

## Discussion Topic October – Human revolution

Nowadays, changing our inner realm has become more and more important. We call these efforts human revolution.

Our lives as human beings are a complex fabric of many factors - our personalities, habits, karma, and family connections among them - in which we can easily become entangled and unable to free ourselves. We are trapped in the cycle of the six paths, or lower six worlds; Hell, Hunger, Animality, Anger, Humanity, and Heaven.

We can try to adorn ourselves with fame, social status, academic credentials, knowledge, or money, but if we are impoverished in terms of our own humanity, our lives remain poor and empty inside. What matters is who we are when all the external things are stripped away. Human revolution is a change of heart 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 Bodhisattva and Buddhahood.

Human revolution is not something unusual. Let's say a mother is only concerned about the welfare of her own family. Then, one day, she says to herself: "There's no way of knowing that our present happiness will continue forever. I'm going to seek a more permanent kind of happiness." Then, through her Buddhist faith and practice, she becomes a powerful support for her entire family. This is an example of human revolution. Another example of human revolution is when someone who only thinks about himself, his own family and friends, at one day decides to take a step beyond that limited realm of concern and reach out with compassion to those who are suffering, to find a way to enable them to lead happy lives.

When human revolution spreads to the family, the country, and the world, it becomes a noble and nonviolent revolution for peace. There are many kinds of revolutions - political, economic, industrial, scientific, artistic and in countless other spheres. Each is significant in its own way, and sometimes necessary. But whatever changes are made, if the people implementing them are selfish and lack compassion, they won't improve the world. Human revolution is the spiritual basis for orienting everything in a new and positive direction, including our views of life, society, and peace.

1. Do you challenge yourself in making your human revolution?
2. Do you have an example making your human revolution?