

# Understanding Karma to Create the Future We Want

## Class 5

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

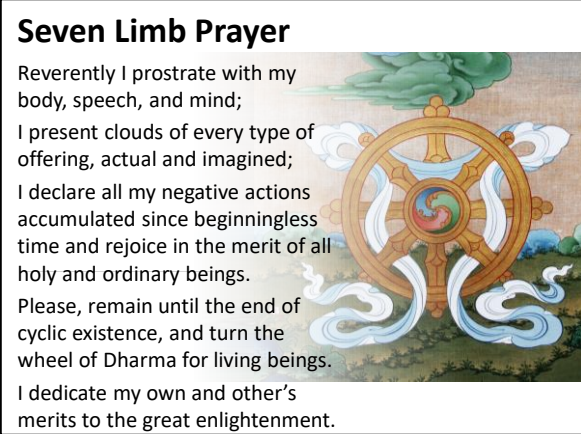
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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.

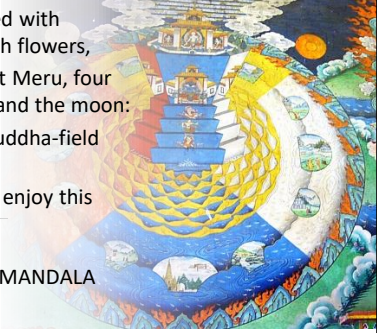


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# Mandala Offering

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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# What We Have Covered

Karma is volitional action – intention	Substantial and co-operative causes	The law of karma
Certainty, increase, non-experience, and no wastage	Actions and their parts	True Origins and karma

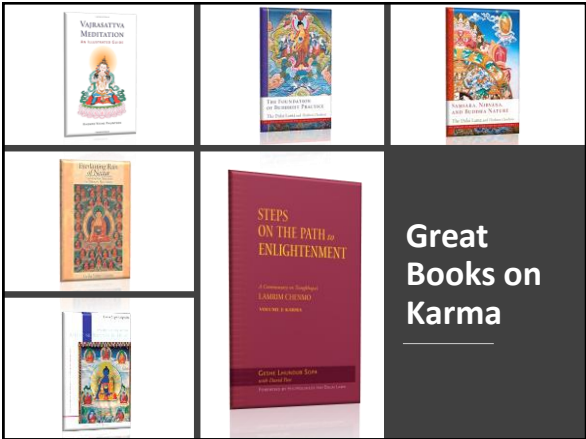
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# Today's Outcomes

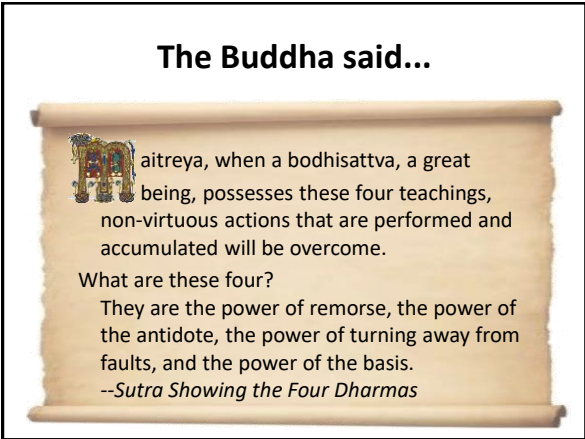
1. Purification
2. Four remedies
3. Merit & rejoicing
4. The importance of patience



