The General Sufferings of Samsara The Sufferings of the Higher Rebirths

Overview and Summaries

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DAY 14 – The General Sufferings of Samsara (overview and detail) DAY 14 – The Sufferings of the Higher Rebirths (overview and detail)

Sources

Main Source:

Liberation in the Palm of Your Hand, Pabonka Rinpoche, Wisdom Publications, page 473-505.

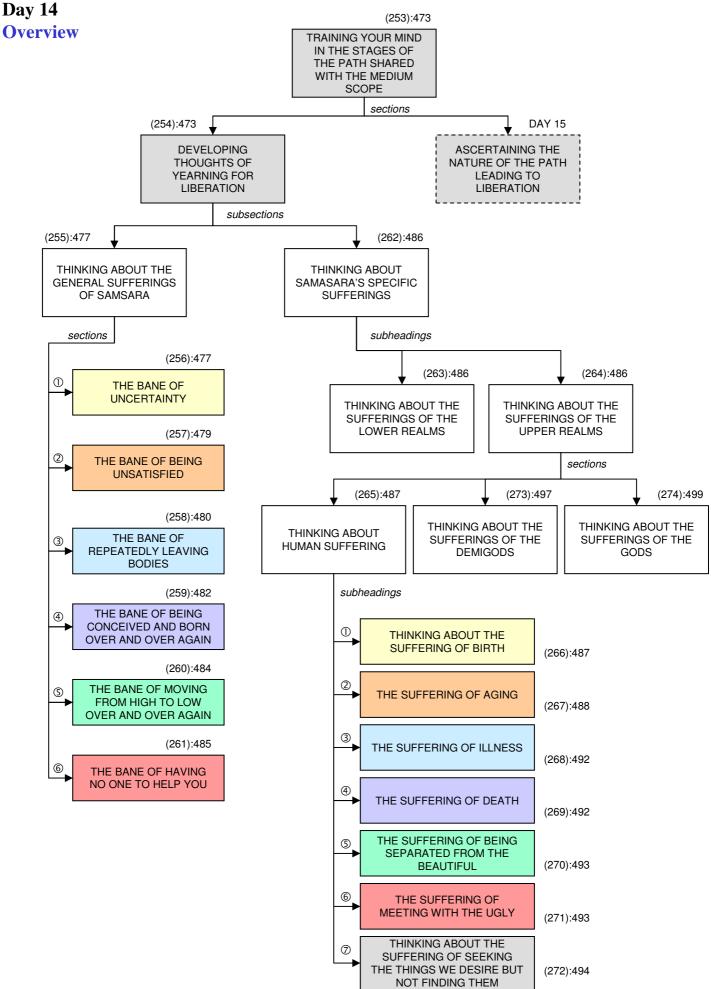
Supporting Sources:

Path to Enlightenment in Tibetan Buddhism, Geshe Acharya Thubten Loden, Tushita Publications, page 389-437, 459-476.

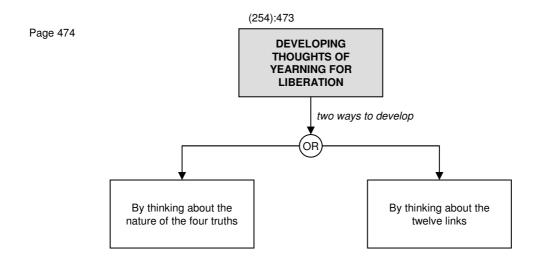
Wish-fulfilling Golden Sun, Lama Zopa Rinpoche, page 84-105.

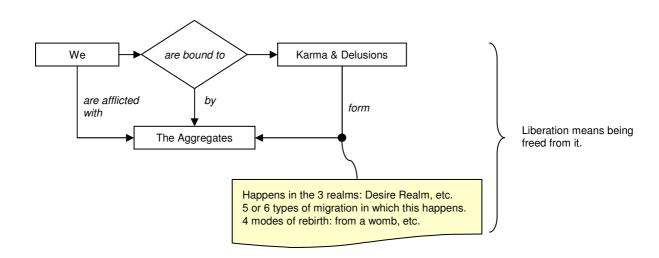
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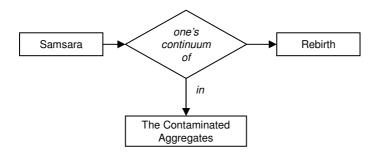
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The General Sufferings of Samsara Day 14

