

# Four Opponent Powers in Daily Life

## Class 3

A 4-week 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

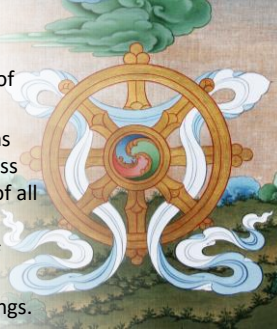
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

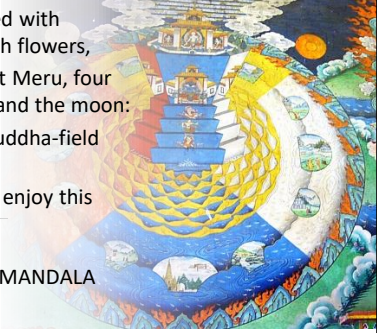


3

# 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



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# What We Have Studied

- Actions
- Stages of an action
- Four effects of an action
- Four opponents
- What each opponent purifies




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# Great Books on Using the Four Opponent Powers

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### The Buddha said...

aitreya, when a bodhisattva, a great being, possesses these four teachings, non-virtuous actions that are performed and accumulated will be overcome.

What are these four?

They are the power of remorse, the power of the antidote, the power of turning away from faults, and the power of the basis.

— Sutra Showing the Four Dharmas


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### Today's Outcomes

- Using the four opponent powers against **anger** while out in the world.
- Small, middling and great paths of practice.


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### The Process & Outcomes

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

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**Remorse Opposes Experiences Similar to the Cause**

To feel remorse strongly, you must know the consequences your behaviour will have on you


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### REMORSE opposing ANGER

CONSEQUENCES	CAUSALLY CONCORDANT RESULTS
<ul style="list-style-type: none"><li>• <b>Fruition</b> – lower realms</li></ul> 	<ul style="list-style-type: none"><li>• <b>Behavior</b> – is repeated</li></ul> 
<ul style="list-style-type: none"><li>• <b>Environment</b> – epidemics, disputes, wars, calamities, food is poor, land barren, dangerous animals</li></ul> 	<ul style="list-style-type: none"><li>• <b>Experience</b> – fear, torment, suspicion, guilt, disharmony, paranoia, fright for no obvious reason</li></ul> 


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### Arya Shantideva said . . .

o evil is there similar to anger, No austerity to be compared with patience. Steep yourself, therefore, in patience, In various ways, insistently.

— Bodhisattva's Way of Life; Ch6 v2

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- Re-establish the right attitude
- The safe direction

Reliance Opposes Fruition & Environmental Karma

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### A REFUGE to oppose ANGER

THREE RARE SUBLIME ONES

Inner and outer Buddha


Inner Dharma

Inner Sangha

The four seals

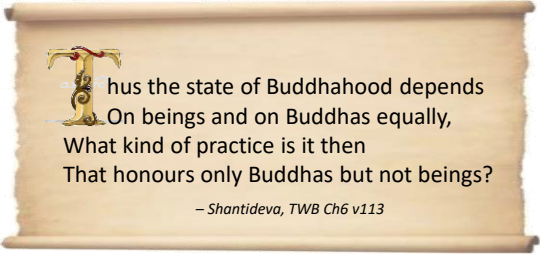
BODHICHITTA

- The wish to attain enlightenment for the benefit of others



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### From the Master Shantideva...



Thus the state of Buddhahood depends  
On beings and on Buddhas equally,  
What kind of practice is it then  
That honours only Buddhas but not beings?

— Shantideva, TWB Ch6 v113

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Remedial Actions Oppose Throwing Karma

Any virtuous act done for purification is an opponent force

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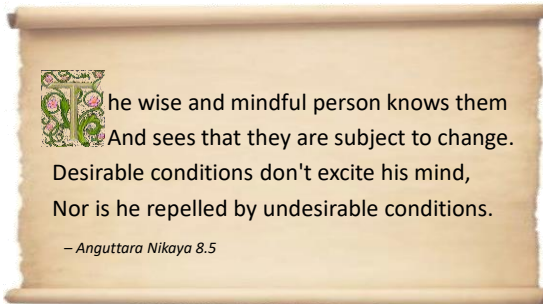


- Appreciate your potential
- Impermanence and urgency
- Safe direction

Small scope  
REMEDIAL ACTIONS

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### The Buddha said . . .



he wise and mindful person knows them  
And sees that they are subject to change.  
Desirable conditions don't excite his mind,  
Nor is he repelled by undesirable conditions.

