

# Perfect Human

## Rebirth

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Just as a flash of lightning on a dark, cloudy night  
For an instant brightly illuminates all,  
Likewise in this world, through the might of Buddha,  
A wholesome thought rarely and briefly appears.

*Shantideva*

### **The Eight Leisures**

1. Freedom from being born in the hell realms.
2. Freedom from being born as a hungry ghost.
3. Freedom from being born in the animal realm.
4. Freedom from being born as a long life god.
5. Freedom from being born at a time when a founder Buddha has not appeared.
6. Freedom from being born in a place with no Dharma.
7. Freedom from being born with defective senses.
8. Freedom from holding wrong views.

### **The Ten Endowments**

#### *Five Personal Endowments:*

1. Being born as a human being.
2. Being born in the center of a religious country.
3. Being born with a well-functioning body and mind.
4. Not having committed any of the five heinous crimes.
5. Having faith in the Dharma.

#### *Five Circumstantial Endowments:*

6. Being born in the fortunate period when a Buddha has appeared.
7. Being born in the fortunate period when a Buddha has taught the Dharma.
8. Being born in the fortunate period when Dharma exists and flourishes.
9. Being born in the fortunate period when we are able to meet with pure followers of Buddha's teachings.
10. Being born in the fortunate period when practitioners can enjoy kind support.

### **The Usefulness of Having Received a P.H.R.**

1. For temporary goals and knowledges

2. For ultimate realizations
3. Moment by moment

Leisure and endowment are very hard to find;  
And since they accomplish what is meaningful for man,  
If I do not take advantage of them now,  
How will such a perfect opportunity come about again?

*Shantideva*

### **The Difficulty of Obtaining the P.H.R.**

1. From the point of view of the three causes: ethics, generosity and prayers.
2. From the point of view of examples.
3. From the point of view of numbers.

Relying upon the boat of a human body,  
Free yourself from the great river of pain!  
As it is hard to find this boat again,  
This is no time for sleep, you fool.

*Shantideva*

### **Meditate in this way**

*From Kyabje Zopa Rinpoche's teachings:*

“When the weather is extremely hot I cannot meditate. I am so hot and so lazy that I cannot even sit up. Even to do ten minutes of meditation is very difficult”. Think of yourself as born now into the sufferings of one of the different categories of the hot naraks, standing on the red-hot burning iron ground, or trapped in the red-hot burning iron house with no way to escape. “If I were to be born now in the hot naraks, it would be unbearable. There would be no opportunity at all to practice Dharma. Check whether you could practice Dharma with that kind of suffering. If you were like that now, could you practice Dharma or not? You couldn't! No way!

It is similar with the cold naraks and all the other unfree states of existence. Check each one in turn how it would be like if I was born like that now, whether I could practice Dharma. Check how these states don't give one the opportunity to even think of practicing Dharma. Then come back to your present state as a human being. “How fortunate I am that I have the freedom to practice Dharma.”

Also think: “Today, not being born in the naraks etc., and having this freedom to practice Dharma I can accomplish the three great purposes. Within these twenty-four hours, within this hour, even within this minute, I have the freedom to obtain whichever I wish of the three great purposes. At any time I have the freedom to accomplish as many as I want, for as long as I want. Whenever I want to accomplish