

# Lojong 2021 - Course 3 (2.6.21)

Quick recap of last week:

1. First 2 preliminaries- precious human birth,  
& impermanence & death



# Join Us - IBC Activities

**Join Slack for course materials**

<https://indianabuddhi-qzm6984.slack.com/ssb/redirect>

## IBC Activities

1. Daily Silent Meditation 8am Mon- Fri
2. Sunday Intro to Buddhism 11am
3. Sunday Sashi Zangpo 1pm
4. Sunday Geshe La Teachings 3:15pm
5. Wednesday night prayers and chanting 6:30



# 7 Point Mind Training

1. Presentation of the preliminaries, the basis
2. Training in the awakening mind, the main practice
3. Taking adverse conditions onto the path of enlightenment
4. Presentation of a lifetime's practice in summary (how to use this practice throughout your life)
5. Presentation of the measure of having trained your mind
6. Presentation of the commitments of mind training
7. Presentation of the precepts (the rules) of mind training



Geshe Chekawa Yeshe Dorje  
(1101-1775)

# Preliminaries

1. Precious Human Life
2. Impermanence & Death
3. Karma (cause & effect)
4. Samsara



Geshe Chekawa Yeshe Dorje  
(1101-1775)

# Recap: First 2 Preliminaries

1. **Precious Human Birth**- It's sooooo difficult to be born human. Use it for good (dharma). **Be Grateful & appreciative that we have a chance to work on ourselves**

2. **Impermanence and Death** - Nothing lasts. Everything is dissolving sometimes quickly, sometimes slowly. Contemplate & accept these truths. This will lead to peace

# HOW do I apply this to my life?

HOW

HOW

HOW

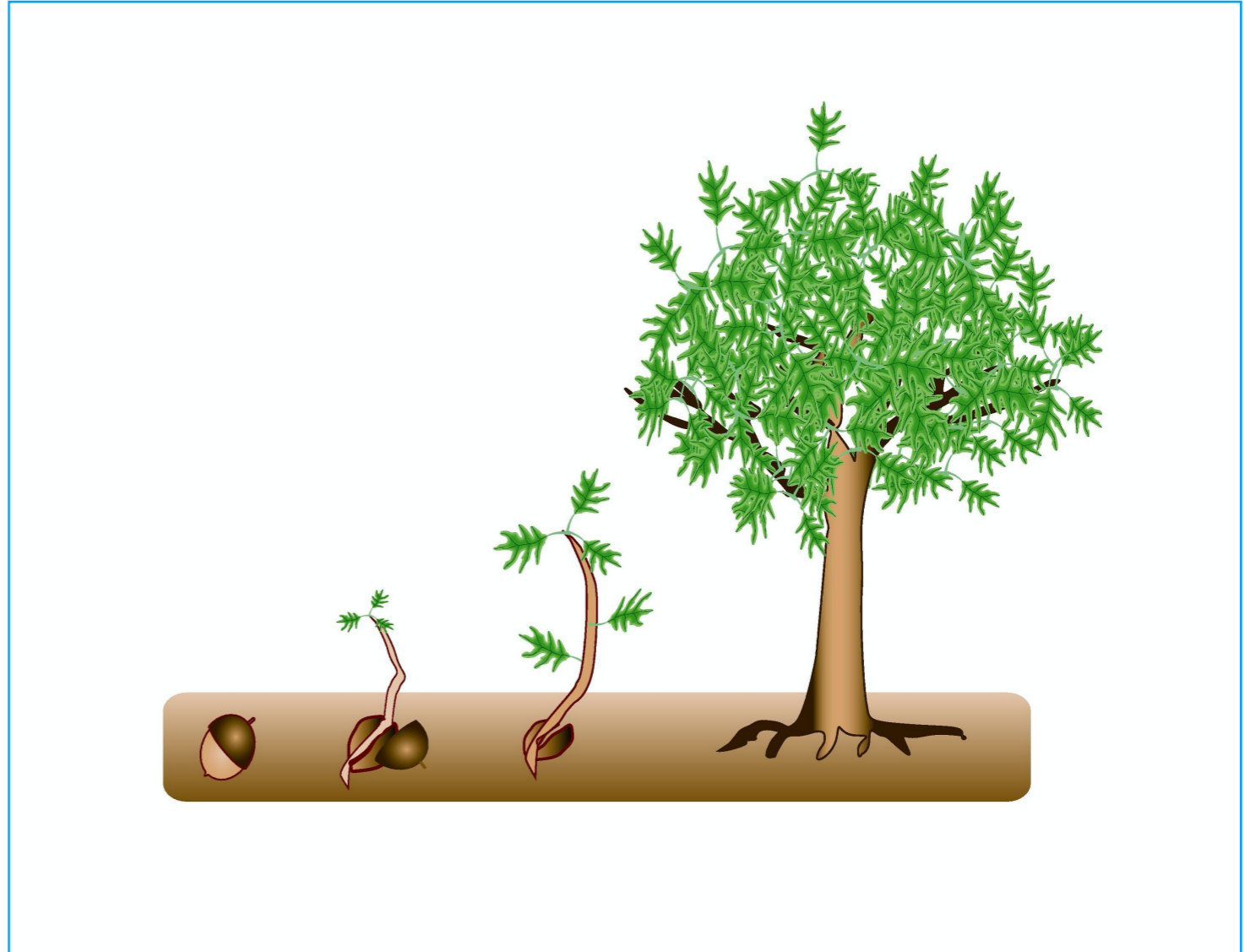
Does this relate to  
my life?

Listen/reflect/meditate



# What is Karma?

EVERYTHING  
that you  
THINK/SAY/DO  
become seeds  
which will grow



# Nothing is Causeless

Michael Jordan

Cut from his  
freshman team





# Watching Our Mind- Most Important!

- “With mind, all these things can be done quickly. Our mental thoughts is where we really have to be careful because the karmas can be collected so quickly.”
- In Buddhism, it’s said mind is principal, but there are other practices such as doing prostrations which is the antidote to our pride. This is good, but if there’s not good motivation, then it’s a prostration but doesn’t quite hold weight. **What makes things really strong is the mind. The motivation.**
- Whether we are good hearted or coming from negative place, it depends on if there is self clinging and self interest such as what will I get out of this. Doing it for the right reason. This is a bad intention.



# What is Karma?

“Karma, cause and effect, is the natural expression of moment to moment thoughts.”

Jigten Sumgon





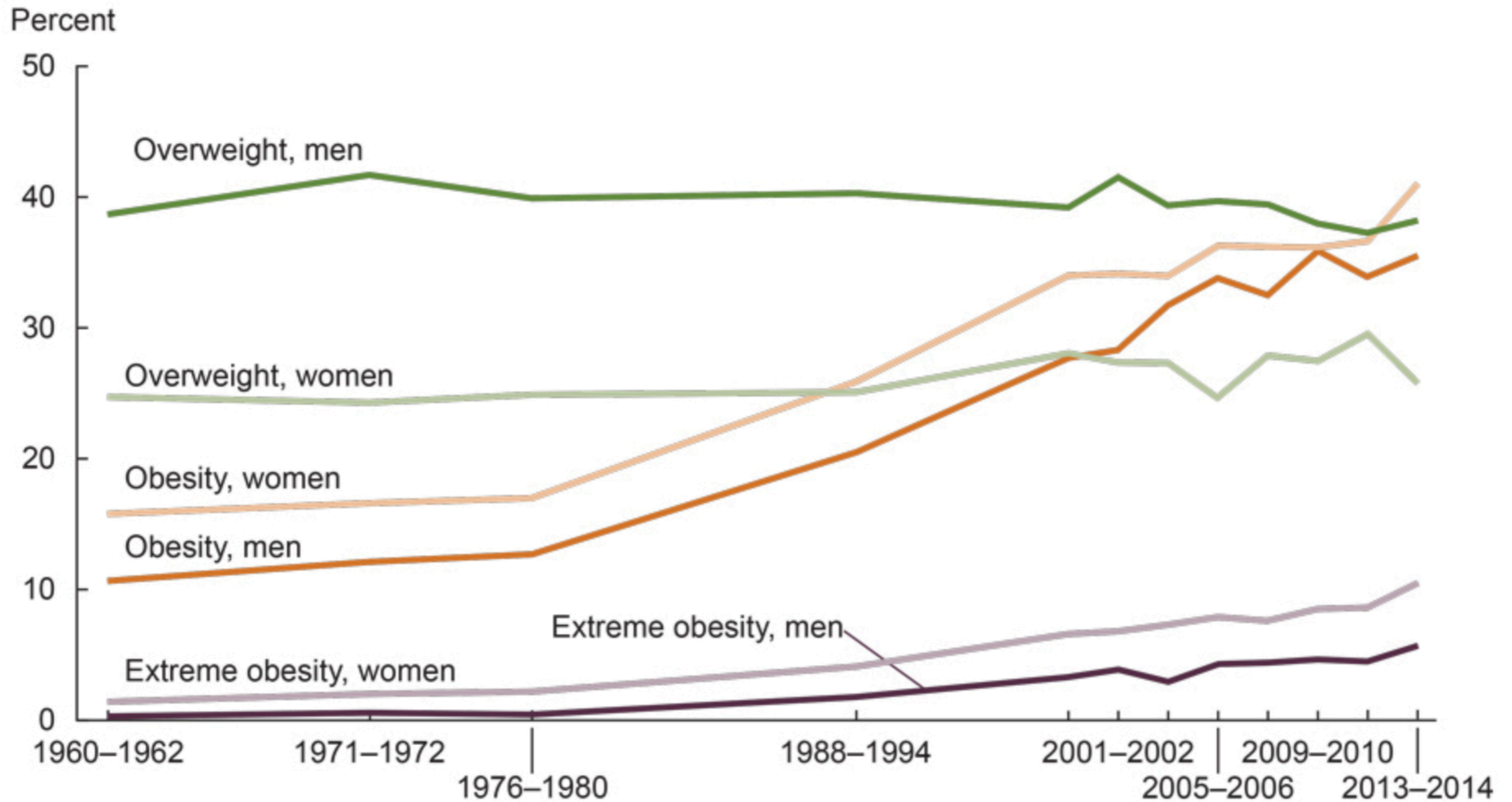
# Cause & Effect



1. **Contact** - taste the chip
2. **Feeling** -pleasant/  
unpleasant/neutral
3. **Craving** - That chip is  
mighty tasty. I want the  
whole bag
4. **Grasping** - more intense  
form of craving.

