

### All About Karma

**Class 1 - 2022**

An 8-week **DISCOVERING BUDDHISM** course with registered FPMT teacher, Eddie Peet

1

### Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

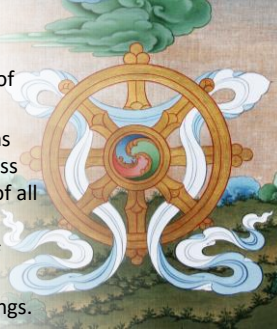
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



2

### Seven Limb Prayer

Reverently I prostrate with my body, speech, and mind;  
I present clouds of every type of offering, actual and imagined;  
I declare all my negative actions accumulated since beginningless time, and rejoice in the merit of all holy and ordinary beings.  
Please, remain until the end of cyclic existence, and turn the wheel of Dharma for living beings.  
I dedicate my own and other’s merits to the great enlightenment.

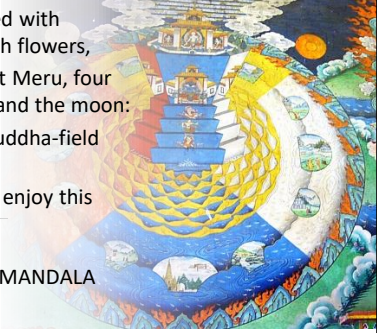


3

### Mandala Offering

This ground, anointed with perfume, strewn with flowers,  
Adorned with Mount Meru, four continents, the sun and the moon:  
I imagine this as a buddha-field and offer it.  
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA  
KAM NIRYATA YAMI



4


### Course Outline

**10 weeks in total**

- 8 classes
- Review
- Rebirth Game of Liberation

**Topics will include**

- General characteristics
- Virtuous and non-virtuous
- Weight and strength
- Projecting and completing
- How to purify your karma




5

### Great Books on Karma



6




### Today's Outcomes

- Identifying karma
- Intentions
- Substantial and co-operative causes

7

### Causality and Karma


- Karma is an instance of the general law of causality
- Karma enters the picture when our feelings become involved



8

### What is Karma?

The principal meaning of karma is volitional action.




9

### Intention and Intended Karmas

Karma is created in dependence on delusion as either:


#### 1. The karma of intention

A mental factor conceiving an action



#### 2. The intended karmas


The mental factor generated at the time of actually performing an action of body or speech



10


### Causation

1. Effects arise from causes and cannot arise without causes
2. Causes are impermanent
3. Effects must be concordant with their causes



11

### Dharmakirti Said ...




here *it* exists *that* arises, and when *it* changes *that* changes as well, this is referred to as the cause.

- Exposition of Valid Cognition

12

### Defining Substantial Cause


That which primarily produces the essential nature of its effect as opposed to the attributes of the effect



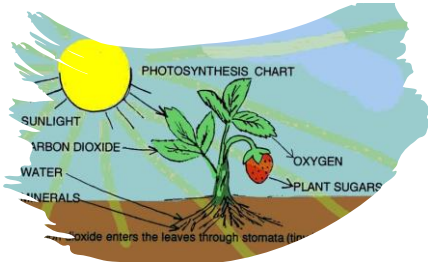
13

### Substantial Cause

- Also called the material, main or unique cause
- It can be physical, mental or abstract
- It is the essence of what transforms into the result



14



### Defining Cooperative Causes

That which primarily produces the attributes as opposed to the essential nature of the effect

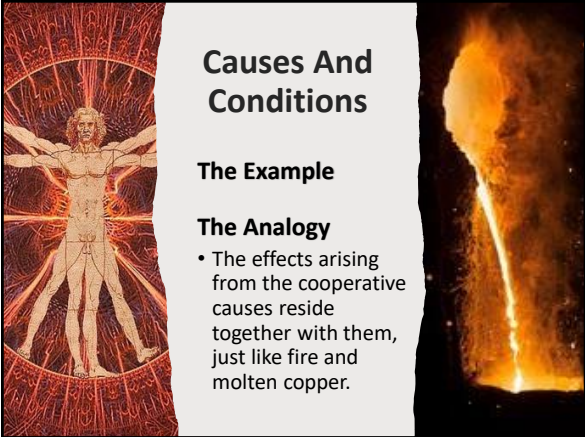
15

### The Cooperative Conditions

- A contributory, shared or cooperative condition can be mental, physical or abstract
- It **does not** transform into the result



16



### Causes And Conditions

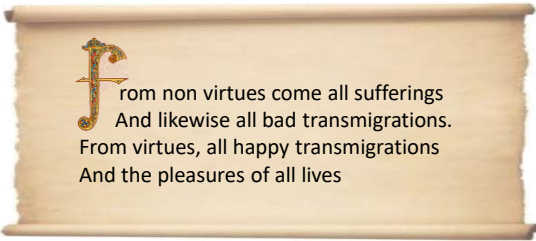
#### The Example

#### The Analogy

- The effects arising from the cooperative causes reside together with them, just like fire and molten copper.

17

### Nagarjuna says...




From non virtues come all sufferings  
And likewise all bad transmigrations.  
From virtues, all happy transmigrations  
And the pleasures of all lives

18



### Why is Understanding Karma So Important?

1. It explains how experiences of **pain and suffering** arise as a result of negative actions, thoughts, and behaviour
2. It also explains how **desirable experiences of happiness and joy** arise as a result positive actions, emotions and thoughts
3. Our experiences come from causes and conditions which **correspond to their result**



19



### What's My Take-Away?

**REMEMBER** ...your future depends entirely on the actions you take now!

- Karma means action
- Actions require causes and conditions

20

### Next Week

**Read:**

- Pages 3-5 FPMT notes

**Coming up:**

- The four general characteristics of karma
- The analogy of the seed

21

### Dedication

Due to the merits of these virtuous actions  
May I quickly attain the state of a Guru-Buddha  
And lead all living beings, without exception,  
Into that enlightened state



22

### Bodhicitta Verses

May the supreme jewel bodhicitta  
Not yet born, arise and grow  
May that born have no decline  
But increase forever more

And as long as space endures,  
As long as sentient beings abide,  
May I too remain  
To dispel the sorrows of the world



23