

**SGI-UK Study Department  
Introductory Study Programme**

**The Ten Worlds**

**Aims of the meeting**

We hope that everyone will grasp the following:

- What each of the Ten Worlds is
- How they all work in our lives on a day to day basis
- The difference between the 6 lower worlds and 4 higher worlds
- That each of the 9 worlds has the potential for Buddhahood, and Buddhahood ‘grows out’ of the 9 worlds we experience in daily life.

**Other Materials**

In *The Real Aspect of the Gohonzon* [WND p 832] Nichiren Daishonin talks about how each of the worlds embraces and contains within it all the others.

The *New Year's Gosho* [WND p 1137] explains how both hell and Buddhahood exist within us and are no separate or located outside our lives. Just as we can understand that the appearance of hell in our lives is caused, so too we should gain conviction about our ability to cause the emergence of our Buddhahood

*Those Initially Aspiring to the Way* [WND p 887] uses the metaphor of caged bird, who when singing, attracts the birds flying in the sky to gather round, to explain how when we chant Nam myoho renge kyo, Buddhahood will emerge.

And *The One Essential Phrase* [WND p 923] says “all the beings of the ten worlds can attain Buddhahood in their present form” and the Daishonin gives other metaphors to enable us to grasp this with our lives.

*The Buddha in Daily Life* by Richard Causton has a long section on the ten worlds (from p 35 to 95), including a wonderful expression of the mutual possession (p35 – p38).

*The Buddha in your Mirror* has a section on the Ten Worlds, starting on p102.

*The Wisdom of the Lotus Sutra* has a section entitled ‘From the six paths to the four Noble Worlds’ (p145 – 169) and ‘The Mutual Possession of the Ten Worlds’ (p171 – 196).