A memory WILL be deposited  
into the midstream

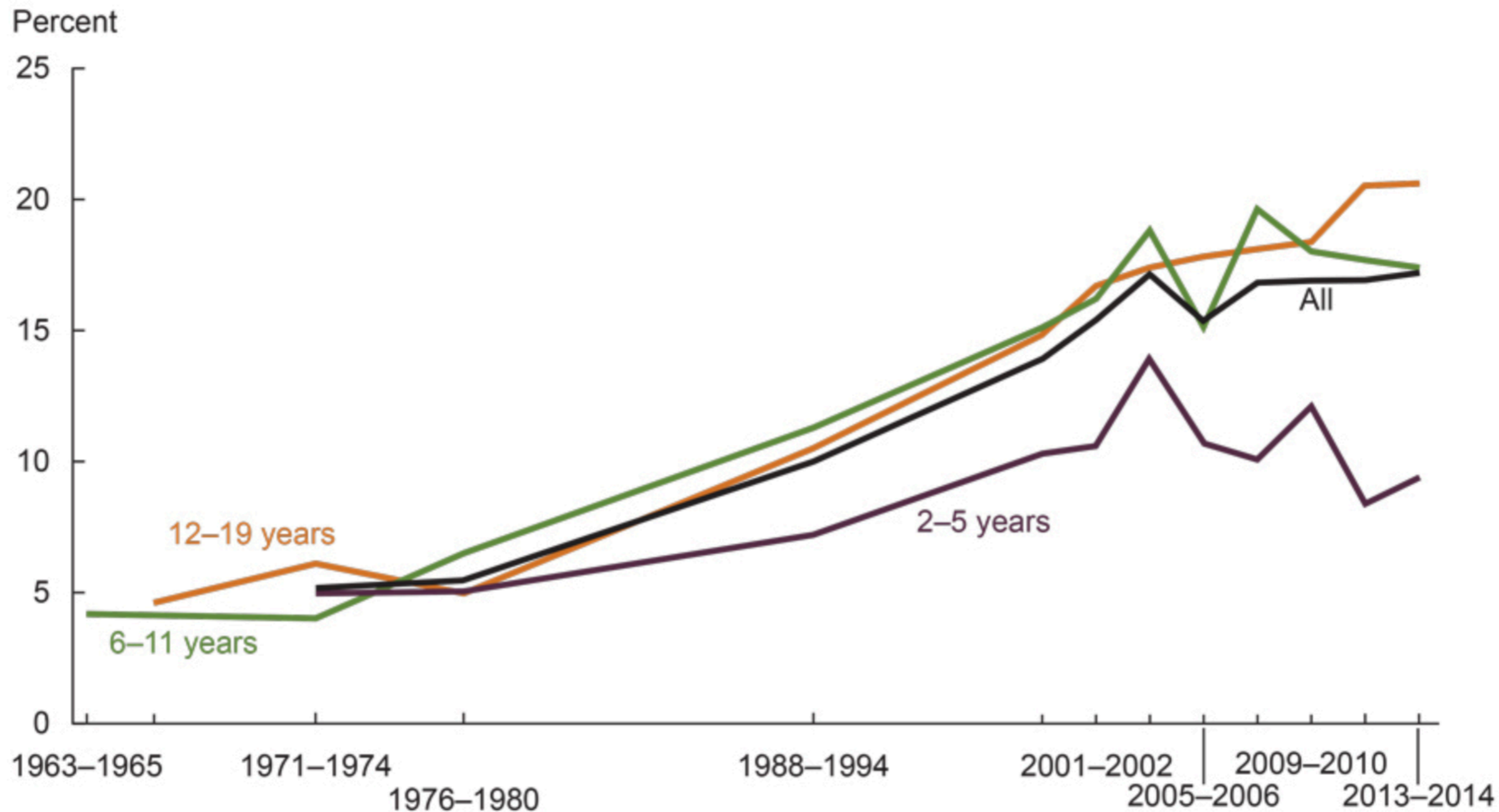
## Trends in adult overweight, obesity, and extreme obesity among men and women aged 20–74: United States, 1960–1962 through 2013–2014



NOTES: Age-adjusted by the direct method to the year 2000 U.S. Census Bureau estimates using age groups 20–39, 40–59, and 60–74. Overweight is body mass index (BMI) of 25 kg/m<sup>2</sup> or greater but less than 30 kg/m<sup>2</sup>; obesity is BMI greater than or equal to 30; and extreme obesity is BMI greater than or equal to 40. Pregnant females were excluded from the analysis.

SOURCES: NCHS, National Health Examination Survey and National Health and Nutrition Examination Surveys.

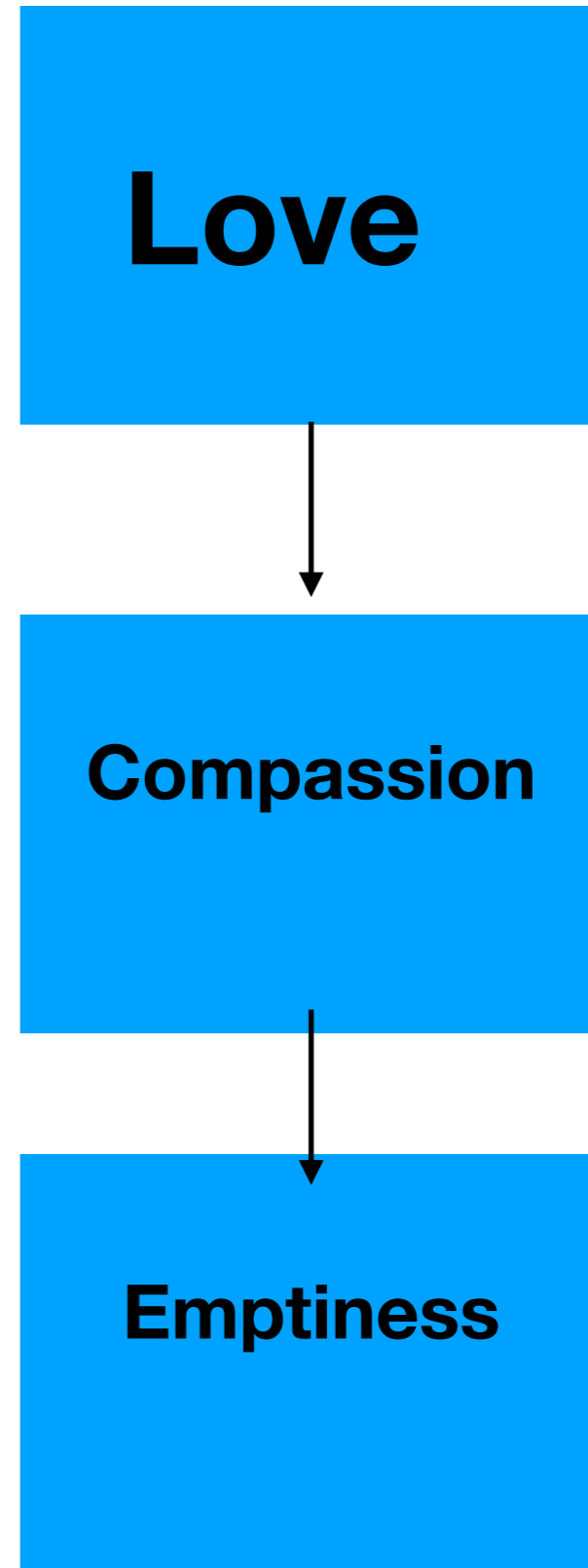
## Trends in obesity among children and adolescents aged 2–19 years, by age: United States, 1963–1965 through 2013–2014



NOTES: Obesity is defined as body mass index (BMI) greater than or equal to the 95th percentile from the sex-specific BMI-for-age 2000 CDC Growth Charts.

SOURCES: NCHS, National Health Examination Surveys II (ages 6–11) and III (ages 12–17); and National Health and Nutrition Examination Surveys (NHANES) I–III, and NHANES 1999–2000, 2001–2002, 2003–2004, 2005–2006, 2007–2008, 2009–2010, 2011–2012, and 2013–2014.

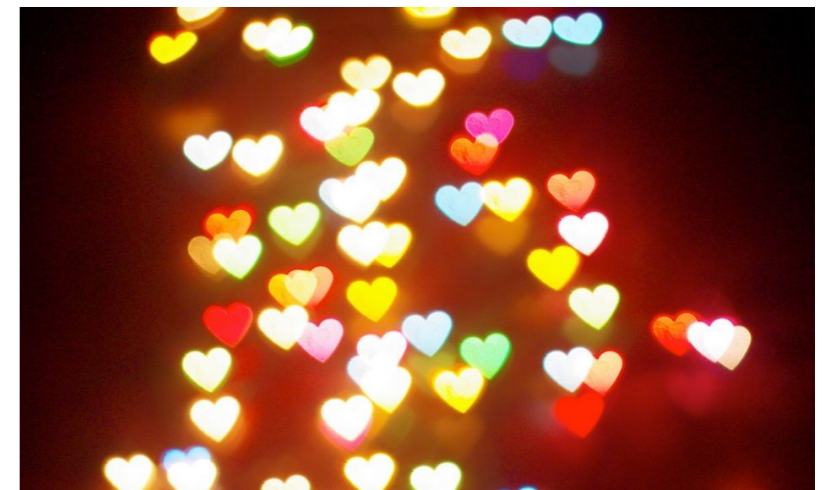






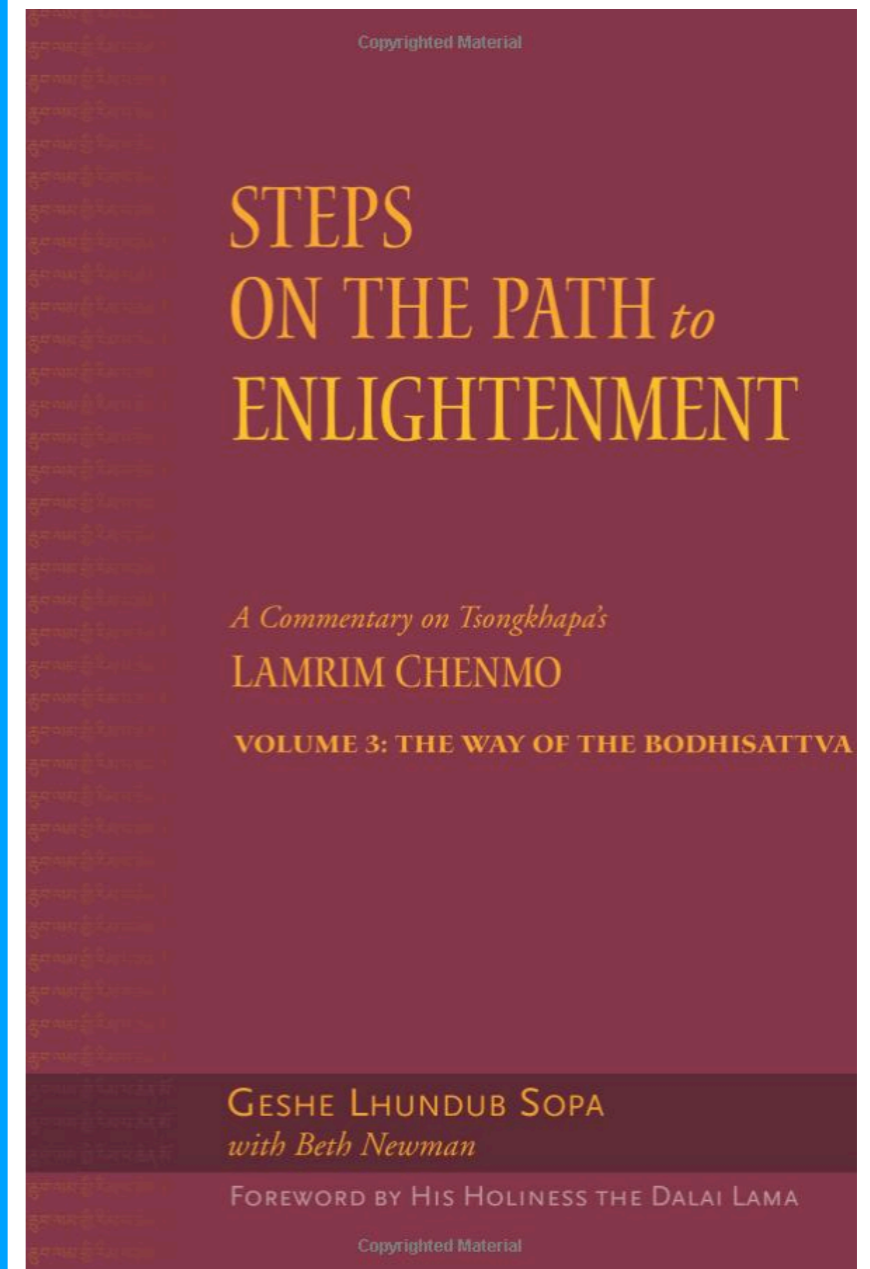
# Positive Karma comes from Love

- Every cause has an effect, so how do we create the causes for happiness?
- By giving indiscriminate, unselfish, non referential love/compassion to all beings!  
Make the intention for all action an intention of love/compassion
- One cannot teach about Karma without explaining that happiness comes from unselfishness (love/compassion)
- Lojong purifies our karmic propensities by teaching us to protect others and forget ourselves



# Karma- a BIG TOPIC

- Not all Karma teachings will make sense to you, but some will
- Begin by concentrating on those areas that make sense & let your mind be influenced by those teachings
- RE: the ideas that don't make sense, keep an open mind & “Leave the question open and take it as a basis for further investigation.”



