

Four Opponent Powers in Daily Life

Class 2

A 4-week 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

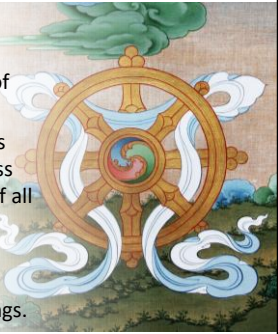
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

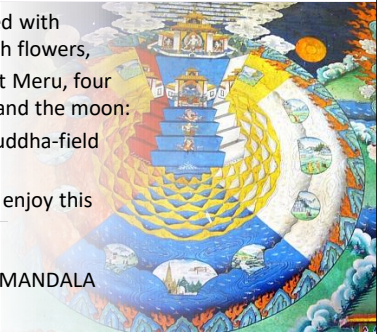


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Mandala Offering

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

- Actions
- Stages of an action
- Four effects of an action

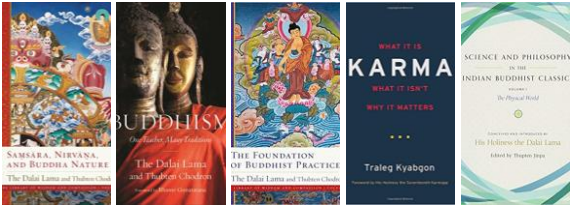


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The Medicinal Tree Analogy

 <p>Karma is definite <i>If we plant cherry seeds, we can only get a cherry tree, never accidentally get chillis</i></p>	 <p>Karma is expandable <i>A seed develops into much more than just a tree: flowers, fruit, shade, wood, more trees</i></p>	 <p>No result without a cause <i>Just praying for cherries is not enough</i></p>	 <p>Karmic results are inevitable <i>Seeds lay dormant until the climate is right</i></p>
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Great Books on Karma and the Four Opponent Powers


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Today's Outcomes

- Purification
- Four Opponent Powers
- What each opponent purifies



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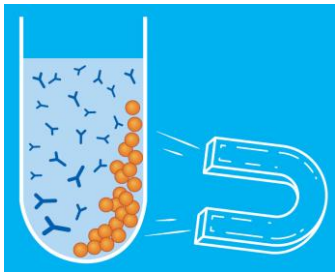
What is Purification?

The removal, in stages, of the afflictive and cognitive obscurations, as well as karmic aftermath, from one's mental continuum.

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Types Of Purification


1. Complete
2. Partial



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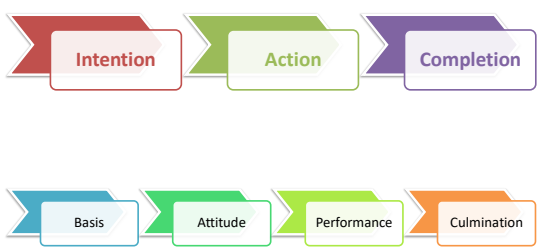
Actions Purified

1. Downfalls are purified in a specific ritual
2. Negativities are purified by the four opponent powers



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Stages Within A Karmic Action



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--Sutra Showing the Four Dharmas



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graph LR
    A["Reliance  
Refuge  
Foundation"] --> B["Resolve  
Restraint  
Turning away"]
    B --> C["Remedy  
Antidotes"]
    C --> D["Remorse  
Repentance  
Release"]
  
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Remorse Opposes Experiences

To feel remorse strongly you must familiarise yourself with the three effects of actions




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The Process

Action	Opponent Powers	Effects
Culmination	Remorse	Experiences similar to the cause
Performance	Remedy	Throwing karma
Attitude	Resolve	Behaviour similar to the cause
Basis	Reliance	Fruition & Environment


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What's The Take-Away?

- You know the four opponent powers.
- You know the parts of an action that each opponent purifies

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Coming up:

- Applying the four opponent powers *outside* the meditation session

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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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