— Anguttara Nikaya 8.5

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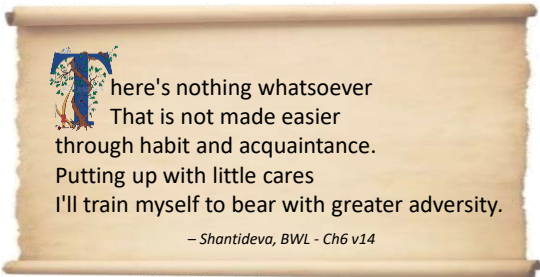


- Agency
- Distaste

Middle SCOPE  
REMEDIAL ACTIONS

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The Master Shantideva said . . .



There's nothing whatsoever  
That is not made easier  
through habit and acquaintance.  
Putting up with little cares  
I'll train myself to bear with greater adversity.

— Shantideva, BWL - Ch6 v14

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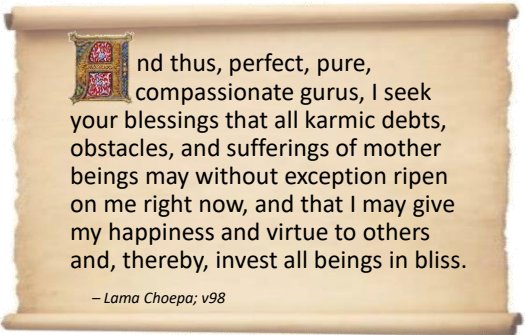


- Our relations
- Our teachers
- Tong-len

Great SCOPE  
REMEDIAL ACTIONS

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The Panchen Lama says ...



And thus, perfect, pure,  
compassionate gurus, I seek  
your blessings that all karmic debts,  
obstacles, and sufferings of mother  
beings may without exception ripen  
on me right now, and that I may give  
my happiness and virtue to others  
and, thereby, invest all beings in bliss.

— Lama Choepa; v98

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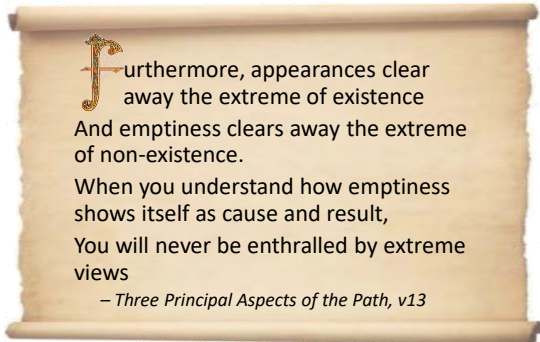


- The syllable a  
is a negation.
- Like illusions.

Wisdoms REMEDIAL  
ACTIONS

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Lama TsongKhapa said ...



Furthermore, appearances clear  
away the extreme of existence  
And emptiness clears away the extreme  
of non-existence.  
When you understand how emptiness  
shows itself as cause and result,  
You will never be enthralled by extreme  
views

— Three Principal Aspects of the Path, v13

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Resolve Opposes Behavior Similar to the Cause

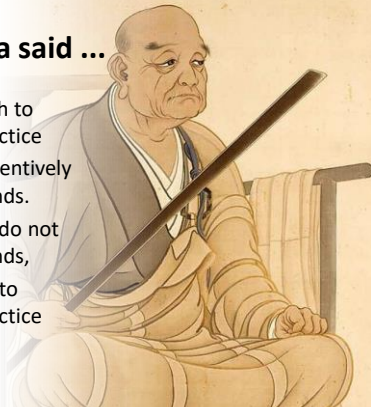
You must have an attitude of strong conviction not to commit destructive behavior in the future

Learn How To Say NO


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Shantideva said ...

Those who wish to guard their practice Should very attentively guard their minds. For those who do not guard their minds, Will be unable to guard their practice




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What's The Take-Away?

- You know the four opponent powers.
- You know how to apply these four opponent powers on the spot whenever you are **angry**.

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Coming up:

- Applying the four opponent powers against **attachment** 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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