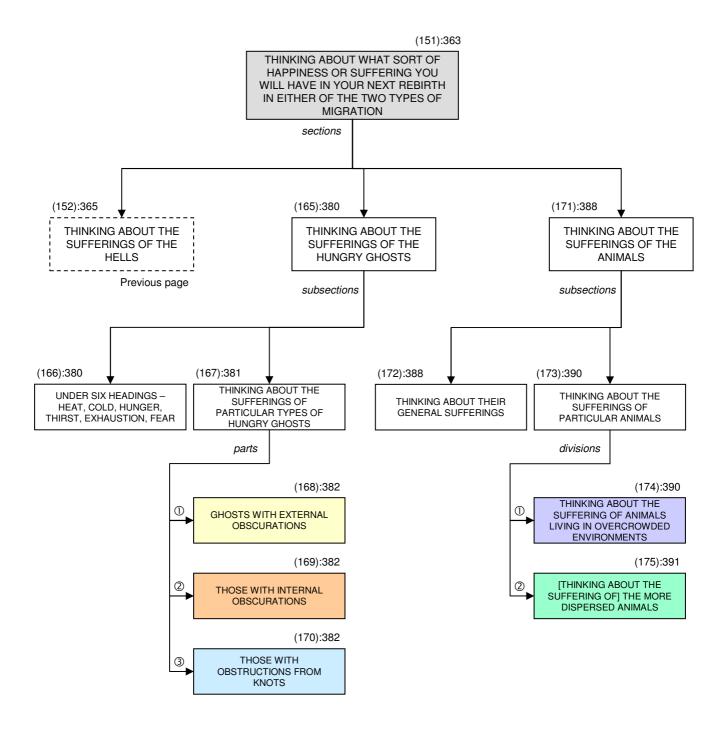
Wish-fulfilling Golden Sun, Lama Zopa Rinpoche, page 50-59.

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Day 11



Overview

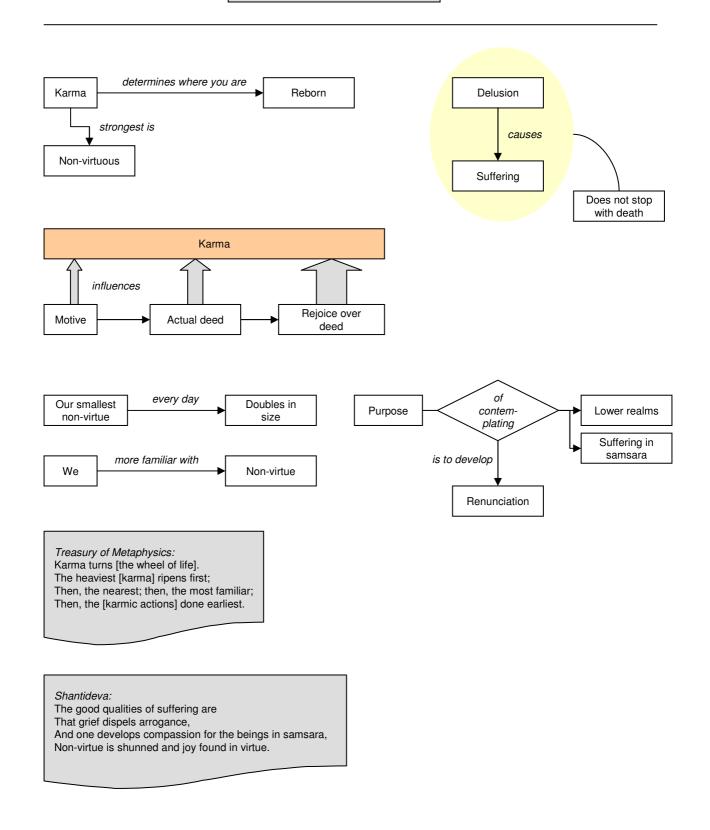


Day 11

Detail

(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



The Suffering of the Lower Realms **Day 11** (151):363 **Detail** THINKING ABOUT WHAT SORT OF Meditation of the HAPPINESS OR SUFFERING YOU suffering of the lower WILL HAVE IN YOUR NEXT REBIRTH realms has these IN EITHER OF THE TWO TYPES OF **MIGRATION** sections (152):365 THINKING ABOUT THE **SUFFERINGS OF THE HELLS** Point of Hallucinations of being Death have Cold 4 sections (153):366 then craving for Heat 1. THINKING ABOUT THE SUFFERINGS OF THE GREAT, OR HOT, **HELLS** activated for Karma Hot Hells 7x hotter than Hell-fire Human realm fire unbearable Suffering due to (154):367 Rebirth Evil karma 1.62×10^{12} human years 1 THE HELL OF CONTINUAL here. RESURRECTION 1 gets Sentient sees Angry Being Reviving hell 2 3 kills will be Revived Over and over, hundreds of different Hell guards? No deaths for hundreds of years.