# Karma

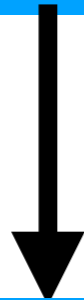
- “THE ROOT OF ALL VIRTUE, happiness, and bliss within cyclic existence and beyond is trust in the cause and effect of karma, and faith in the Three Jewels based on knowing their perfect qualities. Trust in karma develops from a solid understanding of how it works, knowing what kind of results arise from what kinds of actions”

Geshe Lhundub Sopa



# What Causes Negative Karma?

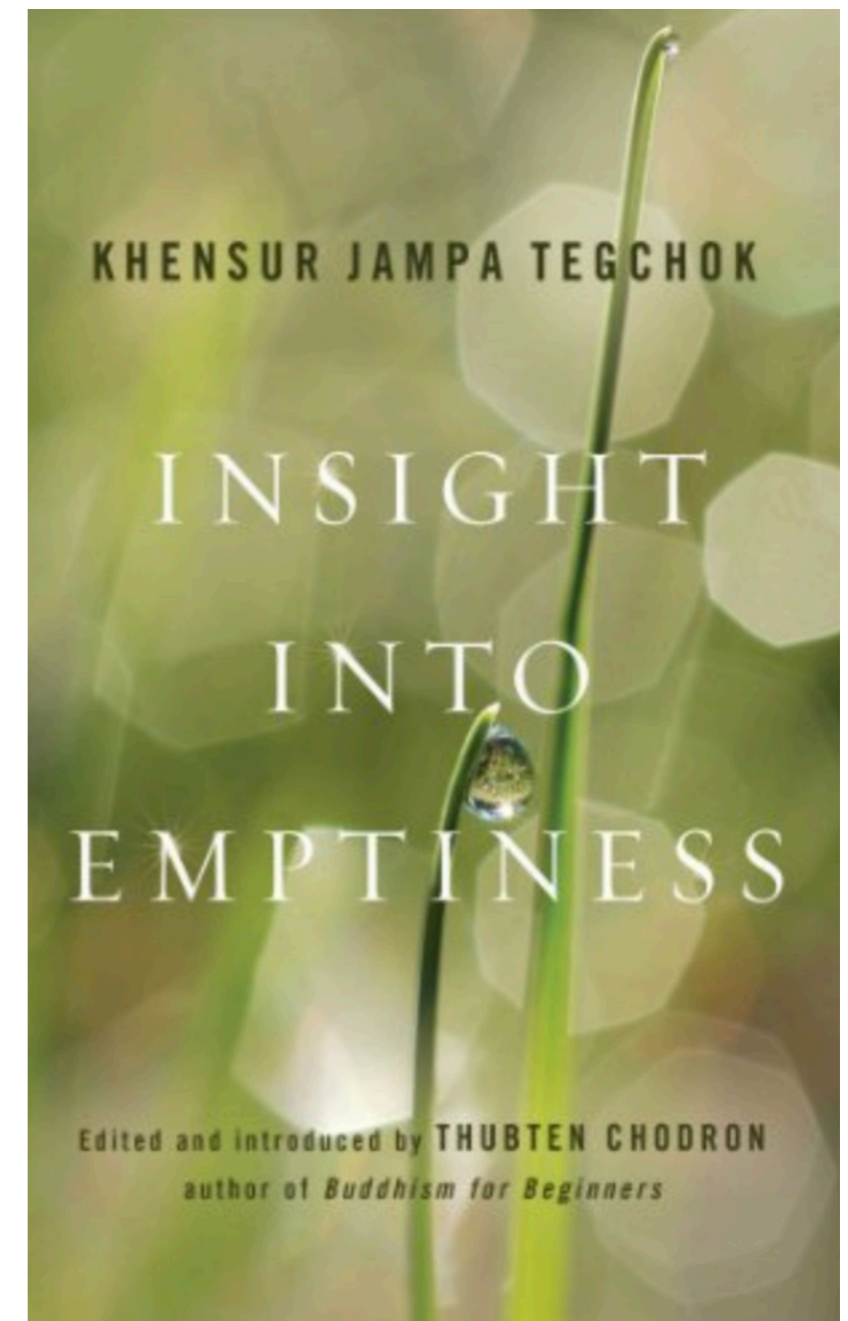
84,000 afflictions



Attachment, Anger, Confusion  
Desire, Aversion, Ignorance



Self Grasping Ignorance

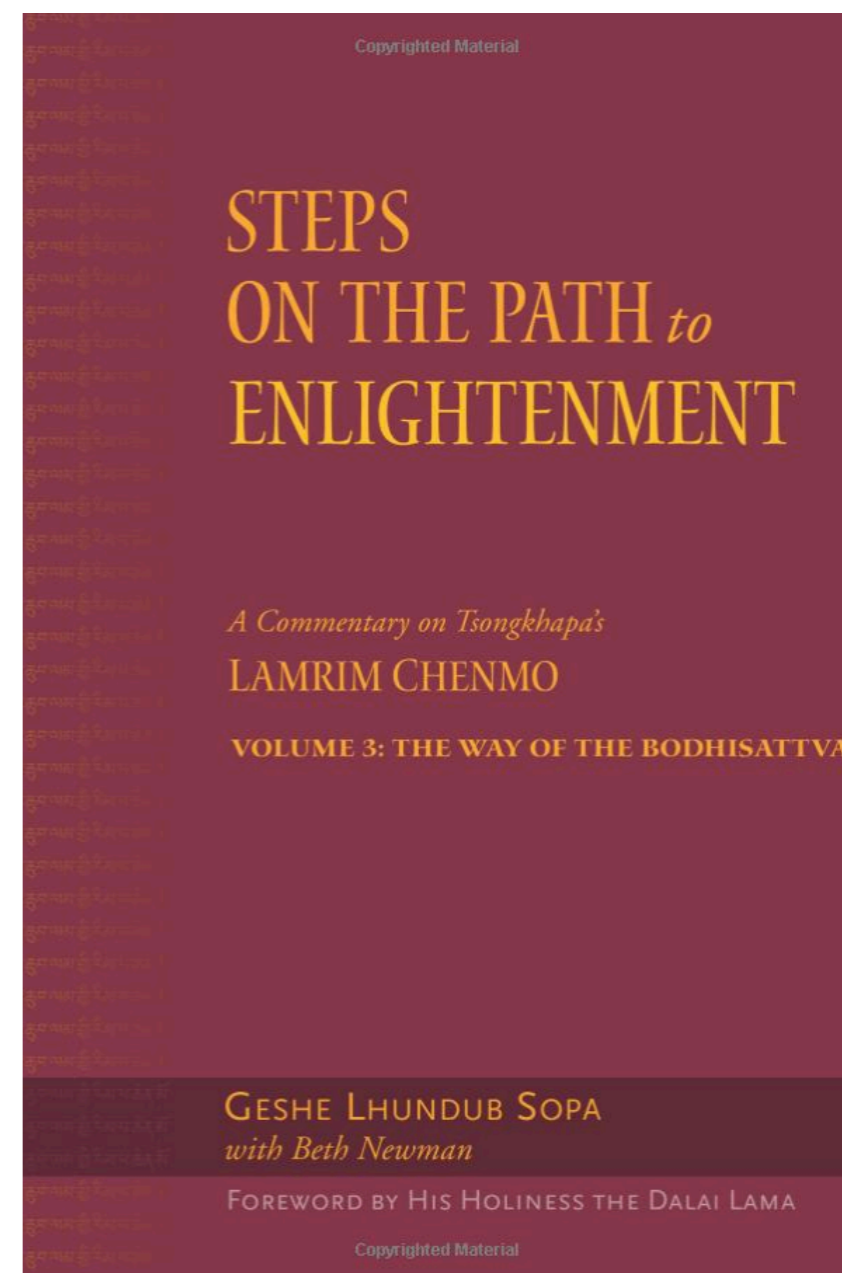


# The Inner Poisons (the 3 amigos (NOT))

Desire

Aversion

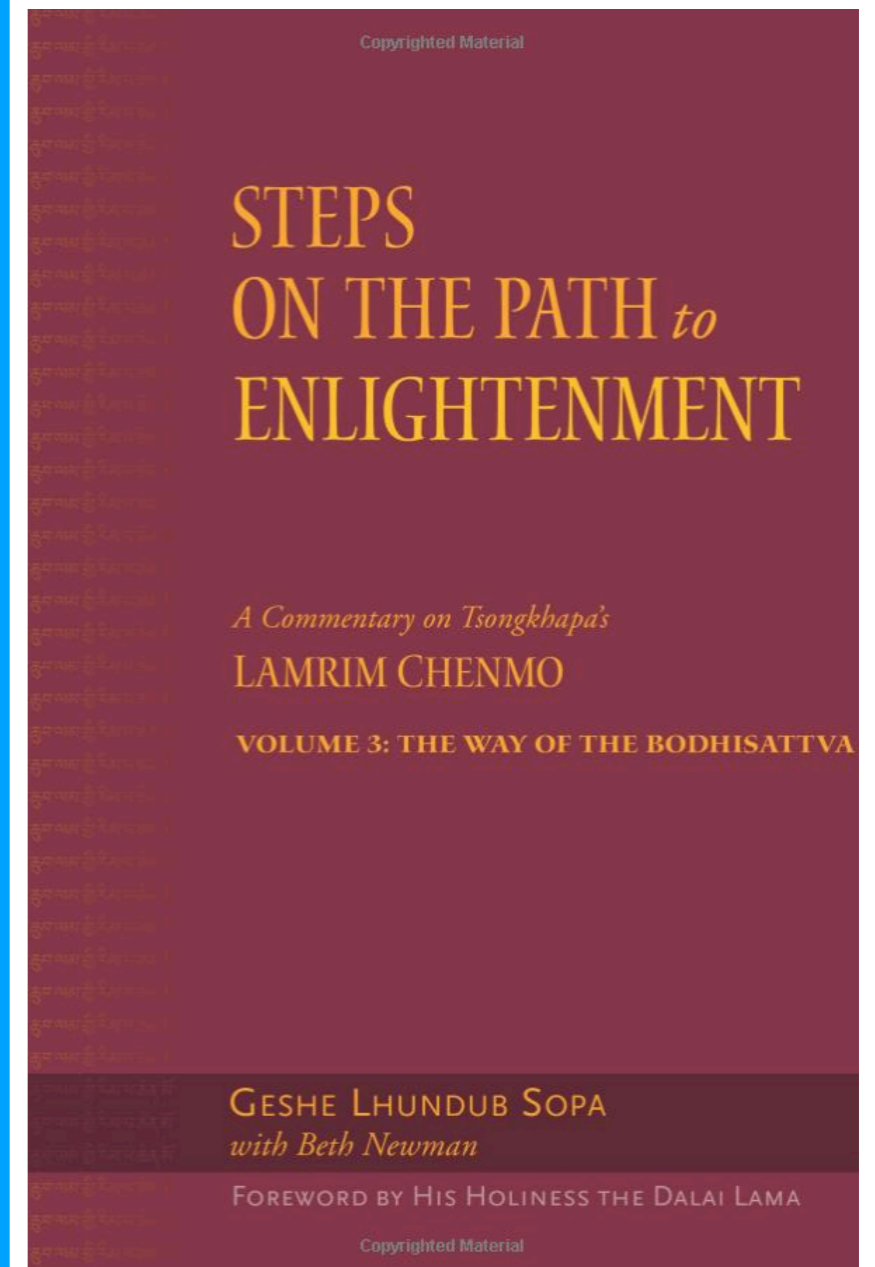
Ignorance



# Karma - the Foundation of the Path

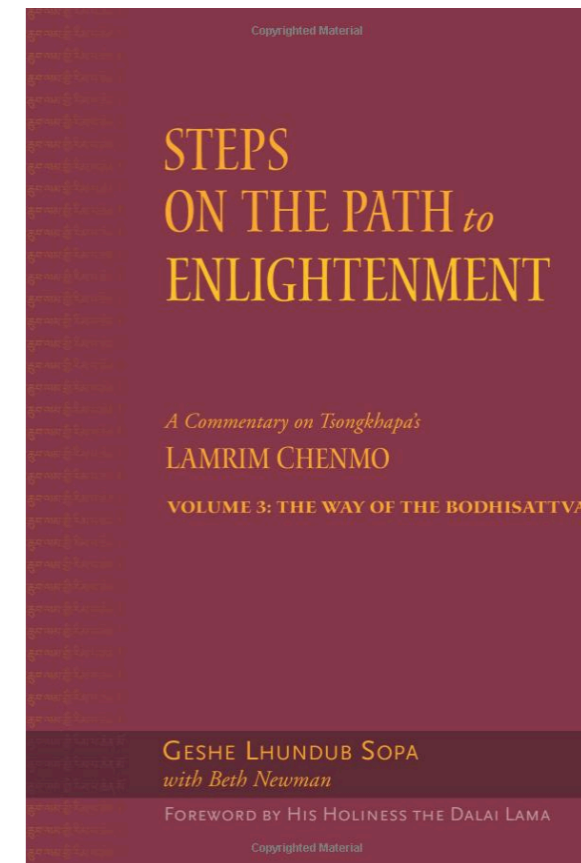
Any Thought, Speech, Action becomes the cause for a future result. This is called **The Certainty of Karma**

