- Introduction
  - Higher rebirth
  - Lower rebirth
  - Destination determined by karma
  - Six life types
    - Three upper from virtuous karma
    - Three lower from non-virtuous karma
      - Severe non-virtuous karma gives hell realms
      - Intermediate non-virtuous karma gives hungry ghost realms
      - Weak non-virtuous gives life as an animal
  - Fear motivates initiating Dharma practice
    - Meditation
    - Refuge in Buddha, Dharma, Sangha
    - Dharma study and practice
- b' Contemplating what will occur in your future life: the happiness or suffering of the two types of beings
  - 1' Contemplating the suffering of hell denizens
    - a" Contemplating the suffering of the great hells of living beings
      - Fire Hell
      - Black Line Hell
      - Crushed Together Hell
      - Wailing Hell
      - Great Wailing Hell
      - Hot Hell
      - Very Hot Hell
      - Unrelenting Hell
    - b" Contemplating the suffering of the surrounding hells
      - Lighter than Great Hells
      - Go there by
        - Karma left over after Great Hell
        - Bad Karma not sufficient for Great Hell
        - Cooking being that are still alive
        - Harming others
      - Avoid by
        - Keep away from actions that harm others
        - Maintain pure actions
    - c" Contemplating the suffering of the cold hells
      - Get there by
        - Injuring others by causing them to be cold
        - Actions like having others thrown out into the cold
    - d" Contemplating the suffering of the occasional hells
      - Get there by
        - Periodic action that gives bad karma
        - Only occasionally keeping vows
    - Intro
      - Worst pain in the eight hot hells
      - Your karma from past actions determines your destination
      - To prevent bad rebirths
        - Regulate your behaviour
        - Apply antidotes to old negative causes
        - Make every effort with all of your skill to practice not committing even a speck of a negative action
  - 2' Contemplating the suffering of animals
    - Animals kill each other
    - Animals very badly treated by humans
    - Many humans think they have the right to kill all animals
    - Animals cannot practice any kind of religious path
  - 3' Contemplating the suffering of hungry ghosts
    - a" Hungry ghosts who have external obstacles for obtaining food and drink
    - b" Hungry ghosts who have internal obstacles for obtaining food and drink
    - c" Hungry ghosts who have obstacles within the food and drink
    - In general hungry ghosts' experiences are the result of making another creature suffer from hunger and thirst



- Conclusion
  - Show the main cause of these rebirths and how to prevent them
  - Learn how to avoid suffering rebirths
  - Your own powerful negative karma ripening
  - Your own practice, actions and deeds led to this
  - Suffering will be the result
  - As long as you cycle in the five realms of Samsara, driven by the increasing force of metal afflictions, you will continue to travel up and down
  - Meditate on suffering is root cause of accomplishing the path to enlightenment
  - Buddha presented truth of **suffering** -> truth of **cause** of suffering -> truth of **cessation** -> truth of **the path**
  - Person on Small Scope aims to prevent lower rebirth
    - Measure of reaching this level
    - Constant recurring fear
    - Did I do any of these in the past?
      - Yes. Apply antidote = great remorse
  - Avoid ten non-virtuous actions
    - Negative actions of Body
      - Killing
      - Stealing
      - Sexual Misconduct
    - Negative actions of Speech
      - Lying
      - Divisive speech
      - Harsh speech
      - Idle gossip
    - Negative actions of Mind
      - Covetousness (greed)
      - Ill-will (hatred)
      - Wrong views
  - Engage only in virtuous actions and abandon negative actions
  - Meditate on bad rebirth until it hurts with more fear than you can bear
  - Intercept all negative thoughts and attitudes
  - Take refuge
    - Buddha
    - Dharma
    - Sangha