

## DB 06: All About Karma

### Class 1 Homework, November 6, 2023

1. Settle your mind by doing 5-10 minutes of mindfulness meditation. Good options are: mindfulness of your breath going in and out; counting your breaths from 1 to 10, then starting over at one; or the nine-round breathing meditation. Then generate an altruistic intention / bodhichitta motivation for doing these meditations - this is the most important part.
2. Then do a review meditation on the four fundamental laws of karma:
  - a. Karma is definite – virtuous actions always lead to happiness and non-virtue to suffering
  - b. Karma is expandable or increases – just like an acorn can become an oak tree, the seeds of positive and negative karma grow exponentially
  - c. The result cannot be experienced unless you created the karmic cause. There is no effect unless you created the cause – we have control over our future.
  - d. Karmic actions once created are never lost (caveats: negative karma can be purified and positive karma can be destroyed by anger, etc.).
3. Mindfulness practice: Recollect how every second we are planting karmic seeds by actions of our body, speech, and mind. Since the mind is the hardest to control, at least work to reign in the negative actions of body and speech and take every opportunity to plant the seeds of virtue. WATCH YOUR KARMA!
4. See the FPMT Discovering Buddhism course on Module 06: All About Karma.
  - a. Go to [onlinelearning.fpmt.org/](https://onlinelearning.fpmt.org/)
  - b. Create an account or login if you already have an account
  - c. Click Discovering Buddhism
  - d. Enroll in DB Module 6 using the enrollment key: purify99
  - e. Go to Session One of the All About Karma module and listen to the online teachings if you like, then listen to the guided meditation on Four Characteristics of Karma, and complete the Review Quiz for Session 1.

### Class 2 Homework, November 13, 2023

1. Settle your mind by doing 5-10 minutes of mindfulness meditation. Good options include: mindfulness of your breath going in and out; counting your breaths from 1 to 10, then starting over at one; or the nine-round breathing meditation. Then generate an altruistic intention / bodhichitta motivation for doing these meditations - this is the most important part.
2. Do a review meditation on the four fundamental laws of karma:
  - a. Karma is definite – virtuous actions always lead to happiness and non-virtue to suffering
  - b. Karma is expandable or increases – just like an acorn can become an oak tree, the seeds of positive and negative karma grow exponentially
  - c. The result cannot be experienced unless you created the karmic cause. There is no effect unless you created the cause – we have control over our future.
  - d. Karmic actions once created are never lost (caveats: negative karma can be purified and positive karma can be destroyed by anger, etc.).

3. Do a meditation on the Four Opponent Powers (to purify negative karma):
  - a. Power of RELIANCE – refuge in the three jewels and bodhichitta/compassion
  - b. Power of REGRET – recollect actions of body, speech, and mind that are non-virtuous, realizing their potential results and feel remorse from the depth of your heart
  - c. Power of REMEDY – actions to purify negative karma: apology/confession, reading and reciting sutras, meditation on emptiness, reciting mantras (e.g. vajrasattva), making images of the Buddha, making offerings to the three jewels, etc.
  - d. Power of RESOLVE – develop the strongest possible resolve to exercise restraint from repeating the action (the most powerful of the four)
4. See the FPMT Discovering Buddhism course on Module 06: All About Karma.
  - a. Go to [onlinelearning.fpm.org/](https://onlinelearning.fpm.org/)
  - b. Create an account or login if you already have an account
  - c. Click Discovering Buddhism
  - d. Enroll in DB Module 6 using the enrollment key: purify99
  - e. Go to Session Two of the All About Karma module and listen to the online teachings if you like, then listen to the guided meditation on Four Characteristics of Karma, memorize the Four Opponent Powers and meditate on these every evening while doing “DAILY PURIFICATION, A Short Vajrasattva Practice”, by Lama Zopa Rinpoche, and complete the Review Quiz for Session 2.