Karmic cause	Category	Result
<b>Non Virtuous Actions</b>	Any Selfish Action, especially the 10 non virtues	Unhappiness
<b>Virtuous Actions</b>	Love/ compassion, exchanging self for other	Happiness



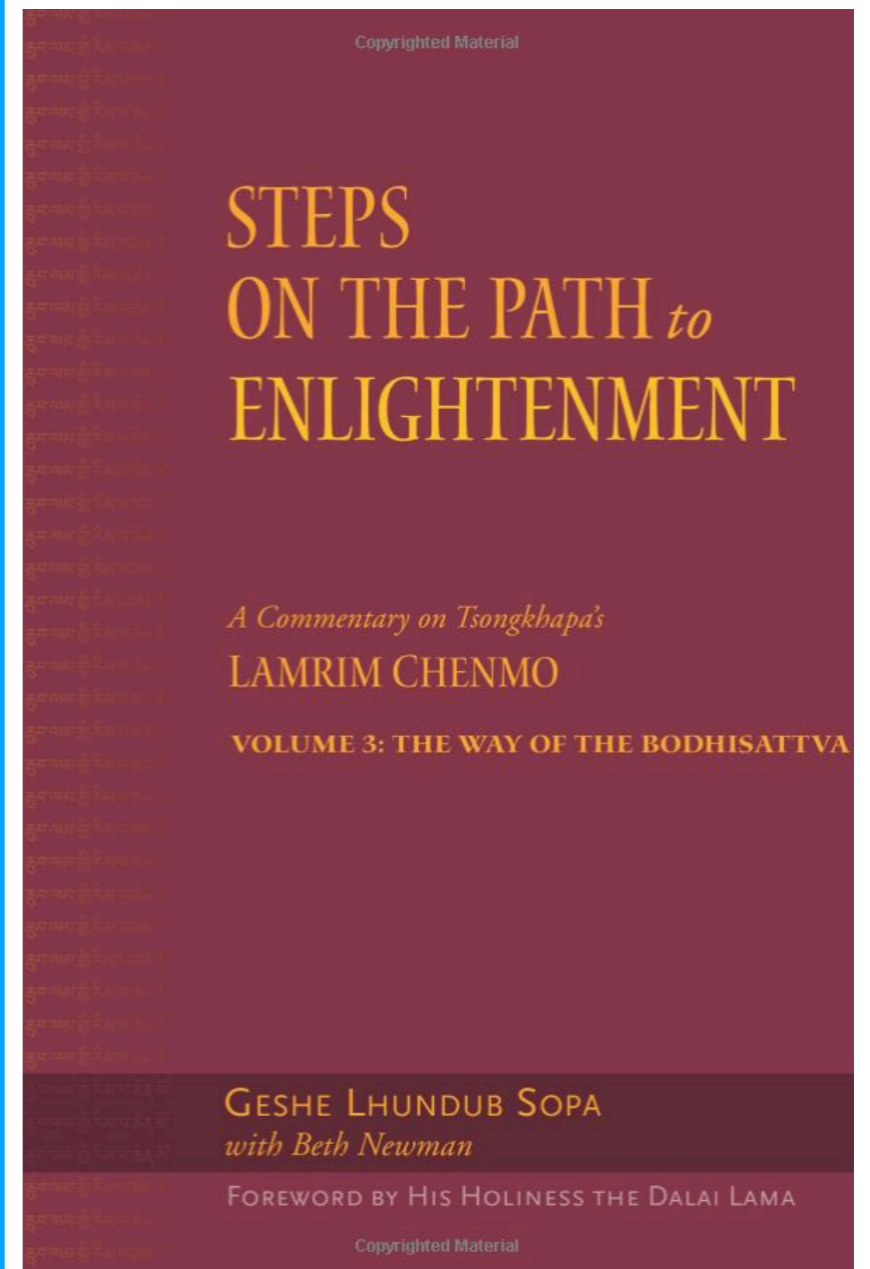
# Karma- The Foundation

“As your understanding deepens you will gradually develop the confidence that will enable you to incorporate these teachings into your practice and your life. Getting a good grasp of this topic is extremely important because the whole Buddhist structure—from the beginning up to emancipation—is built upon this attitude of trust in the action of karma. If your practice is not built upon that trust, you cannot reach the highest goal.”



# Dharma is Karma :)

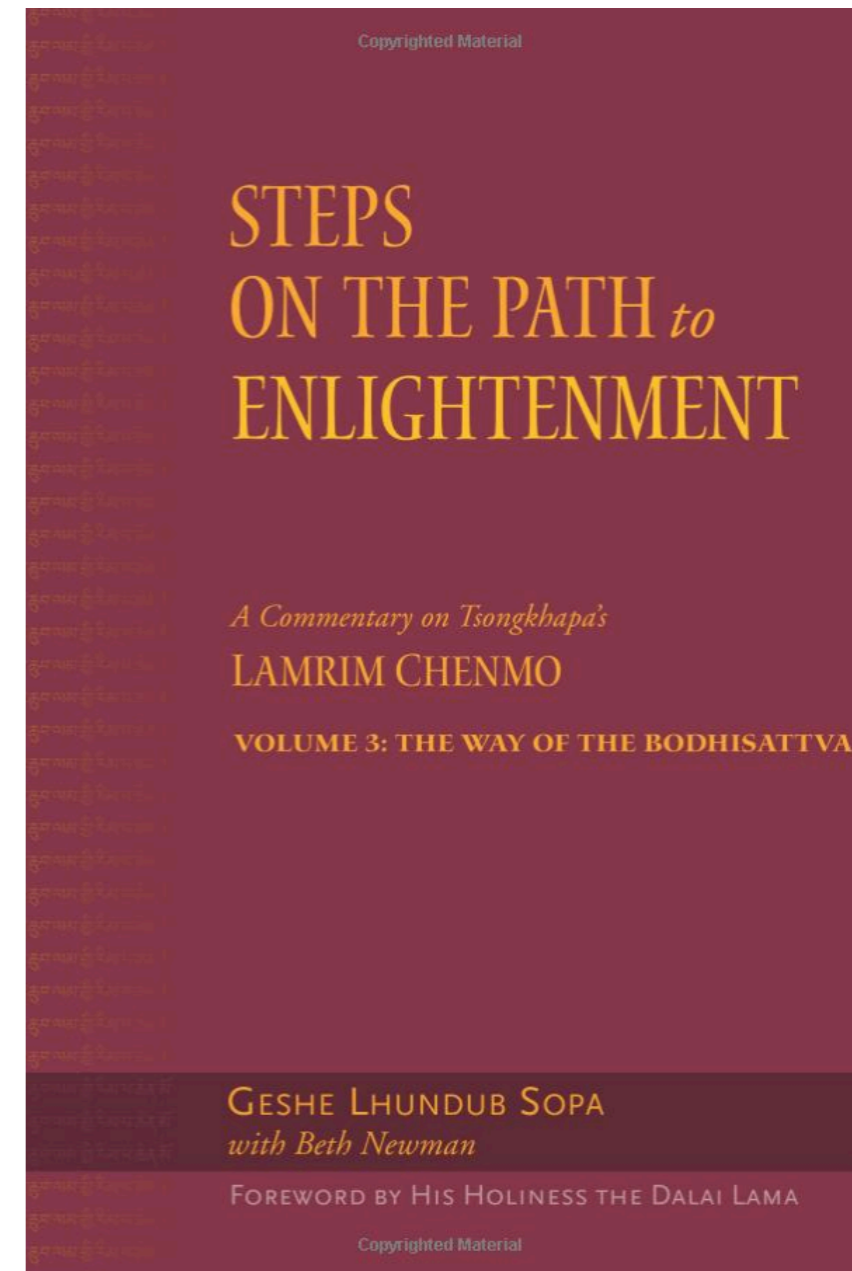
“It is engaging in the practices described in the lamrim, and leaving behind the negative actions that are repudiated, that actually constitutes the practice of the Dharma”



