

Understanding Karma to Create the Future We Want

Class 1

A 5-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

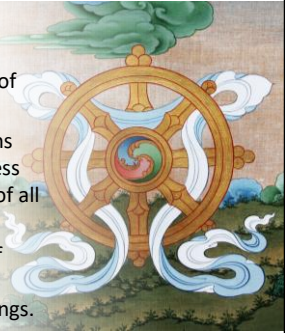
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

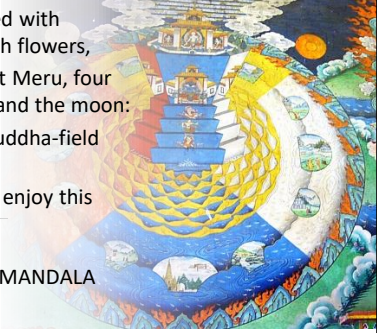


3

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




4

The Course Outline

5 classes over 5 weeks

Topics will include

- General characteristics of karma
- Virtuous and non-virtuous karma
- Projecting and completing karma
- How to purify your karma

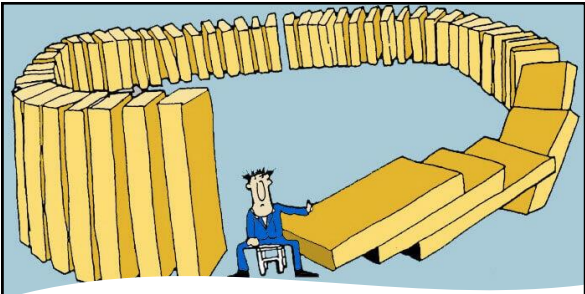


5

Great Books on Karma



6




Today's Outcomes

- Identifying karma
- Intentions
- Substantial and co-operative causes

7

Causality and Karma


- Karma is an instance of the general law of causality
- Karma enters the picture when our feelings become involved




8

What is Karma?

The principal meaning of karma is volitional action.



9



Why is Understanding Karma So Important?

- It explains how experiences of **pain and suffering** arise as a result of negative actions, thoughts, and behaviour
- It also explains how **desirable experiences of happiness and joy** arise as a result positive actions, emotions and thoughts
- Our experiences come from causes and conditions which **correspond to their result**



10

Intention and Intended Karmas

Karma is created in dependence on delusion as either:

1. The karma of intention
A mental factor conceiving an action


2. The intended karmas
The mental factor generated at the time of actually performing an action of body or speech



11

Causation

- Effects arise from causes and cannot arise without causes
- Causes are impermanent
- Effects must be concordant with their causes



12

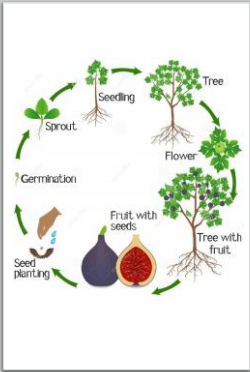
Dharmakirti Said ...

Where *it* exists *that* arises,
and when *it* changes *that* changes as well,
this is referred to as the cause.
- Exposition of Valid Cognition

13

Defining
Substantial
Cause

That which primarily
produces the essential
nature of its effect as
opposed to the
attributes of the effect



14

Substantial Cause

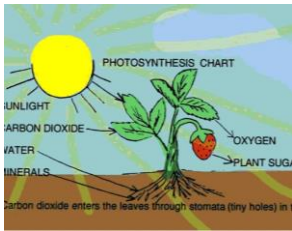
- Also called the material, main or unique cause
- It can be physical, mental or abstract
- It is the essence of what transforms into the result



15

Defining
Cooperative
Causes

That which
primarily
produces the
attributes as
opposed to the
essential nature of
the effect



16

The Cooperative
Conditions

- A contributory, shared or cooperative condition can be mental, physical or abstract
- It *does not* transform into the result



17

Causes And
Conditions

THE EXAMPLE

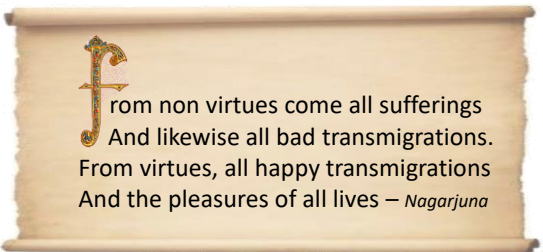
The effects arising from the
cooperative causes reside
together with them, just
like fire and molten copper.

THE ANALOGY



18

The Law Of Karma



From non virtues come all sufferings
And likewise all bad transmigrations.
From virtues, all happy transmigrations
And the pleasures of all lives – *Nagarjuna*


19



What's The Take-Away?

- You know that karma is an instance of the general law of causality.
- You know what differentiates a substantial cause from a condition.

20



Coming up:

- The four general characteristics of karma
- The analogy of the seed

21

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



22

Bodhicitta Verse

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



23