

Four Opponent Powers in Daily Life

Class 4

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

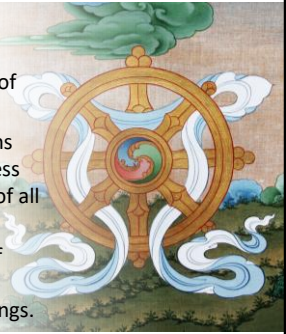
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

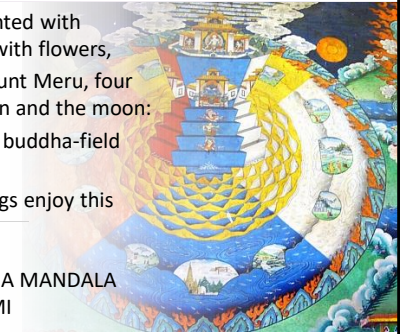


3

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








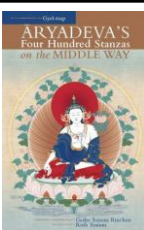
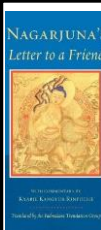
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What We Have Studied

- Actions and their stages
- Four effects of an action
- Four opponents
- Opposing anger




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Great Books on Using the Four Opponent Powers

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Today's Outcomes

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

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Defining Attachment

A deluded mental factor that observes its contaminated object, regards it as a cause of happiness and wishes to possess it.

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REMORSE opposing ATTACHMENT

CONSEQUENCES

- Fruition – lower realms
- Environment – property and belongings constantly deteriorate, poor place

CAUSALLY CONCORDANT RESULTS

- Behavior – is repeated
- Experience – intense desire and craving. Ventures fail. Our wishes are unfulfilled



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Remorse Opposes Experiences Similar to the Cause

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



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Reliance Opposes Fruition & Environmental Karma

- Re-establish the right attitude
- The safe direction



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A REFUGE to oppose ATTACHMENT

THREE RARE SUBLIME ONES

Inner and outer Buddha


Inner Dharma

Inner Sangha

The four seals

BODHICITTA

- The wish to attain enlightenment for the benefit of others



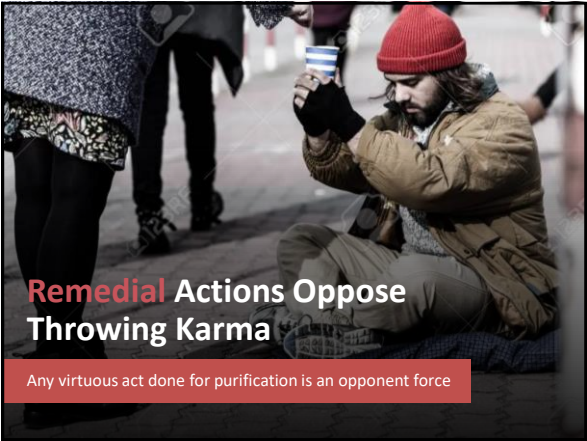
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Arya Shantideva said ...

The buddhas and the bodhisattvas both Possess unclouded vision, seeing everything: Everything lies open to their gaze, And likewise, I am always in their presence.

One who has such thoughts as these Will gain devotion and a sense of fear and shame. For such a one, the memory of Buddha Rises frequently before the mind.

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Small scope
REMEDIAL ACTIONS

- Appreciate your potential
- Impermanence and urgency
- Safe direction

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The Arya Nagarjuna said ...

Seeing that you will definitely die, and that, when dead, you suffer from negativity, do not engage in any negativity even for the sake of temporary pleasures

— Precolus Garland; v144

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Middle SCOPE
REMEDIAL ACTIONS

- Agency
- Distaste

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Five Purifiers For Attachment



MEDITATION ON THE FEELING OF SUFFERING
• Pain within your own and others continuum



UNPLEASANTNESS IN RELATION TO SOMETHING ELSE
• The inferiority of the body through comparison



UNPLEASANTNESS OF BAD ACTIVITIES
• Pleasant bad activities and their karmic outcomes



UNPLEASANTNESS OF THE UNSTEADY, CHANGE –
• Coarse and subtle impermanence



CONTEMPLATION OF UGLINESS – the UNPLEASANT
• Internal ugliness; putrefaction, rotting etc.

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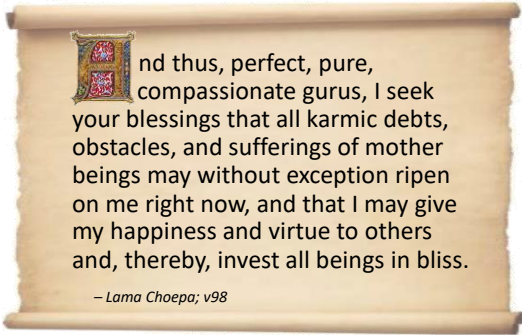


- Our relations
- Our teachers
- Tong-len

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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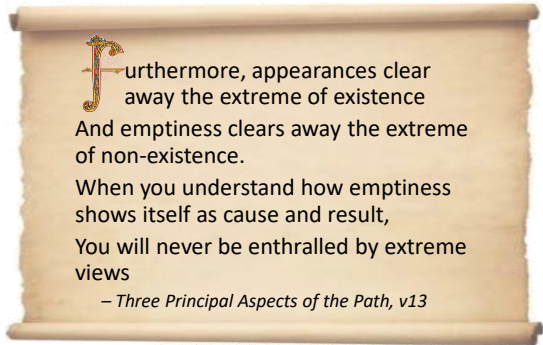


- The syllable a is a negation.
- Like illusions.

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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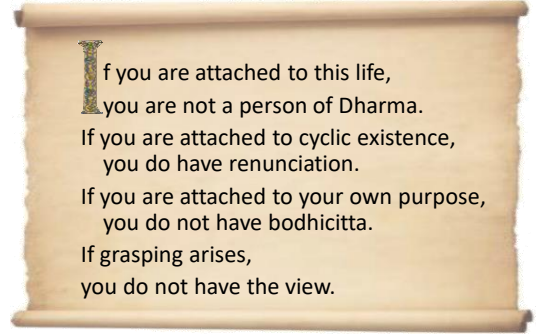
Resolve Opposes Behavior Similar to the Cause



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


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Sachen Kunga Nyingpo said ...



If you are attached to this life, you are not a person of Dharma.
If you are attached to cyclic existence, you do have renunciation.
If you are attached to your own purpose, you do not have bodhicitta.
If grasping arises, you do not have the view.

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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 **desirous**.

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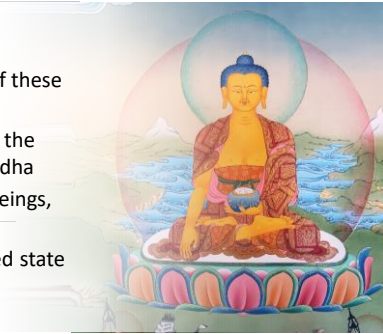
Next Course Coming up:

The Heart Sutra

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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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