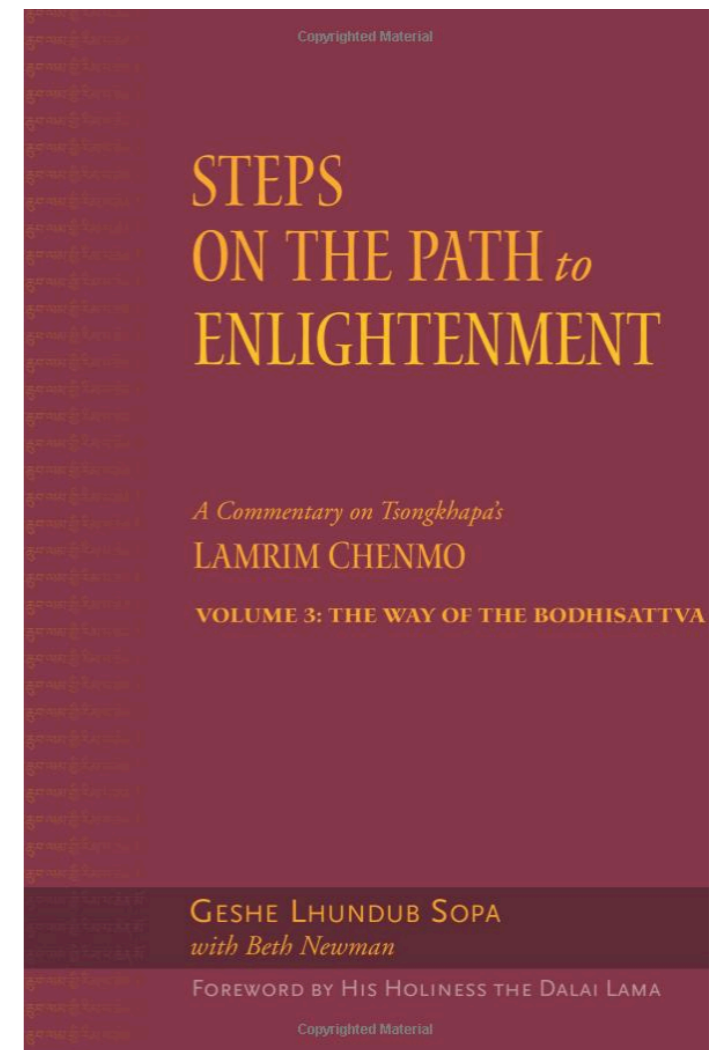


# Understanding Karma Generally

1. The Certainty of Karma
2. The Magnification of Karma
3. If an action is not performed, its results will not be met
4. Actions that are done do not perish



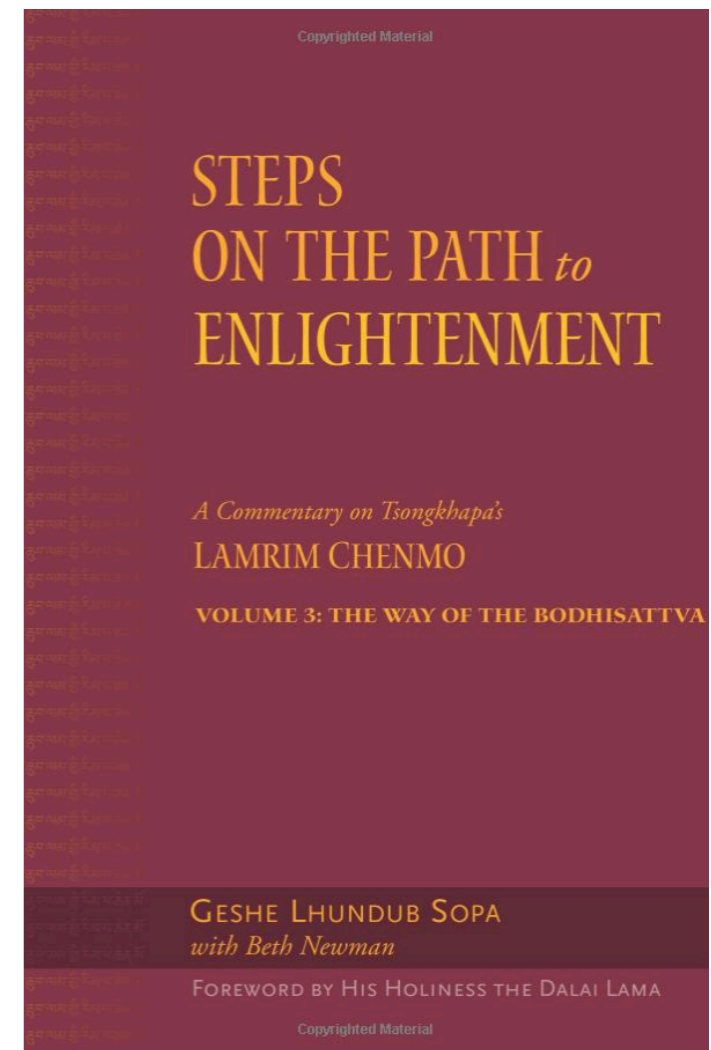
# 1. The Certainty of Karma



Even a Cool Breeze in the hot Hell Realms is the Result of Past Virtue. There are NO causeless phenomena

# 2 Kinds of Right View

1. **Ultimate Right View** - Realization of Emptiness
2. **Conventional Right View** - Correct Understanding of the Cause & Effect of Karma and its results



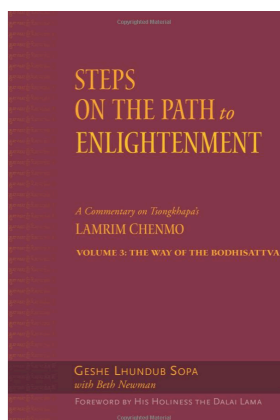
# 2. The Magnification of Karma



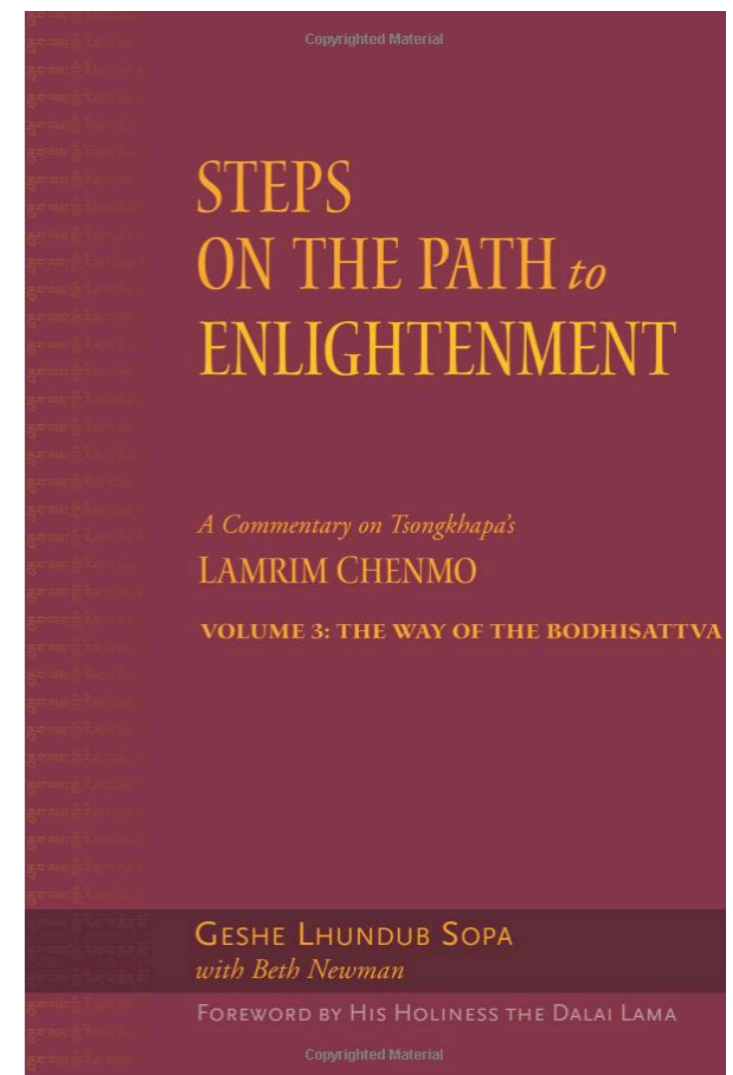
Karma increases  
greatly

Example- tiny seed  
produces giant tree

Inner Karmas grow  
incomparably greater  
than outer karmas



# 2. The Magnification of Karma

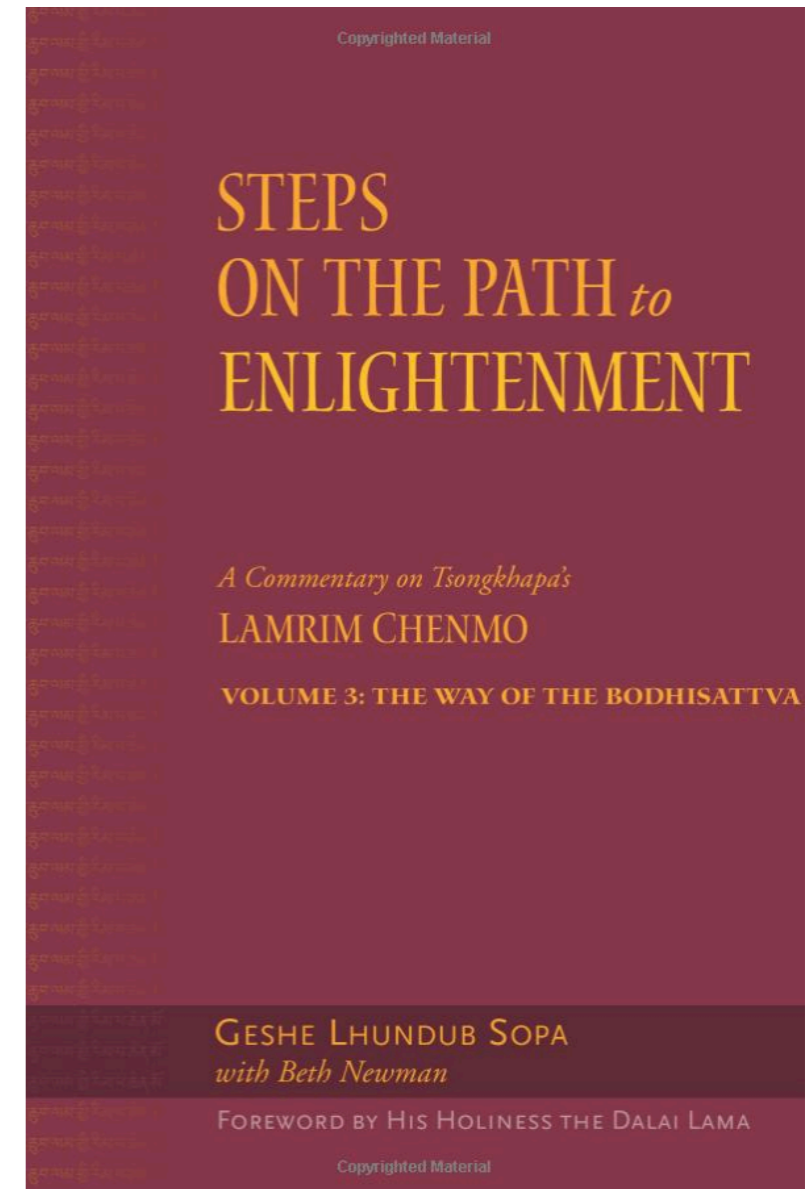


“The tiniest Karma follows you like a shadow follows the body, and it produces great happiness or great suffering.”