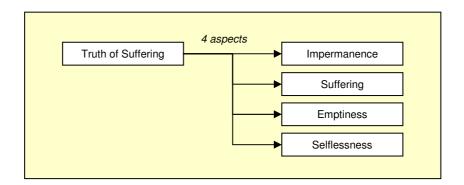


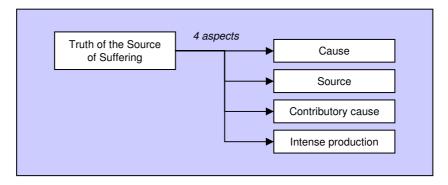


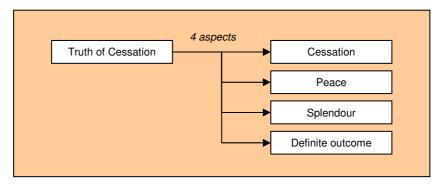


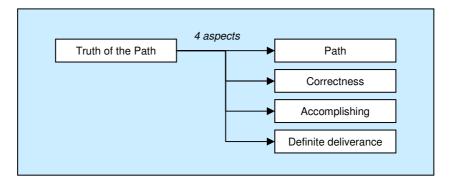
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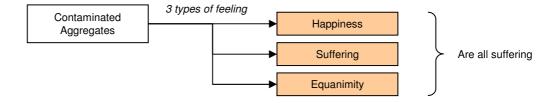


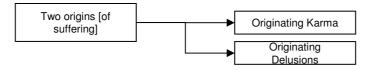


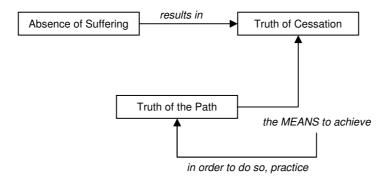


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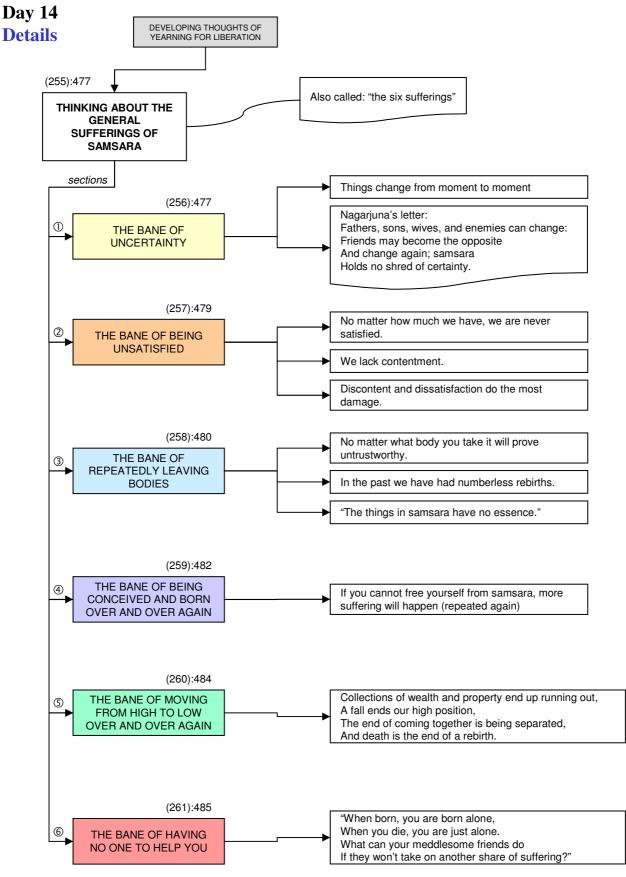
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The General Sufferings of Samsara



If you want to set some limit on your suffering and bring your own samsara to an end, you must manage to break the continuity of your samsaric rebirths.

The Sufferings of the Higher Rebirths Day 14 THINKING ABOUT THE SUFFERINGS OF THE UPPER REALMS **Details** If we manage to take a human rebirth again we (265):487must again experience all the sufferings of birth, although we do not remember them now. THINKING ABOUT Chandragomin's Letter to a Disciple: **HUMAN SUFFERING** Enclosed in a most intolerable stench, You live enveloped in pitch darkness; After entering this hellish place, the womb, subheadings You must endure great suffering With your body all hunched up. (266):487 Chandragomin's Letter to a Disciple: 1 THINKING ABOUT THE You are gradually squeezed as hard SUFFERING OF BIRTH As one crushes sesame. Being born: is anything else like it? The Great Play Sutra: (267):488 Age makes a beautiful body ugly; Age takes radiance, age takes strength; 2 THE SUFFERING OF AGING Age takes happiness, age humiliates; Age kills, and age robs the complexion. Practice the Dharma now. Before you know it you are too old. (268):492 Think how each disease torments, and think how 3 THE SUFFERING OF ILLNESS you may not even have time to make a will when you come down with a fatal disease. (269):492 You will be separated from beauty and from 4 THE SUFFERING OF DEATH affluence - from your property, relatives, and your (270):493 You will be separated from your guru, disciples, THE SUFFERING OF BEING (5) relatives, friends, and dear ones, and from your SEPARATED FROM THE position, power, wealth, possessions, and **BEAUTIFUL** influence. (271):493 6 THE SUFFERING OF The unpleasant. Your enemies, diseases, evil MEETING WITH THE UGLY spirits, lawsuits, thieves, etc. (272):494THINKING ABOUT THE 7 This is the suffering from heat and cold, or from SUFFERING OF SEEKING ignoring the heat, cold, fatigue, fear, etc. that go THE THINGS WE DESIRE BUT along with earning a living. NOT FINDING THEM

7th Dalai Lama:

Whoever you see - high and low,

Ordinary and lay, men and women -

Whether their surroundings are impressive or not, Their share of human suffering is the same:

They appear unhappy to their friends and equals.

