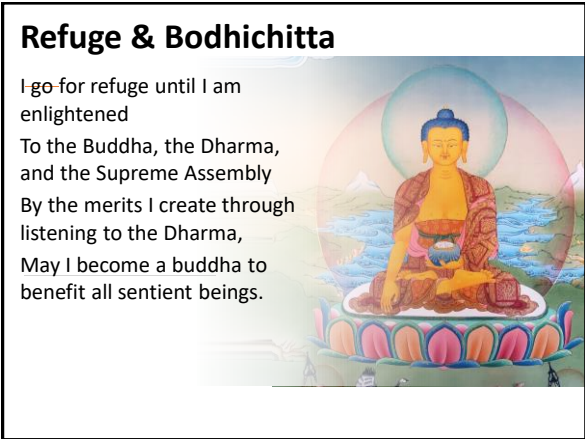
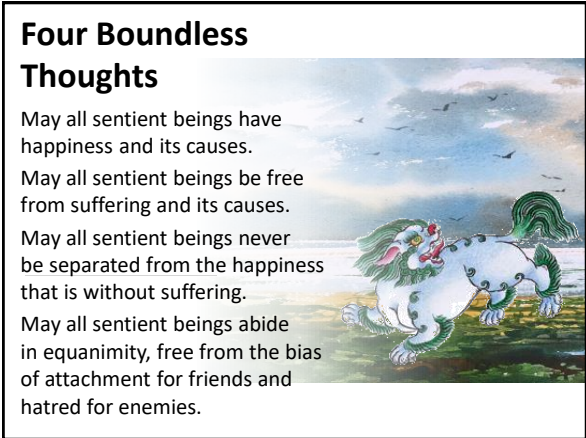


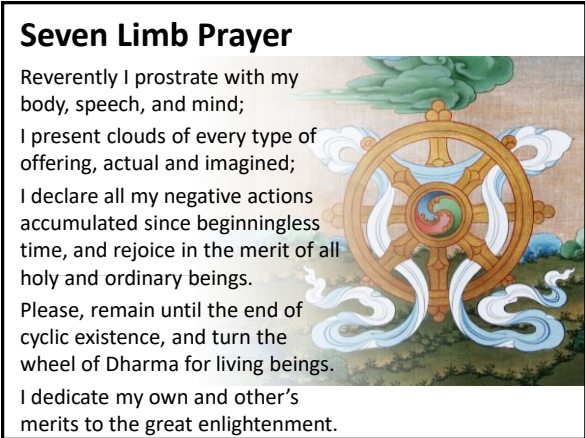
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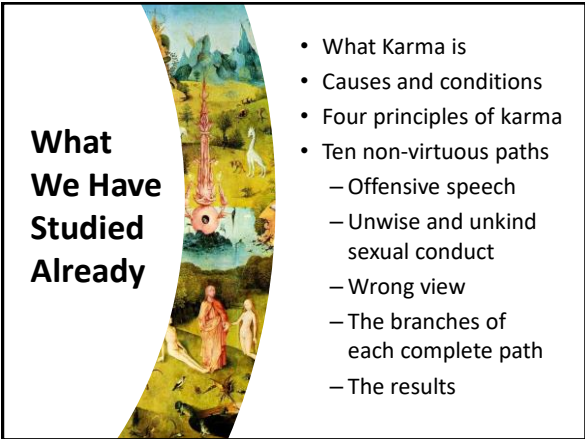
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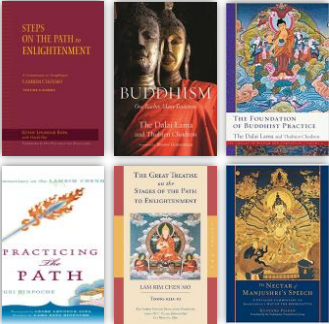
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Great Books on Karma

7

Today's Outcomes

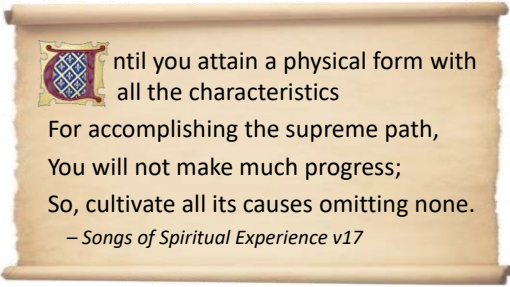


The verbal path of virtue

- The branches of the complete path
- Weight and strength
- Stopping destruction
- The results

8


Lama Tsongkhapa said ...



Until you attain a physical form with all the characteristics
For accomplishing the supreme path,
You will not make much progress;
So, cultivate all its causes omitting none.
– Songs of Spiritual Experience v17

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Heavy Virtuous Karma




Restraint from killing – to protect and save lives

Restraint from lying – telling the truth

Restraint from wrong views – non-ignorance

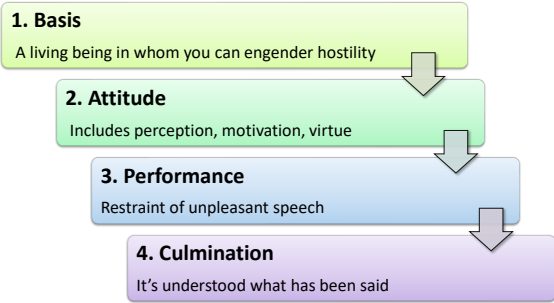


CAUTION




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FOUR STAGES of Restraint



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Weight of Restraint

1. Attitude: non-hatred, non-ignorance, non-attachment


2. Performance: of restraint knowing the faults and then speaking with deep faith, admiration or devotion

3. Absence of an antidote: no attachment or grasping

4. Perversity: no distorted ideas, correct views

5. Basis (object): size, length, family, sangha, holy beings

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Strength of Restraint

Recipient	Object	Support	Attitude
Family, children, close friend ordained, guru	The activity is pleasant speech	The person speaking	Karma and its path, conclusion all virtuous

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The Superior Shantideva said ...



his alone should be always my thought, both day and night:
Non virtue brings certain woe;
How might I escape from this?
The Sage declared aspiration to be the root of things that are virtuous.
The root of that, in turn, is always to contemplate maturation results
— Bodhisattvas Way of Life, Ch2,v62

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The Results

1. Ripening

2. Causally concordant

3. Environmental

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Virtue – Stopping Wastage

1. Purification

2. Accumulate merit

3. Rejoicing

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Four Virtuous Causes for a Current Life Experience

1. No worldly concern

2. Powerful compassion

3. Deep faith towards holy objects

4. Sources of benefit

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Virtue – Stopping Destruction

1. Dedication

2. Emptiness

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SUMMARY

REMEMBER

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

- Heavy virtuous karmas
- Restraining harsh speech
- The path, weight and strength of restraint
- The results of restraint

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TAKE AWAY

REMEMBER

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

What's My Take-Away?

- You know the stages and results of a virtuous action.

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Next Week

Read:

- Pages 45-46 FPMT notes
- Pages 69-70, 94, 97-99 (LTC notes 13-14, 39, 48-50)

Coming up:

- Karmic seeds
- Throwing and completing karma

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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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