

# **Kamma and Rebirth**

## **Why we should practice more and more wholesome deeds ?**

It is mentioned in Buddhist teachings that those who engage in meritorious activities on a regular basis would be reborn under fortunate surroundings (Sugati). Those whose lives are filled with skillful reborn in states of misery (Duggati). Buddha had also mentioned the fact that birth in the human sphere is very rare. Such a birth with momentary benevolent endowments, is extremely rare. Momentary or inherent tendencies are described as follows:

1. To be born as a human being.
2. To gain such a birth during a Buddha era.
3. Be convinced of the Truth of the self-evident Dhamma.
4. To be fortunate in opportunities to learn the Dhamma from good teachers.
5. To be born with wisdom to understand the Dhamma [to overcome greed, anger and lack of proper understanding of the true nature of Dhamma- lobha, dosa and moha].

Our fervent endeavor should be to develop latent tendencies [seka bala] that we are endowed with, at birth and enlighten ourselves by engaging in the Noble Learning of the essence of the Dhamma. Here the momentary tendencies are expressed as piety (Saddha), morality (Sila), knowledge based on learning [srutha], generosity (Tyaga) and wisdom (Panna). If one were to develop one's momentary tendencies by accessing the Noble Eightfold Path, one could enhance one's sense of morality (Sila), one-pointedness of thought (Samadhi) and wisdom (Panna). One should try to acquire merit and at the same time develop one's skillfulness in wholesome (Kusal) activities, in order to eradicate lust (Lobha), anger (Dosa) and delusion (Moha).

We may be extremely busy making our day-to-day living. However, we should endeavor to organize our activities so that we are able to develop our momentary tendencies that we are endowed with, at birth, and reap the wholesome fruits of our lives as human beings. Thereby, we could make small but sure beginnings to cross the 'Sea of Samsara'.

The following flow chart will make it easier for one to understand the effects [phala] of merit [pin], wholesomeness [kusal] and unwholesomeness [akusal].

