

June District Discussion
Meeting

The Ten Worlds

10



Key Points

- 1) The Ten Worlds categorizes 10 potential states of life that we have the potential to experience from moment to moment.
- 2) Understanding the nature of these worlds can help us recognize our life tendencies and gain insight into how to transform them.
- 3) Our Buddhist practice enables us to purposefully engage in actions that help us break free from the cycle of the six paths and bring forth from within us the worlds of bodhisattvas and Buddha.

‘Awakened, One Is Called a Buddha’

“Neither the pure land nor hell exists outside oneself; both lie only within one’s own heart. Awakened to this, one is called a buddha; deluded about it, one is called an ordinary person.”

—Nichiren Daishonin, “Hell Is the Land of Tranquil Light,” *The Writings of Nichiren Daishonin*, vol. 1, p. 456



The Six Paths

The first six worlds are known as the six paths. Those in these worlds are easily influenced by or vulnerable to external circumstances.

- 1) Hell
- 2) Hungry spirits
- 3) Animals
- 4) Asuras
- 5) Human beings
- 6) Heavenly beings

Through Buddhist practice, we can free ourselves from the six paths and build a self-determined happiness that is uncontrolled by our surroundings.





The Four Noble Worlds

Through Buddhist practice, we can develop the conditions of life known as the four noble worlds:

- 7) Voice-hearers
- 8) Cause-awakened ones
- 9) Bodhisattvas
- 10) Buddhas

The Aim of Practicing Buddhism

“Human revolution is a revolution in our actions and behavior. It means to purposefully engage in behavior that is grounded in compassion, in actions that break free from the cycle of the six paths and bring us to the worlds of bodhisattvas and Buddhas.”

—Ikeda Sensei, *The Wisdom for Creating Happiness and Peace*, Part 2, p. 8





Suggested Questions:

- 1) Which of the Ten Worlds do you often find yourself experiencing?
- 2) What do you do to strengthen the worlds of bodhisattvas and Buddhas?