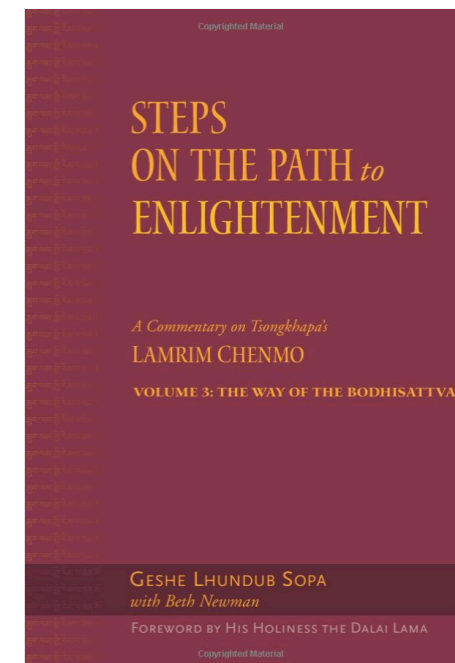
# 2. The Magnification of Karma

“Do not discount even a tiny misdeed,  
Believing it will do no harm.  
By collecting water, drop by drop,  
A large vessel is gradually filled.”

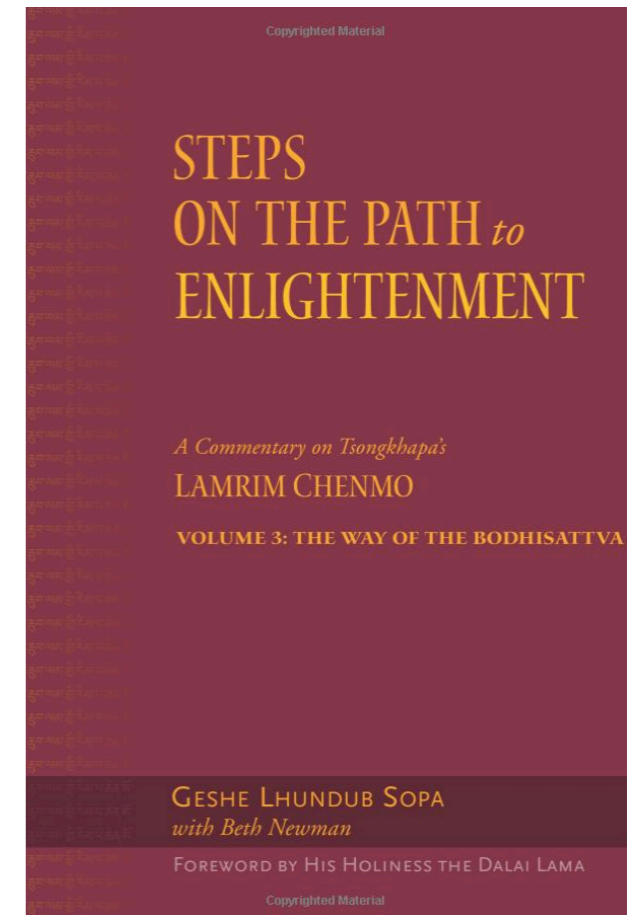
“Do not think, “The small virtues I do  
Will not follow me later.”  
Just as a large pot is filled  
By water falling drop by drop,  
The stable practitioner is completely filled up  
By virtues accumulated a bit at a time.”



# 2. The Magnification of Karma



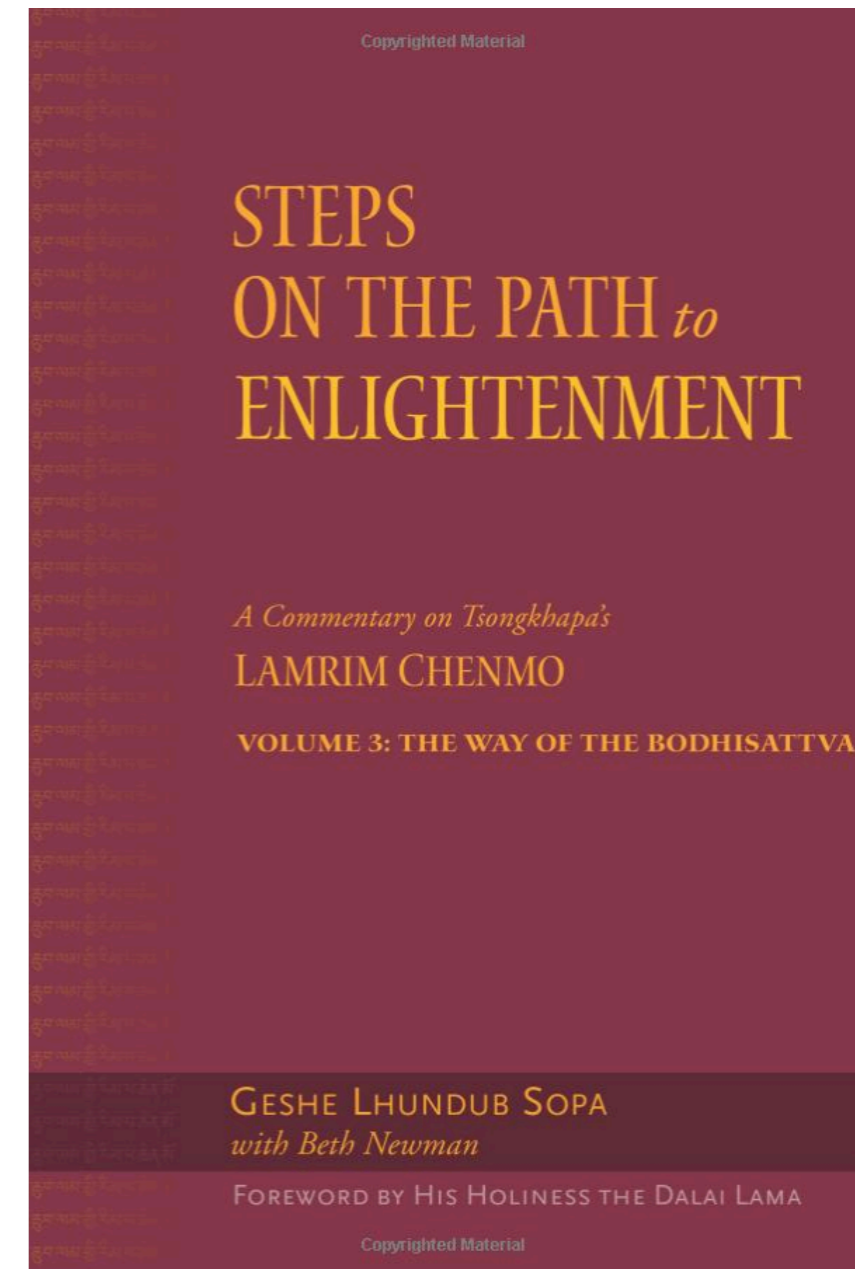
# Use Karma to Prepare for Death





### 3 - IF AN ACTION IS NOT PERFORMED, ITS RESULTS WILL NOT BE MET

1. If you do not perform an action,  
you cannot experience the results
2. You cannot experience the  
results of someone else's action

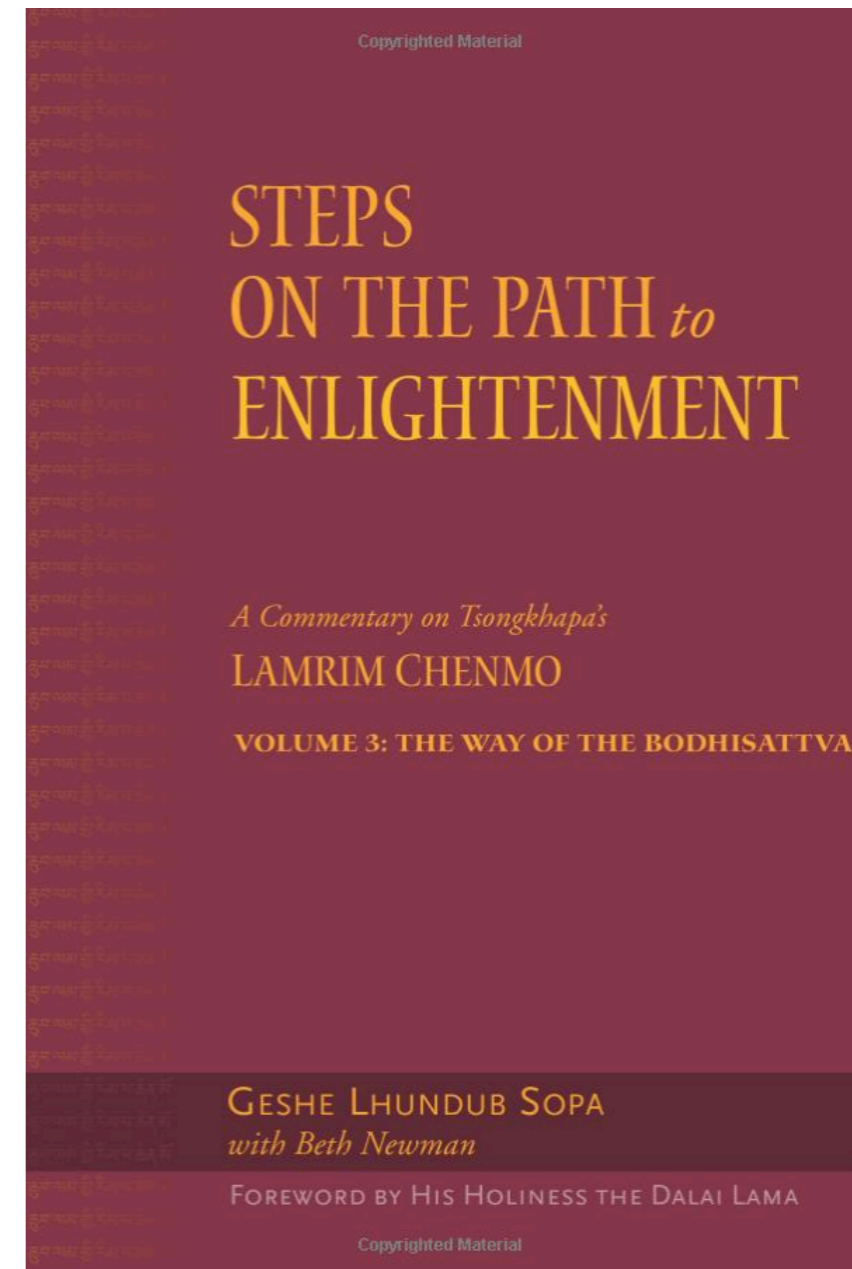


# 4 - ACTIONS THAT ARE DONE DO NOT PERISH

Once you create a karma, its potential will never be lost until it ripens and yields fruit.