Hell guards

You

torture, dismember

committed

10 non-

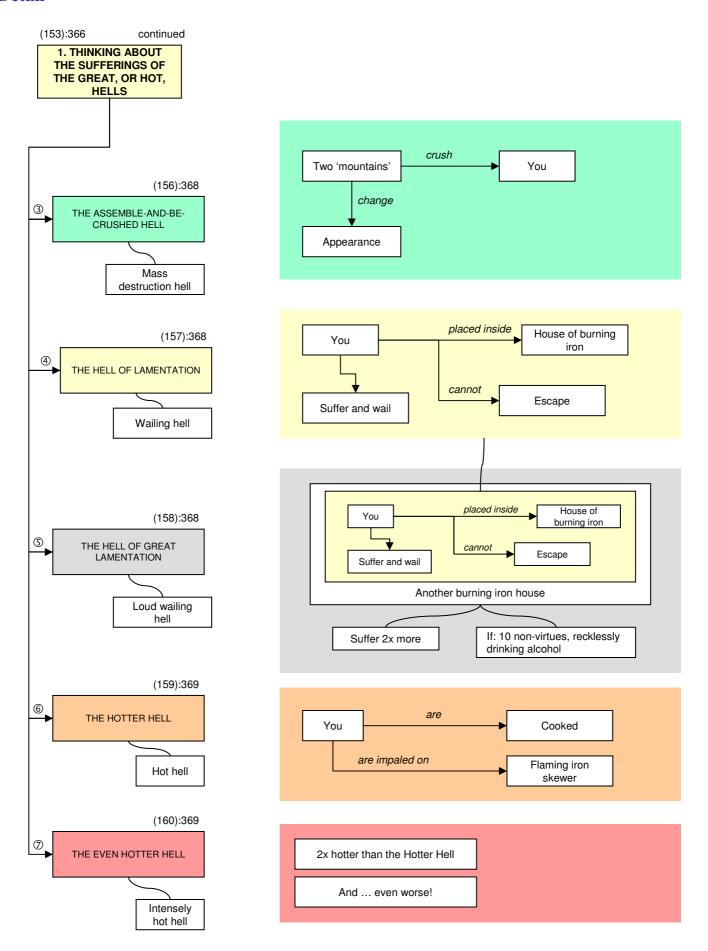
virtues

THE BLACK LINE HELL

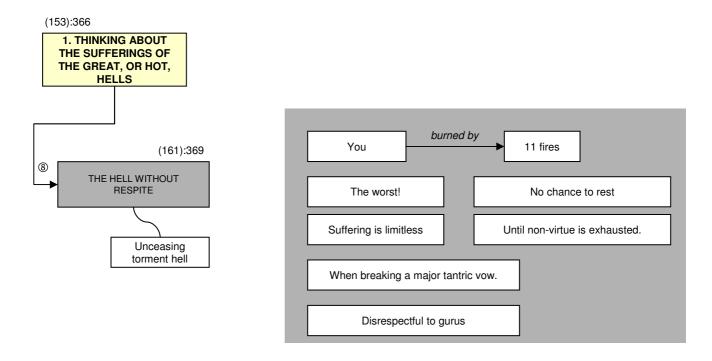
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(155):367

