

Meditation on Perfect Human Rebirth

Preparation: Start by focusing briefly on the position of your body, finding the most beneficial position with your spine straight and erect, a position in which you can be aware and awake, but not stiff or rigid.

Then focus your attention on the breath, letting go of your thoughts and allowing them to pass through, like clouds in the sky. Imagine that with every inhalation you are breathing in purifying blissful white light, and that with every exhalation you breath out negative energy of body and mind, negative thoughts and pains and sickness, in the form of black smoke. Do this for a few minutes.

Motivation: Remember why you are sitting and meditating. Think that you are seeking to understand your mind and your life more deeply in order to become a better person, and ultimately in order to overcome the limitations that are keeping you from fulfilling your highest human potential and achieving a fully awakened existence.

The Main Practice: (For this meditation, have before you the complete list of the eight freedoms and ten endowments.)

Analytical meditation: Meditate on the points of the topic of perfect human rebirth using the following steps, applying these points to your own life and situation and finding examples and reasoning that is effective for your own mind:

Step 1: Recognition of the 8 freedoms and 10 endowments.

Step 2: Contemplation of the great value of the perfect human rebirth (in 3 parts).

Step 2a: The temporal value: enabling one to attain higher rebirth in the future.

Step 2b: The ultimate value: enabling one to attain full enlightenment.

Step 2c: The moment by moment value: the preciousness of every moment of a perfect human rebirth.

Step 3: The rarity of the perfect human rebirth (in 3 parts).

Step 3a: The rarity of the causes of receiving the perfect human rebirth.

- (1) practice of morality
- (2) practice of generosity
- (3) pure prayers

Step 3b: The difficulty of obtaining the perfect human rebirth illustrated by examples.

- (1) The example of the blind turtle surfacing in the ocean through a floating golden yoke.
- (2) The example of throwing a handful of peas against a wall ... how many of them will stick to the wall.
- (3) The example of pouring mustard seeds over the tip of a pin ... how many will stay on the tip.

Step 3c: The rarity of obtaining the perfect human rebirth in terms of numbers.

- (1) The number of beings with perfect human rebirth compared with the total number of sentient beings is like a handful of dust compared to all the dust in the world.

Step 4: Concluding determination:

Having received a perfect human rebirth, with the profound opportunities to attain higher rebirth, liberation, or even full enlightenment, if I do not utilize this rare and precious opportunity to achieve these goals, then this life has been wasted.

Therefore, I **MUST** take the essence of this precious life and practice the Dharma, using my life in the most beneficial way possible to bring only happiness to others and thereby create only future happiness for myself.

Once you have come to this conclusion, cease all analytical thought-based contemplation and single-pointedly focus on this thought, letting your mind simply rest in and concentrate on this strong determination.

Dedication: Dedicate any positive energy and merit to be able to protect and fulfill one's perfect human rebirth and to attain a perfect human rebirth in all one's future lives, in order to progress on the spiritual path and reach enlightenment quickly to bring ultimate happiness to others.