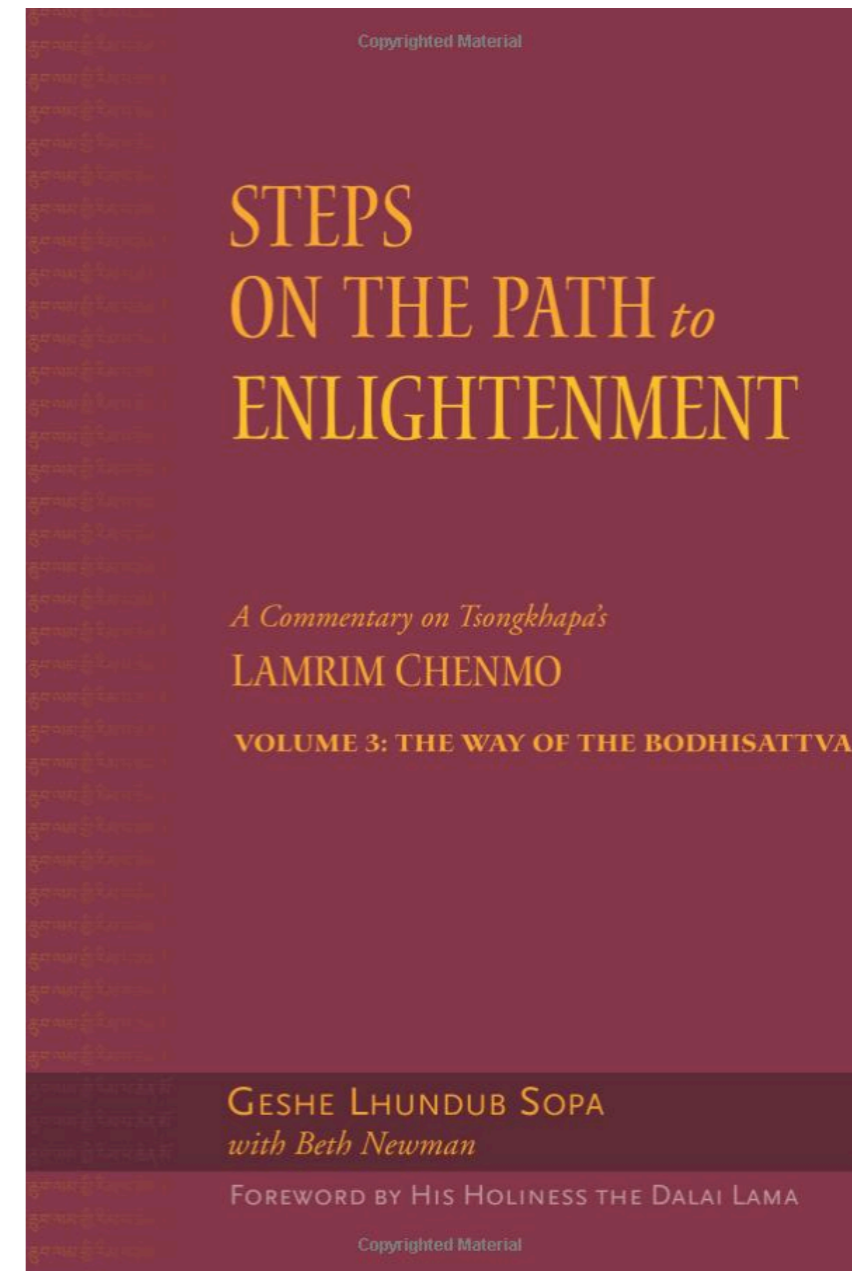
The only thing that can prevent it from ripening is destroying the karmic seed by means of an antidote [4 powers].

Otherwise, even if it takes many, many millions of eons, the result of that karma will eventually occur



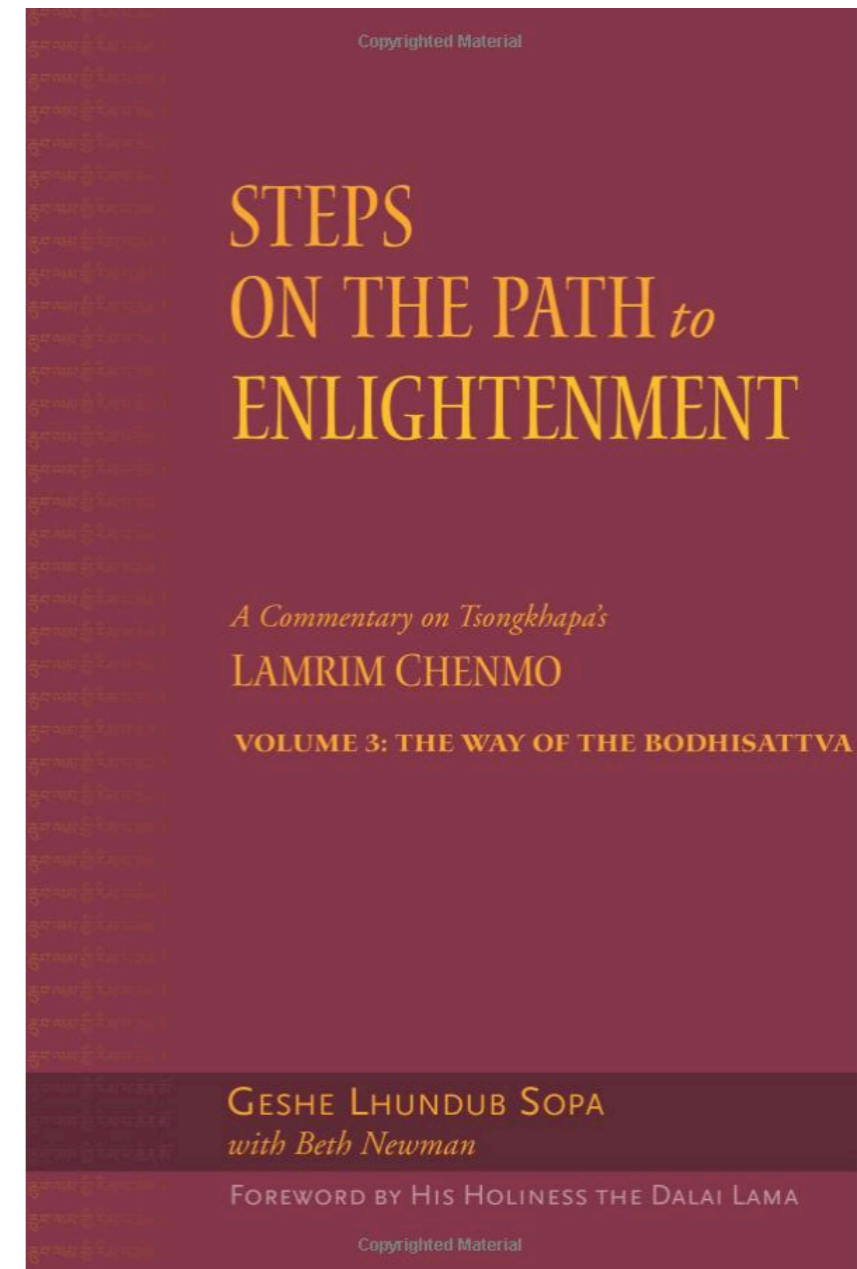
# The Varieties of Karma

1. The Principal Teaching of the 10 Karmic Paths
2. Establishing Karma and its results
3. If an action is not performed, its results will not be met
4. Actions that are done do not perish



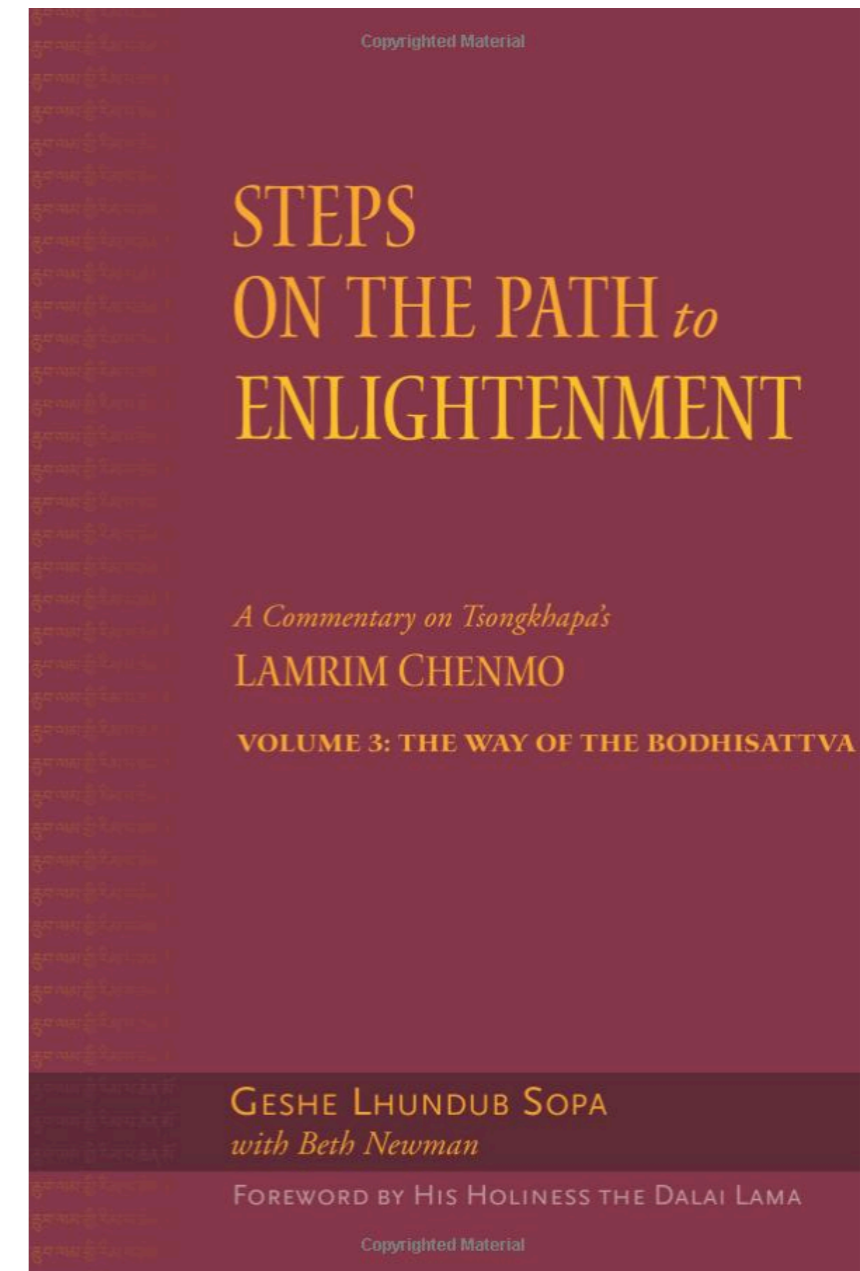
# The Principal Teaching of the 10 Karmic Paths

“Practicing the 10 virtues is the foundation to the direct realization of the nature of reality [emptiness].”



