

Understanding Karma to Create the Future We Want

Class 3

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



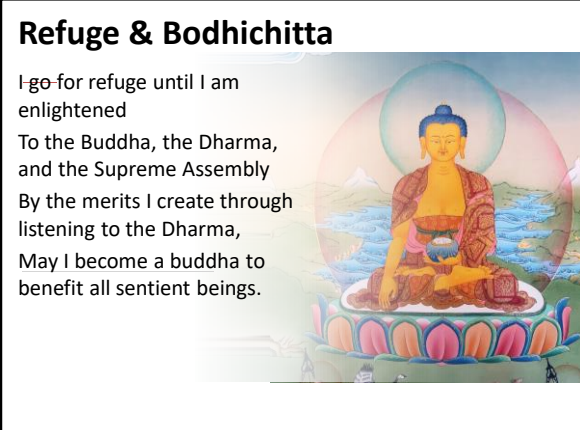
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Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

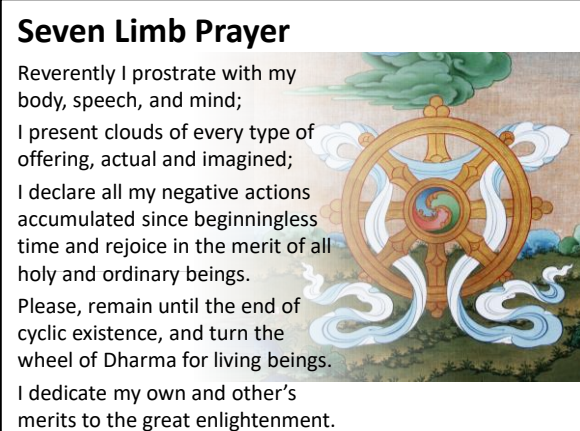
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

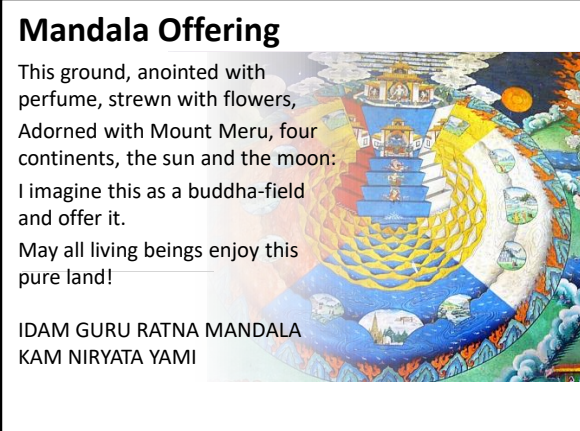


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Mandala Offering

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!

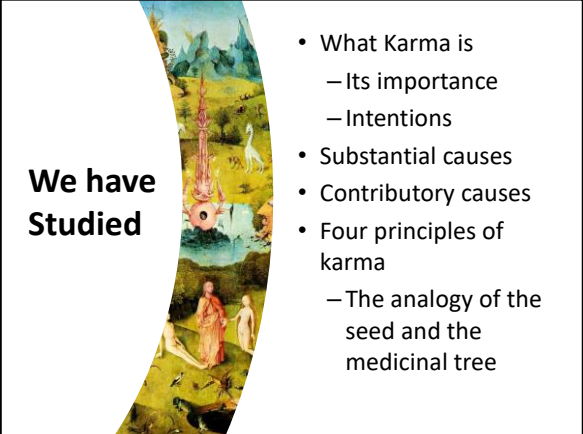
IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



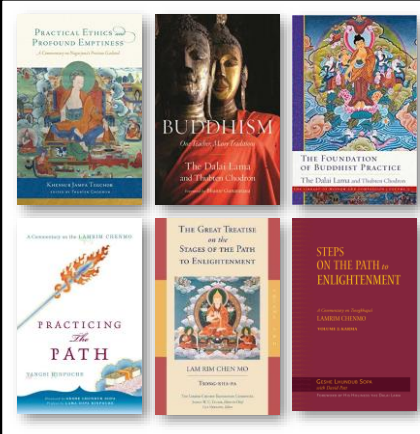
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We have Studied

- What Karma is
 - Its importance
 - Intentions
- Substantial causes
- Contributory causes
- Four principles of karma
 - The analogy of the seed and the medicinal tree



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Great Books on Karma


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Today's Outcomes

- Karma & paths
- Non-virtuous karmic paths
- Results of karma



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Paths of Action

1. Virtuous white actions produce desirable effects of happiness
2. Non-virtuous black actions produce suffering and pain
3. Neutral actions are neither

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Paths Of Action

DESCRIBING THE TWO SETS OF KARMIC PATHS

Ignoble

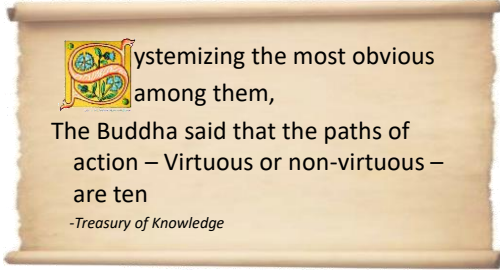
- Harmful
- Non-Dharma
- Polluted
- Blameworthy
- Leading to suffering

Noble

- Harmless
- Dharma
- Unpolluted
- Blameless
- Leading to happiness

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Asanga said ...