Aryadeva's Four Hundred Verses:

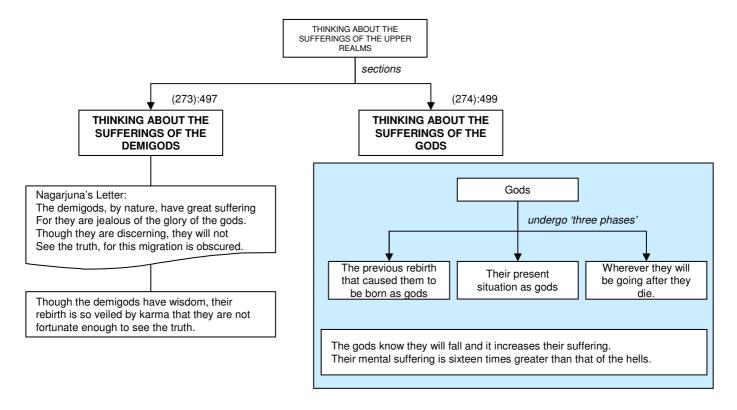
The ordinary have physical suffering.

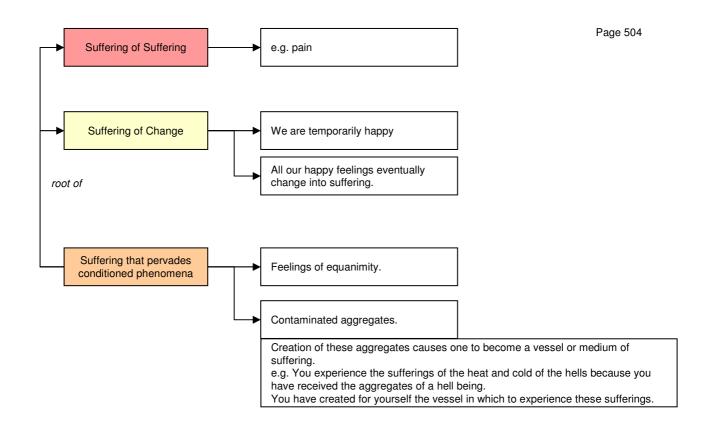
These two sufferings conquer the world

The high have mental suffering;

Every single day.

The Sufferings of the Higher Rebirths Day 14

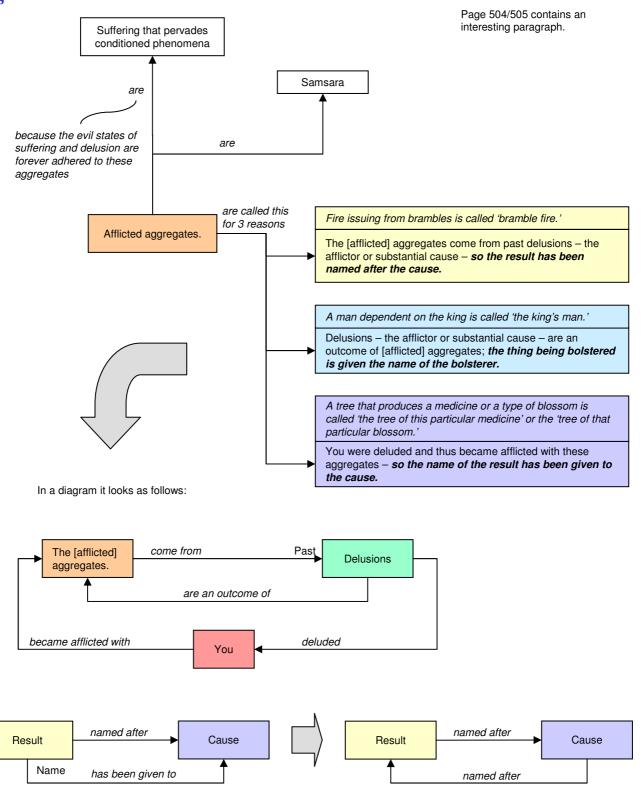




The Sufferings of the Higher Rebirths

Day 14

Details



As long as one has these aggregates, each time one does not have the feeling of suffering one will immediately afterwards be made to develop much suffering by various means.

The aggregates created the vessel for the suffering of this rebirth because they create the future rebirth that leads to suffering.

Among all sufferings, the aggregates are the worst: 'samsara' is a state of helplessness in which one receives the burden of contaminated, afflicted aggregates by virtue of karma and delusion.