

## Qualities of Precious Human Rebirth

### 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.