



**POWER DHARMA TEACHINGS with Lama D.  
WHAT IS THE SIGNIFICANCE OF LIFE?**

**NewEarth University**

Live 7-week Course on Zoom – SUNDAYS. 12 noon Eastern, 9 am Pacific (USA/Canada).

**Class #1 October 24, 2021**

**Human Body is Better than Living in Heaven**

Outline

1. Introduction
2. Terms Define
3. Why We Can't Help Each Other in Heaven
4. Stress in Heaven - Five Signals that you may leave
5. See your next life body
6. Conclusion

I am Lama “D” from Bhutan, and I am so happy to join with NewEarth University which is serving many members interested in a life of virtue. Welcome to our first class in the Power Dharma course - What is the significance of life?

I would like to introduce myself. I am educated in the Mahayana tradition, which I believe is the fastest and highest path to enlightenment. We have seven topics in our course which are very important and really beneficial for everyone. Each of the seven topics is designed to teach you specific details to assist your path to enlightenment.

Today's topic is having a human life is better than living in heaven. This is a surprise, and we will discuss it in detail. Because if you have a human body, you can do things and uplift your level of virtue. But if you live in heaven, you're dead and you can't do anything. Shall we begin?

We have an hour together to talk about this. If you have questions, please make a note, and at the end of my talk I will invite you to ask anything.

I would like to define a few terms. What is a **Perfect human Life?**

Human life is alive, but actually we need a **PERFECT** human life. What is a perfect human life? Perfect human life is a life which is harmonious. An example: look at yourselves. Via the physical, you all have received beautiful organs, eyes, nose, mouth, hands, everything. And also, you just analyze yourselves. Is your mind working? Is your heart working? You have brilliant

ideas. But if you are abnormal or handicapped, then your body is not functioning well, and this is not a perfect human life. You can't do things up to the level of others. However, with your perfect human life, you have arrived with everything organized beautifully. You can see, talk, think, whatever we like, we can do. That is called a perfect human life, or perfect body. If you have a perfect human body, you have all the tools you need to earn great virtue.

**What is Dharma?** With our perfect human life, what are we supposed to do? In Buddhism we believe our life is a huge opportunity for Dharma. What is Dharma? Dharma is the activities in which we can make benefit for all. Everybody wins and no one loses. Dharma means we can make effort, we can sacrifice for others, to fulfill their expectation, and bring them joy. Everybody needs joy, we want all beings to be relaxed, peaceful. Dharma means our actions help all people to live in harmony. That is Dharma. And how can we do Dharma? We serve others without any expectation. For example, every being deserves to be happy. But somehow, we often get stressed. If we try to help remove stress for all beings, and help create harmony, that is called Dharma.

The term **Guru** is for a master who teaches how to do Dharma activities, how to navigate your life. How to achieve blessings and virtue for followers. A guru is a physical human being who teaches others selflessly.

**A Dedicated Student** is a person who has a pure mind and respect for the guru, who follows the guru's direction to receive blessings for the purpose of enlightenment.

**What is God?** Most of you come from a Western culture with the concept of God. I would like to remind you that in Buddhism, we do not refer to God. God is our pure mind. God is our Karma, and it is the law of Nature.

Where is God? God is in your mind. If your mind is pure, then you have no stress, no problems. Everything is born via the mind. If our mind is pure, then we can achieve enlightenment via Paradise.

**In Heaven, We Can't Help Each Other.** Living in Heaven is so peaceful. There is no stress, and we feel no emotions, for a long time, hundreds and hundreds of years longer than human life in a body. It is like an illusion, you will feel it is real, but it is not. We humans on earth can't see heaven, but they can see us. In heaven we can have friends, but we do not feel much emotion. Heavenly beings do have bodies so that they can see each other.

Compared to human life, heaven would seem vastly better. But, why is human life better than Heavenly life? Because in human life we can help each other. We have rich emotions. Especially, we can do Dharma for our life, and we can get enlightenment via a perfect human life. But, in Heaven, you CANNOT help each other. And Heaven has no opportunities for getting enlightenment. They just enjoy all the time, and cannot do Dharma. On the Earth, we are human beings in a body, busy doing things. In Heaven, we are not in a human body, still alive, but more like a spirit.

### **What are Five Signals you will soon leave Heaven?**

In heaven we have unconcerned enjoyment for many, many years, never feel stress. We never worry about impermanence or dream that we might have to leave the Heavenly universe. But one day when their virtue is finished, a person's time in heaven is finished, or their Karma is finished, and they will have to leave this universe. How do they know it is their time to go? In Heaven it is very clean. Everything is so beautiful and perfect until a certain point. One day they begin to notice changes.

- #1 Their body, hair and appearance is shabby and no longer beautiful.
- #2 Sweat pours from their underarms, which never happens in heaven.
- #3 They have dirt on their perfect cloth robes, like flowing heavenly robes.
- #4 They feel a bad smell from the whole body.
- #5 The beautiful flowers that adorn their bodies and robes dry out and wilt.

Seven days after the appearance of the five signals, they know they are going to die. Seven days in heaven is equal to seven hundred years on earth. Knowing that they are going to die, they are very sad to leave such a beautiful place. Even their friends will avoid them, and move away from them. If you know you are going to die, how do you feel. You feel sad. That is the stress, terrible pain and it lasts a very long time.

### **It is stressful to see your next life. What body will you have?**

If you are in Heaven, and you know your time there is almost over, only seven days remain, you know two things:

- #1 You have to leave this beautiful place, and that causes you stress and pain.
- #2 You will see what is your next body, and that is a shock. Because most people leaving heaven do not go back to a human body. Most of the go to Hell or into the Animal world. Very few will get a human body.

If you get an animal body, will you be happy? If you discover you will get the body of a pig, then the sad emotions begin. The pig is dirty, dull minded, and lives on garbage. Even if your body is a very nice cat, do you think you will have a chance to earn virtue? What if you are born as a dog, maybe you can be the dog for the King, will you have an opportunity to discuss? Can you do actions to benefit others to earn virtue?

Almost all heavenly beings when they go back to a body they go to Hell or into an animal body. Only a very few are born as human. That is why human life is better than living in heaven. That is why your future enlightenment and everything in your future depends on how you live your life as a human being. This is a great opportunity.

### **In Conclusion**

I would like to say: Human life is better than living in Heaven. Because with a perfect human life we can do everything for the present and future. In other religions, Heaven is permanent, however in Buddhism Heaven is temporary. When we finish our time in Heaven, we have to get a new body. If we get a perfect human body we can do Dharma, and we can create our good Karma for the next life. If we try, we can even get enlightenment via Paradise. These are the rules of the game. We all have a great good fortune to do everything which is good for the next life. Please, don't misuse this opportunity.