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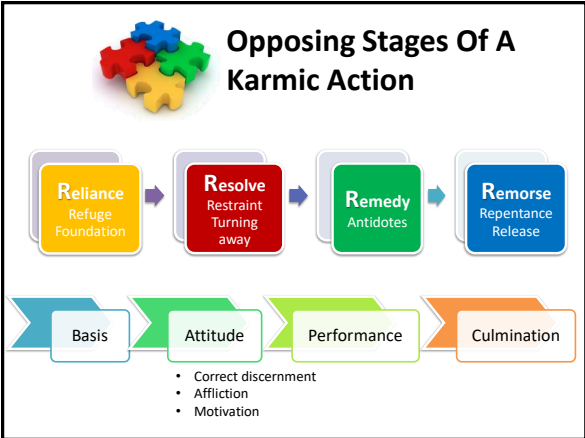
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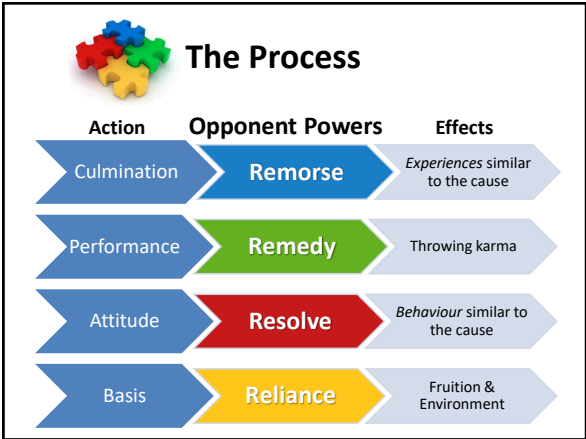
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## 2. Remedy

Any virtuous act performed for the purpose of purification constitutes an opponent force




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## Shantideva’s Six Remedies

1. Profound sutras
2. Emptiness
3. Recitation
4. Worship
5. Images
6. Names




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## Six Remedies: Profound Sutras

- Receiving the oral transmission of sutras such as the Prajnaparamita
- Reading the profound sutras
- Retaining the meaning of profound sutras
- Explaining the profound sutras
- Praising the profound sutras




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## Six Remedies: Emptiness

- To comprehend the reality in which there is no self
- To comprehend the reality which is luminously clear
- To have the conviction that the mind is primordially pure
- To have confidence and conviction that emptiness is the ultimate mode of being




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## Six Remedies: Recitation

- Vajrasattva, Tara, Medicine Buddha
- Confession to the Thirty-five Buddhas



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## Six Remedies: Worship

Make offerings



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## Six Remedies: Images



## Six Remedies: Names

Buddha Shakyamuni • Buddha Great Destroyer • Buddha Jewel  
Light • Buddha King With Power Over Nagas • Buddha Leader  
Buddha Glorious Blissful One Buddha King • Fire • Power  
Buddha Pure Vision Bringing Accomplish  
Stainless One • Buddha Glorious  
Purity • Buddha Celestial Water  
Glorious Good • Buddha Glorious  
Buddha Glorious Light  
The Destroyer-less One • Buddha  
Of Purity • Buddha Enjoying Peace  
Buddha Glorious Mindful of All  
Buddha Banner of Victory  
Everything Completely • Buddha Victorious  
One Gone To Perfect Self-control • Buddha Glorious  
Buddha Jewel Lotus Subduing All • Buddha With Power Over



### 3. Restraint

A woman with long brown hair is shown in profile, looking upwards. Her right hand is raised, palm facing forward, with a silver ring on her ring finger. She is wearing a dark jacket over a white shirt. The background is plain white.



#### 4. Refuge

## Negativities and Downfalls

- 
- A cluster of four interlocking puzzle pieces in blue, red, green, and yellow, arranged in a square pattern.



## Enhancing the Desired Result




1. Reflect with confidence that you have completely purified yourself of all this evil
2. Remember that you cannot apprehend any natural existence of:
  - **Yourself** purifying through confession
  - The evil **deeds** that are being purified
  - The **action** of purification


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### Creating Merit



- In your own virtue
- In the virtue of your teacher and the holy beings
- In the virtue of ordinary beings



- That you are still alive
- That you have leisure and opportunity
- That your life has meaning and purpose

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### Why must we practice patience?

To protect our virtue

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### What's The Take-Away?

- You know the four forces.
- You know how they affect the four parts of a non-virtuous act.
- The importance of patience.

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### SUMMARY




...your future depends entirely on the actions you take now!

- Purification
- The four remedies
- Merit and rejoicing
- The importance of patience

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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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