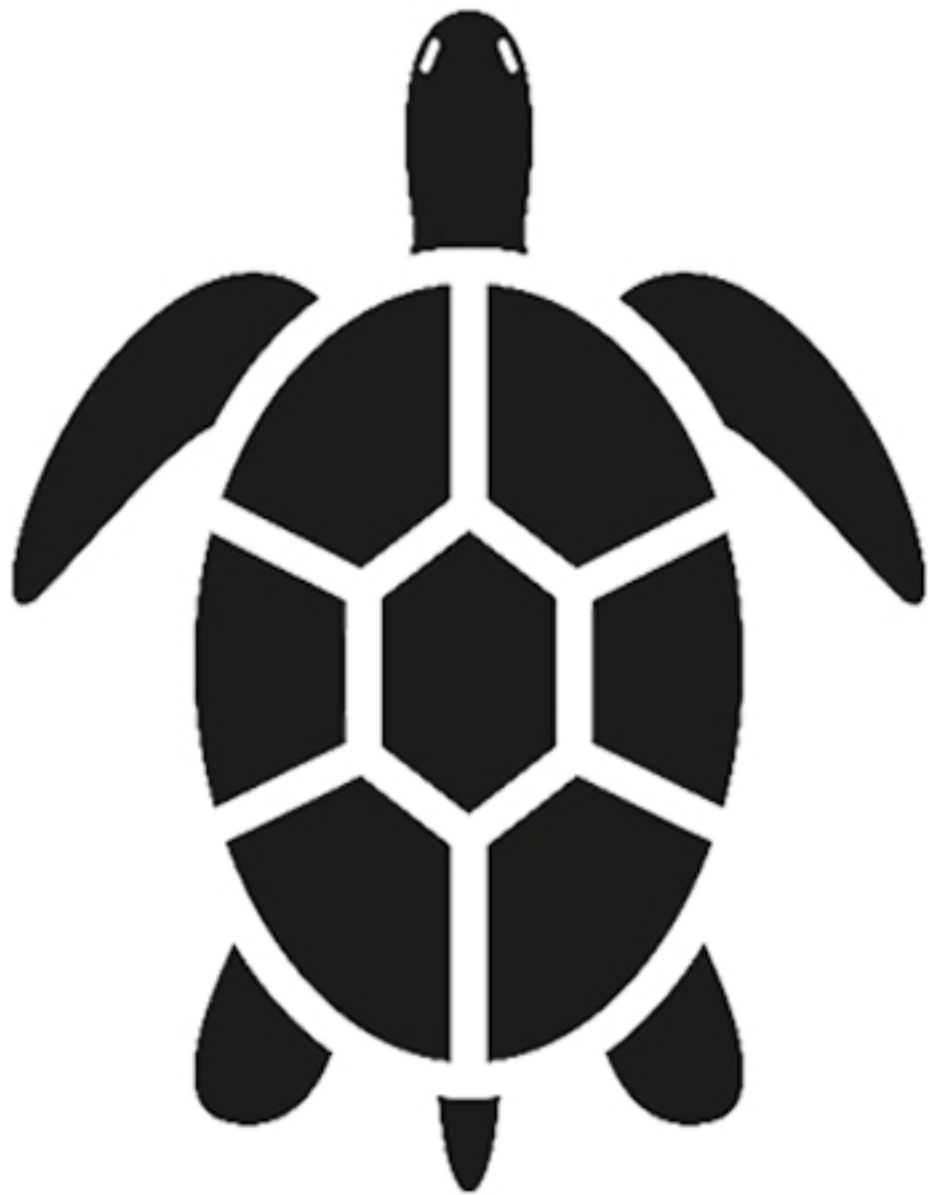


PRECIOUS HUMAN LIFE

THE TURTLE STORY

The Buddha used the following metaphor to illustrate how precious human birth is. Imagine all the billions of universes and galaxies were equivalent to a vast ocean and there was a bucket floating on its surface. Consider that a blind turtle lived in the depths of this huge ocean. Once every 100 years the turtle would come to the surface to breath and then return to the bottom of the ocean. The probability of that old blind turtle to hit its head on the bucket once surfacing to breath is as rare as the chance of obtaining a human birth.



Moral of the story, instead of taking our human birth for granted we should be grateful, reflect on our immense good fortune and use this lifetime wisely to purify our mind and heart and thrive to become better human beings.

"Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others..."

- Dalai lama



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