Systemizing the most obvious among them,
The Buddha said that the paths of action – Virtuous or non-virtuous – are ten
-Treasury of Knowledge


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Karma and Karmic path

	Karma	Karmic Path	Affliction
Mental factor of intention	✓	✗	✗
7 physical and verbal non-virtues	✓	✓	✗
3 mental non-virtues	✗	✓	✓

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The Medium of Expression



BODY

Physical actions


Karma and Karmic paths



SPEECH

Verbal actions

Karma and Karmic paths



MIND


Mental actions

Karmic Paths & afflictions

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1. Killing


- Karma and karmic path
- Weightiest non-virtuous physical path
- Motivated by desire, hatred or ignorance
- Completed with **hatred**



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2. Stealing


- Karma and karmic path
- Less weighty non-virtuous physical path
- Motivated by desire, hatred or ignorance
- Completed with **desire**



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3. Unwise & Unkind Sexual Behavior

- Karma and karmic path
- Lightest non-virtuous physical path
- Motivated by desire, hatred or ignorance
- Completed with **desire**



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Stages of Unwise and Unkind Sexual Behaviour

Intention

Action

Satisfaction

Basis

Attitude

Performance

Culmination

Basis

Perception

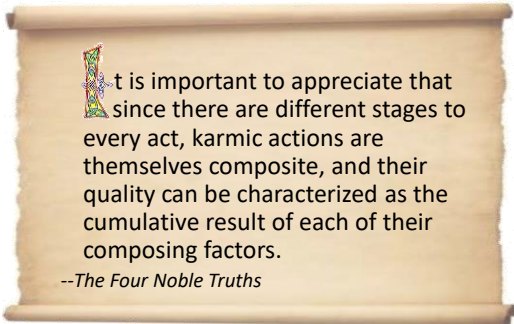
Attitude

Affliction

Conclusion

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The Dalai Lama says...



It is important to appreciate that since there are different stages to every act, karmic actions are themselves composite, and their quality can be characterized as the cumulative result of each of their composing factors.

--The Four Noble Truths

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FOUR STAGES of Unwise and Unkind Sexual Behaviour


1. Basis
An improper person, orifice, time, or place

2. Attitude
Includes perception, motivation, and affliction

3. Performance
Meeting of the two organs

4. Culmination
Pleasure is experienced

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Weight of Unwise and Unkind Sexual Behaviour

1. **Attitude:** intense hostility, desire, indifference


2. **Performance:** with glee, with elaborate preparation, habitually, repeatedly, long length of time

3. **Absence of an antidote:** no shame, no embarrassment, no remorse or confession

4. **Perversity:** distorted ideas, wrong views

5. **Basis (object):** improper person, orifice, time or place

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Strength of Unwise and Unkind Sexual Behaviour

Recipient	Object	Support	Attitude
An improper partner – family, child, ordained, vow holder orifice, time or place	Unwise and unkind sexual activity	Knowledge and ethics	interest path duration goal

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Three Types of Result

1. Ripening result

2. The causally concordant result

a) Experience

b) Behaviour

3. Environmental result

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The Ripening Result – Fruition

Three different levels of lower rebirth ripening:

1. **Small** – rebirth as an animal

2. **Medium** – rebirth as a hungry ghost

3. **Great** – rebirth as a being in the hells





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Causally Concordant Result

Two types of result similar to the cause:

1. Results corresponding to the **experiences**

2. Results corresponding to the **behaviour**



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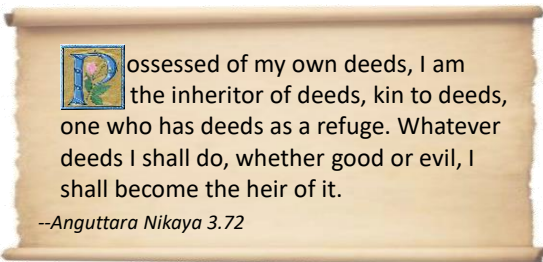


The Environmental Result

It manifests as our external environment, our possessions and how we relate to them

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The Buddha said...



Possessed 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 what the non-virtuous paths and their parts are.
- You know that they can produce three types of result.

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Coming up:

- The origins of dukkha – karma and affliction.
- How to add this knowledge to what we already know to create the future we want.

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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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