

Sufferings of the Three Upper Realms

- 1. Humans:** hunger, thirst, heat, cold, frantic activity, fatigue, the 7 types of suffering.
- 2. Demigods:** jealousy, fighting, getting injured, etc.
- 3. Gods:**
 - Desire realm: dying & transmigrating, falling to lower realms, jealousy, getting injured in wars with demigods.
 - Form & formless realms: mental afflictions & obstructions, lack control over death & rebirth.

Contemplating the stages of involvement in cyclic existence, the origins (from p. 154)

1. How mental afflictions arise
 - a. Actual identification of mental afflictions
 - b. The stages by which they arise
 - c. The faults of mental afflictions
2. How karma is thereby accumulated
3. How you die, transmigrate, and take rebirth