

## • ALL ABOUT KARMA

- My 11 yo daughter asked me, "What is karma isn't true?" Great question. Understand why faith in the laws of karma is the key to our present and future happiness (we invite you to *creatively align* or use it as a *working hypothesis* but "to chose doubt as a philosophy of life is akin to choosing immobility as a means of transportation."). Lama Yeshe often responded to such questions with, "Check it out dear:-)"
- Dalai Lama has been quoted as having said that if one had to choose between the teachings on karma or emptiness he'd choose karma. Think about that one.
- Ajahn Buddhadasa once said: If there is a God in Buddhism, it is the laws of nature (cause/effect, karma). It would be an impersonal God...if you do this then that happens. It's like gravity...gravity is not personal. We're not being punished. We are responsible for creating ourselves, our lives by our choices. It's that simple.
- How is are karma and emptiness "married?" Reality is constructed this way:-) **THE MOST IMPORTANT LESSON TO LEARN FROM THIS CLASS!**
- Learn the 10 non-virtuous actions and their three results
- What constitutes virtuous and non-virtuous karma...what are the four ingredients of a completed karmic action?
- Through understanding karma, how can we learn to cherish problems and develop greater compassion for ourselves and others?
- Stopping negative/non-virtuous karma from ripening - the four opponent powers (refuge, regret, remedy, resolve), purification practices, Vajrasattva. Purification can be likened to having compassion for ourselves, self-forgiveness, redemption.
- 1st Karmic Law: Karma is definite
- 2nd Karmic Law: Karma is expandable...one small karmic seed can create countless results (like an oak tree growing from an acorn).
- 3rd Karmic Law: It's impossible to experience the result without creating the cause. Important distinctions: accountability/responsibility vs. blame, regret vs. guilt, etc.
- 4th Karmic Law: Results of karma are never lost...but need not be experienced if appropriate action is taken (has to do with purification).
- Learn exactly what karmic actions are necessary to get the results we want in this and future lives. Karma (especially if strong) can ripen in this lifetime, the next life or some future life. Think of three (positive) things that you want and what karmas needed to be created to have them

