

### All About Karma

Class 3 - 2022

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


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### Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

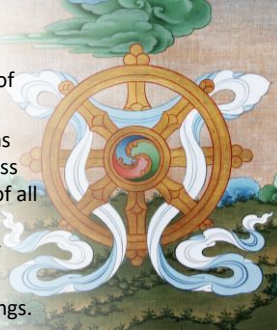
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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### 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.

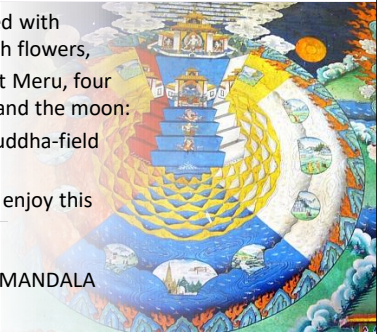


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### Mandala Offering

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




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### What We Have Studied

- What Karma is
  - Its importance
  - Intentions
- Substantial causes
- Contributory causes
- Four principles of karma
  - The analogy of the seed and the medicinal tree



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### Great Books on Karma


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### Today's Outcomes

- Ten non-virtuous karmic paths
- The harmful paths of physical non-virtue
- Unwise and unkind sexual behaviour



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### Paths of Action

1. Virtuous white actions produce desirable effects of happiness
2. Non-virtuous black actions produce suffering and pain
3. Neutral actions are neither

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### Paths Of Action

DESCRIBING THE TWO SETS OF KARMIC PATHS

**Ignoble**

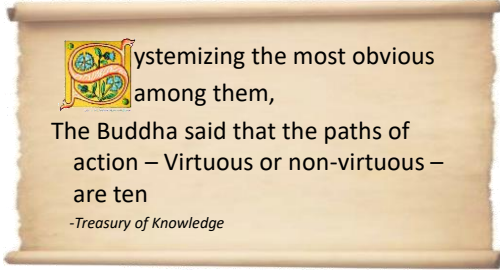
- Harmful
- Non-Dharma
- Polluted
- Blameworthy
- Leading to suffering

**Noble**

- Harmless
- Dharma
- Unpolluted
- Blameless
- Leading to happiness

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### Asanga said ...

ystemizing the most obvious among them,  
The Buddha said that the paths of action – Virtuous or non-virtuous – are ten  
*-Treasury of Knowledge*




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### Karma and Karmic path

	Karma	Karmic Path	Affliction
Mental factor of intention	✓	✗	✗
7 physical and verbal non-virtues	✓	✓	✗
3 mental non-virtues	✗	✓	✓

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### The Medium of Expression



**BODY**  
Physical actions  
Karma and Karmic paths


**SPEECH**  
Verbal actions  
Karma and Karmic paths

**MIND**  
Mental actions  
Karmic Paths & afflictions

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1. Killing


- Karma and karmic path
- Weightiest non-virtuous physical path
- Motivated by desire, hatred or ignorance
- Completed with **hatred**



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2. Stealing


- Karma and karmic path
- Less weighty non-virtuous physical path
- Motivated by desire, hatred or ignorance
- Completed with **desire**



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3. Unwise & Unkind Sexual Behavior

- Karma and karmic path
- Lightest non-virtuous physical path
- Motivated by desire, hatred or ignorance
- Completed with **desire**



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Stages of Unwise and Unkind Sexual Behaviour

Intention

Action

Satisfaction

Basis

Attitude

Performance

Culmination

Basis

Perception

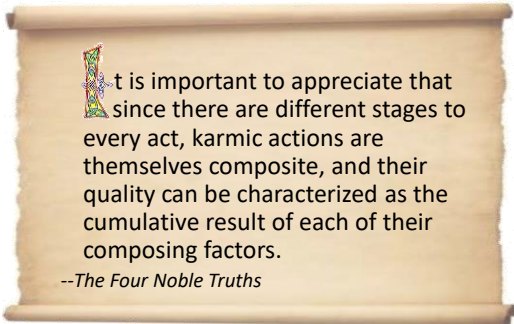
Attitude

Affliction

Conclusion

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The Dalai Lama says...



It is important to appreciate that since there are different stages to every act, karmic actions are themselves composite, and their quality can be characterized as the cumulative result of each of their composing factors.

--The Four Noble Truths

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FOUR STAGES of Unwise and Unkind Sexual Behaviour


1. Basis  
An improper person, orifice, time, or place

2. Attitude  
Includes perception, motivation, and affliction

3. Performance  
Meeting of the two organs

4. Culmination  
Pleasure is experienced

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### Weight of Unwise and Unkind Sexual Behaviour

1. **Attitude:** intense hostility, desire, indifference


2. **Performance:** with glee, with elaborate preparation, habitually, repeatedly, long length of time

3. **Absence of an antidote:** no shame, no embarrassment, no remorse or confession

4. **Perversity:** distorted ideas, wrong views

5. **Basis (object):** improper person, orifice, time or place

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### Strength of Unwise and Unkind Sexual Behaviour

Recipient	Object	Support	Attitude
An improper partner – family, child, ordained, vow holder orifice, time or place	Unwise and unkind sexual activity	Knowledge and ethics	interest path duration goal

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### Three Types of Result

1. Ripening result

2. The causally concordant result

a) Experience

b) Behaviour

3. Environmental result

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### The Ripening Result – Fruition

Three different levels of lower rebirth ripening:

1. **Small** – rebirth as an animal

2. **Medium** – rebirth as a hungry ghost

3. **Great** – rebirth as a being in the hells




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### Causally Concordant Result

Two types of result similar to the cause:

1. Results corresponding to the **experiences**

2. Results corresponding to the **behaviour**





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### The Environmental Result

It manifests as our external environment, our possessions and how we relate to them

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### The Buddha said...

ossessed of my own deeds, I am  
the inheritor of deeds, kin to  
deeds, one who has deeds as a refuge.  
Whatever deeds I shall do, whether good  
or evil, I shall become the heir of it.  
*--Anguttara Nikaya 3.72*

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### What's My Take-Away?

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

- You know the stages and results of unkind and unwise sexual behavior.

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**Read:**

- Pages 65-67, 74-92 (LTC notes 7-9, 18-36)

**Coming up:**

- The non-virtuous karmic paths of speech
- Offensive speech, paths and results

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### 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



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### 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



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