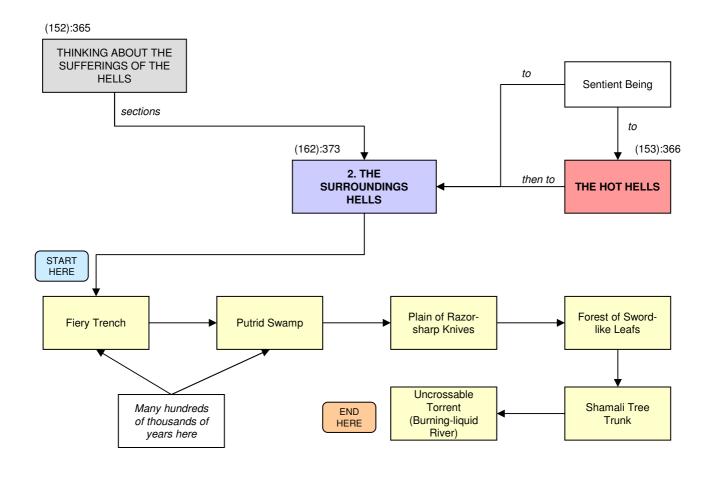
Detail



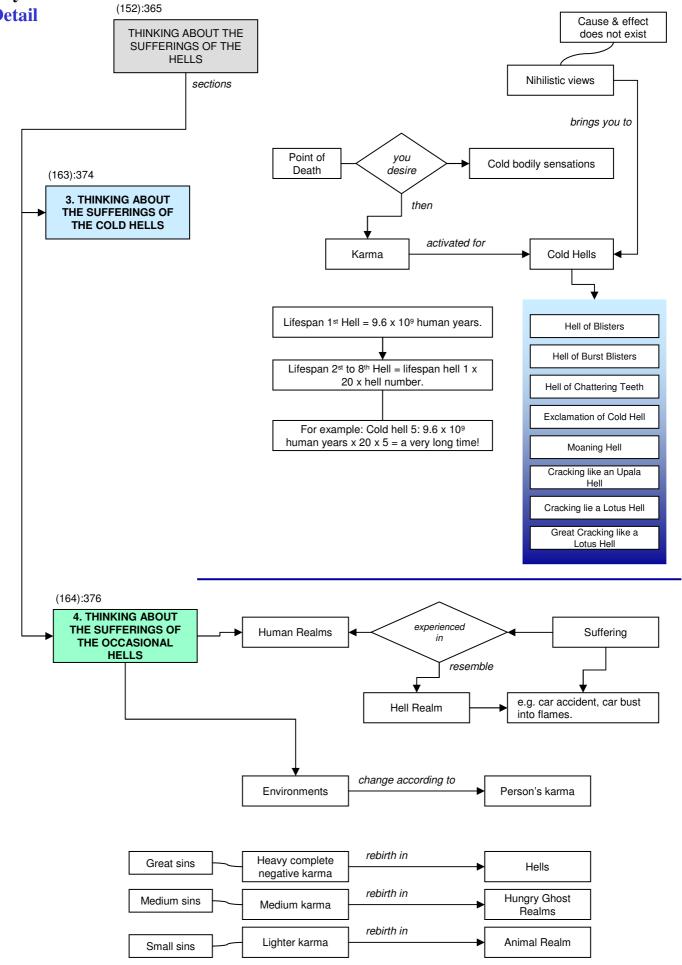
Detail

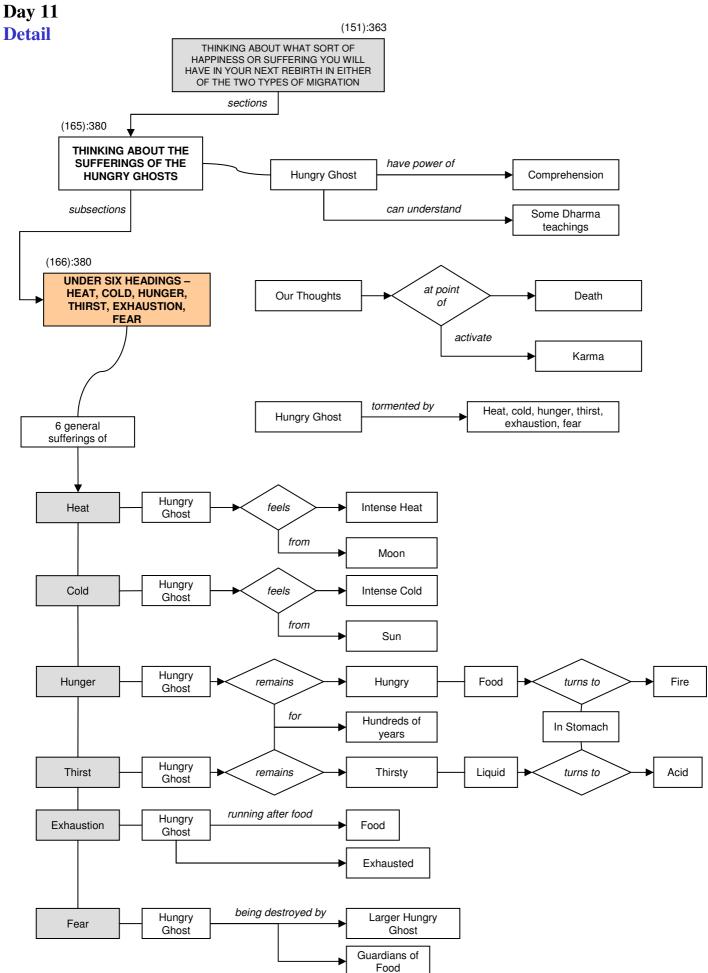


Conclusion: Make sure that you are not reborn in these hells!

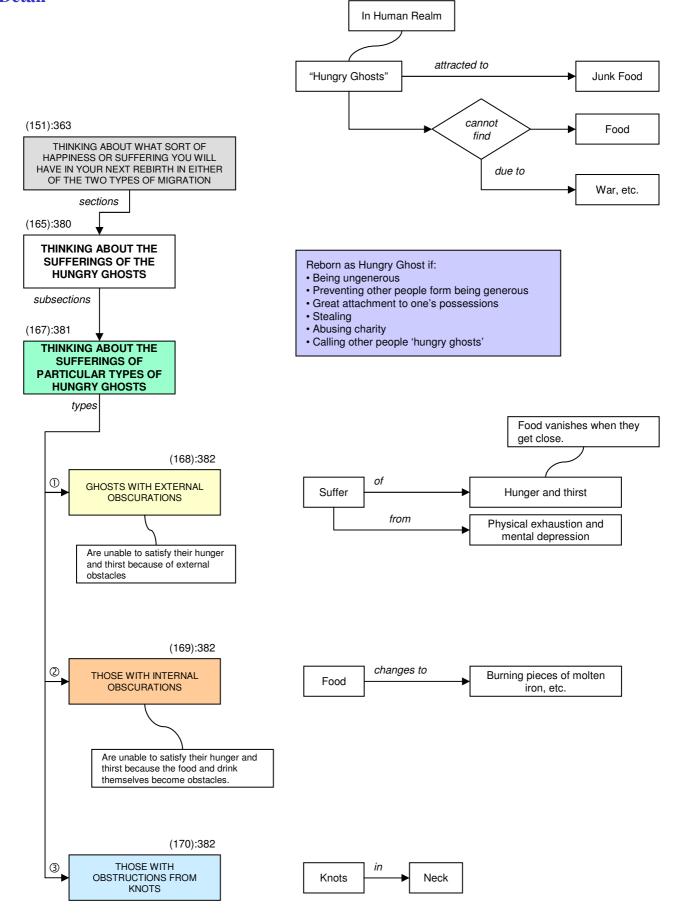








Detail



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Day 11 (151):363 **Detail** THINKING ABOUT WHAT SORT OF HAPPINESS OR SUFFERING YOU sections WILL HAVE IN YOUR NEXT REBIRTH IN EITHER OF THE TWO TYPES OF MIGRATION (171):388 THINKING ABOUT THE **SUFFERINGS OF THE ANIMALS** subsections (172):388 THINKING ABOUT THEIR **GENERAL SUFFERINGS** Negative karma 5 kinds creates eat other 1. Eating one and other Many animals Animals because of No Dharma Their karma 2. Being stupid and teachings ignorant Strongly conditioned by ignorance 3. From heat or cold e.g. from weather conditions 4. Being hungry and thirsty e.g. due to weather or environment by 5. Being exploited for work Humans Food, fur, skin, horns, etc. killed for (173):390 THINKING ABOUT THE **SUFFERINGS OF PARTICULAR ANIMALS** divisions most live in Don't say that people (174):390 Depths of the great oceans look like certain THINKING ABOUT THE 1 animals. SUFFERING OF ANIMALS LIVING IN OVERCROWDED ENVIRONMENTS Human **Animals** Realms (175):391[THINKING ABOUT THE 2 SUFFERING OF] THE MORE Size Sin of DISPERSED ANIMALS

depends on

Intention, merit field, material object

involved, etc.