

**This is an outline of the points Arjia Rinpoche covered in his teaching on April 6, 2008. Please listen to the audio file for the full teaching which includes details, examples, and stories.**

Understanding that the **precious freedom of this rebirth is found only once**,  
Is greatly meaningful and difficult to find again;  
Please bless me to generate the mind that unceasingly,  
Day and night, **takes its essence**.

Why regard this human body as the precious freedom of rebirth?  
Why is it difficult to find human rebirth again?  
Why is the human body more important than precious gems?  
When and how we [the mind] should take its essence (essential qualities)?

I. Why regard this human body as the precious freedom of rebirth?  
Answer: Because this precious human body contains eighteen good qualities

A. The eight freedoms or the eight freedoms:

1. not born in a place that is civilized
2. not born with a healthy body and mind
3. not born in a place that has correct views of life and karma
4. not born in a place that gives the opportunity to learn the Dharma
5. not being a hell being
6. not being a hungry ghost
7. not being an animal
8. not being a long-life god

B. Ten endowments or ten conducive factors for a person to practice the Dharma:

1. being a human
2. being born in a Buddhist land
3. having sound senses
4. being free from performing extreme actions
5. having faith in the Dharma
6. Buddha's having appeared
7. Buddha's having taught the Dharma
8. the flourishing of the teachings
9. there being people following Buddha's teachings
10. having warm and compassionate supporters

II. Why is it difficult to find human rebirth again?

Answer: To obtain a human life of leisure and opportunity, there are difficulties in terms of the causes, the effects and the examples.

- A. In terms of the causes there need be three conditions: having a foundation of pure ethical discipline, augmenting it with the six perfections, and making a stainless aspirational prayer.
- B. In terms of the effects: those countless beings living in miserable realms (who are unlike us) have almost no chance to be reborn in a human realm, and compared to the beings in the happy realms (who are more like us) a special life of leisure is very rare.
- C. In terms of the examples: