

Understanding Karma to Create the Future We Want

Class 2

A 5-week course with registered FPMT teacher, Eddie Peet



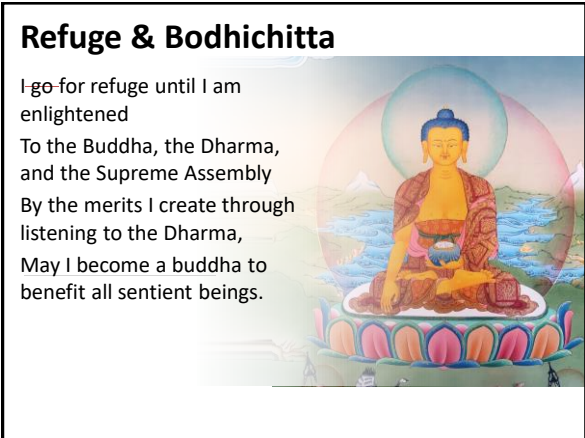
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Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

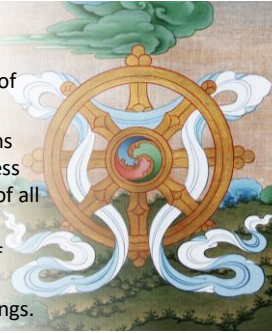
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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!

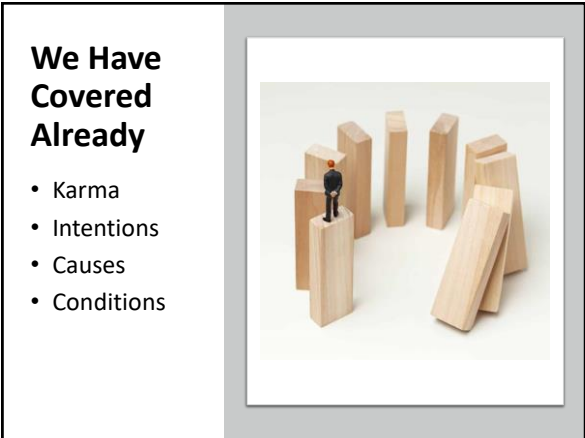
IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



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We Have Covered Already


- Karma
- Intentions
- Causes
- Conditions



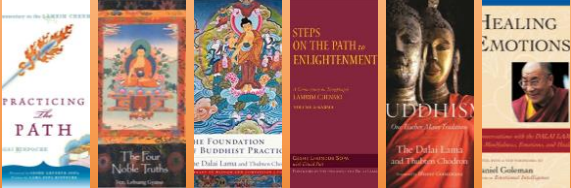
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Today’s Outcomes

- Virtue and non-virtue
- Four principles of karma
- The analogy of the seed and tree



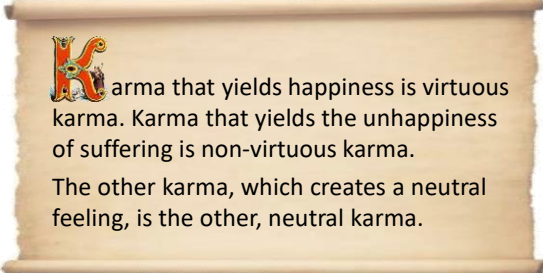
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Great Books on Karma


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A Quote From The Abhidharma



Karma that yields happiness is virtuous karma. Karma that yields the unhappiness of suffering is non-virtuous karma. The other karma, which creates a neutral feeling, is the other, neutral karma.

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Defining Virtue

A phenomenon that functions as a main cause of happiness

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Defining Non-virtue

A phenomenon that functions as a main cause of suffering

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Reflecting on Karma in General



1. The certainty of karma

2. The magnification of karma

3. Not experiencing the effect of actions that you did not do

4. The actions you have done do not perish

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1. Karma is Definite

Happiness comes from previously created constructive actions. Suffering comes from previously created destructive ones. It never occurs the other way around

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The Certainty of Karma

- 1. Painful feelings are the effect of previously accumulated non-virtuous karma
- 2. Painful feelings arise from compatible causes
- 3. Painful feelings do not arise from incompatible causes
- 4. It is impossible for painful feelings to be the effect of virtuous karmic causes
- 5. Painful feelings do not occur in the absence of causes
- 6. Understanding painful feelings and their causes is the foundation of all happiness



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An illustration of a lush green forest with tall trees and sunlight filtering through the canopy, creating a serene atmosphere.

2. Karma Increases

A small action can produce a large effect

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Changing Behaviour

- Small non-virtuous actions can produce results of great suffering
- From the original action that was the cause, effects can be greatly magnified in terms of size, amount, intensity and duration
- Because internal causation involves a magnification of effect that is larger than that found in external causation, it is important to be careful with even small infractions.



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An illustration of a vast desert landscape with rolling sand dunes under a clear blue sky.

3. No Action, No Effect

You cannot experience the effect of an action without first having created its cause

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No Cause – No Effect

- These pleasant results are the effects of past virtuous karma that I created
- To experience more of the same I must re-create their causes



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An illustration of several hands reaching upwards towards a shower of falling US dollar bills, symbolizing desire and reward.

4. Actions Do Not Go To Waste

The effect of an action will be experienced unless it is counteracted.

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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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Seeds And Wastage – Non-virtue

- 1. The Four Opponent Powers
- 2. Emptiness

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Seeds And Wastage – Virtue

- 1. Anger
- 2. Wrong views


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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 The Take-Away?

- You know the four principles of karma.
- You know the analogy of the seed and the tree.

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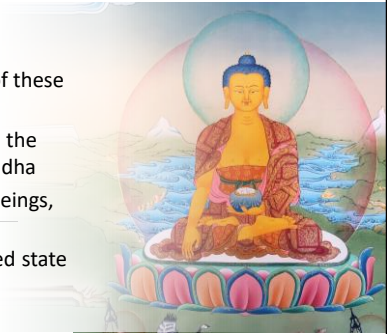
Coming up:

- Karma and its paths
- The 10 non-virtuous karmic paths
- Results of 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 Verse

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more



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