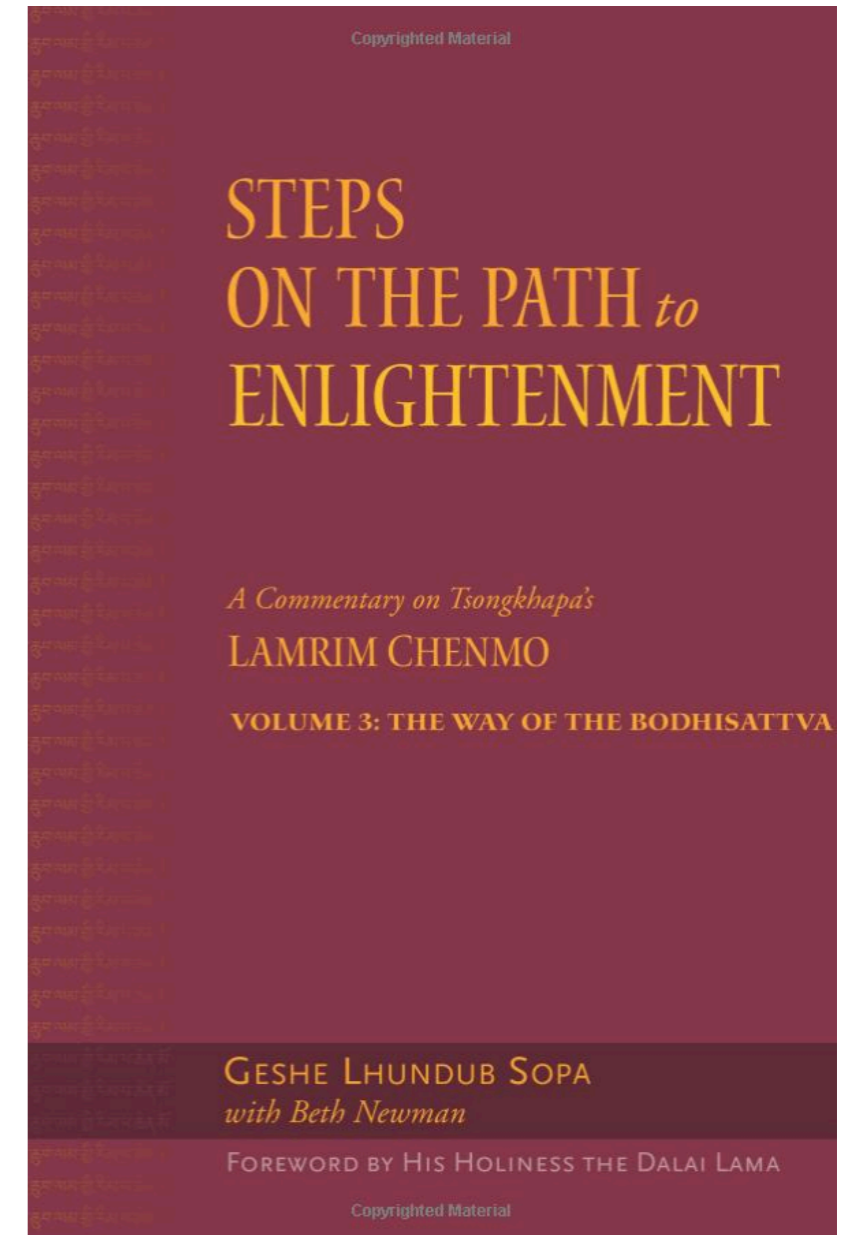
# Mental Aspect Most Important

““What is most important here is the mental aspect, because the mind controls the body and speech.””



# Establishing Karma and Its Results (The 10 Non Virtues)

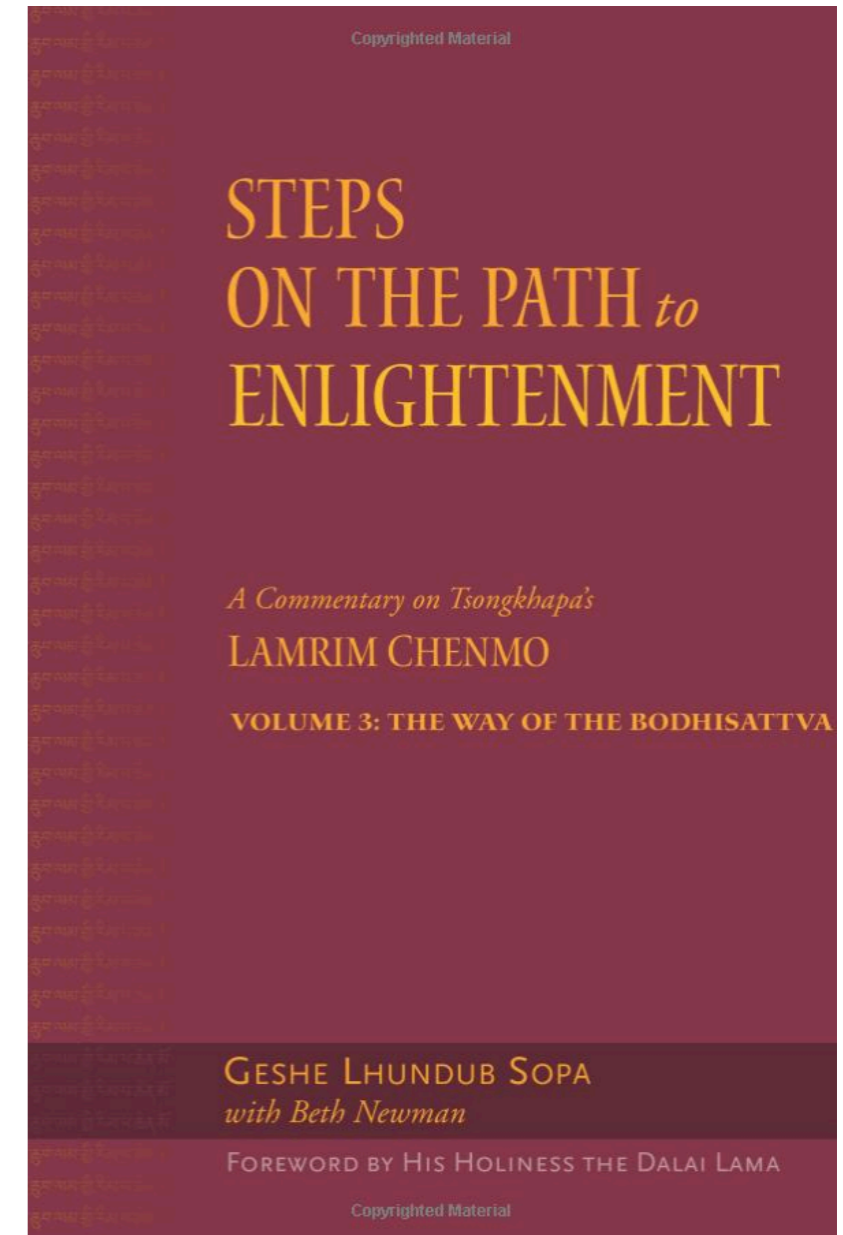
1. Killing
2. Stealing
3. Sexual Misconduct
4. Lying
5. Harsh Speech
6. Senseless Speech
7. Covetousness
8. Malice
9. Wrong View



# The Mechanics of Karma

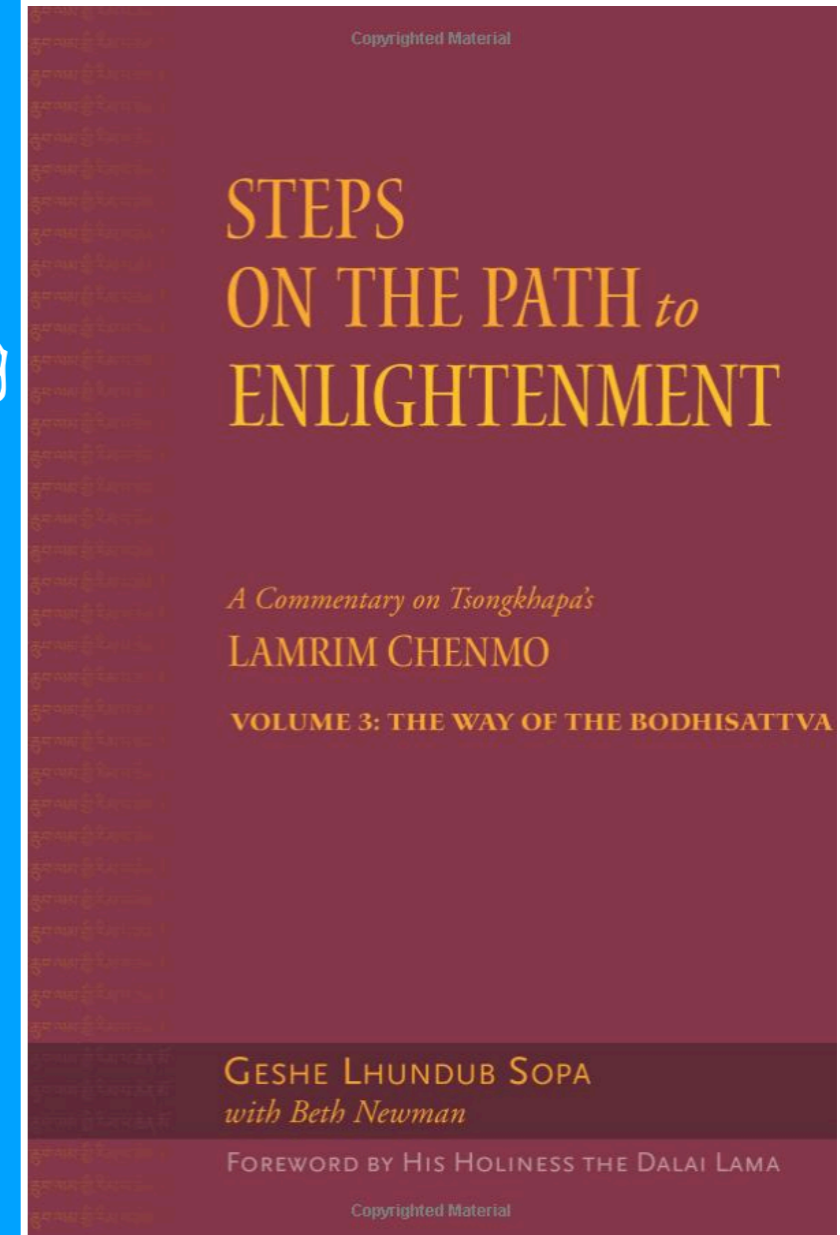
## BTAC- Acronym for Karmic Mechanics

1. Basis
2. Thought
3. Actual Action
4. Culmination



# Killing

1. **Basis** - any other living sentient being who is not yourself
2. **Thought**
  1. **Discrimination** - killer must kill the exact same being he intended to kill
  2. **Motivation** - the intention that directly motivates the action. The motivation always arises from 1/3 poisons
  3. **Obscuring Affliction** is one of the 3 poisons:
    - a) desire, b) hostility, c) ignorance
3. **Actual Action** - the act of killing (you could be the killer or someone else you asked to kill can be the killer)
4. **Culmination** - when the victim dies because of the action of killing





# Stealing

1. **Basis** - Stealing an object that is owned by others- an object they consider to be their own, which they think of as “mine”

## 2. Thought

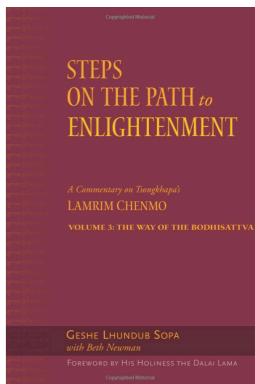
1. **Discrimination** - perception must be unmistakable, and you must steal the object you intended to steal

2. **Motivation** - the intention to take something that belongs to someone else without permission. The motivation always arises from one of the 3 poisons

3. **Obscuring Affliction** is one of the 3 poisons: a) desire, b) hostility, c) ignorance

3. **Actual Action** - the act of stealing (could be self or other your made steal)

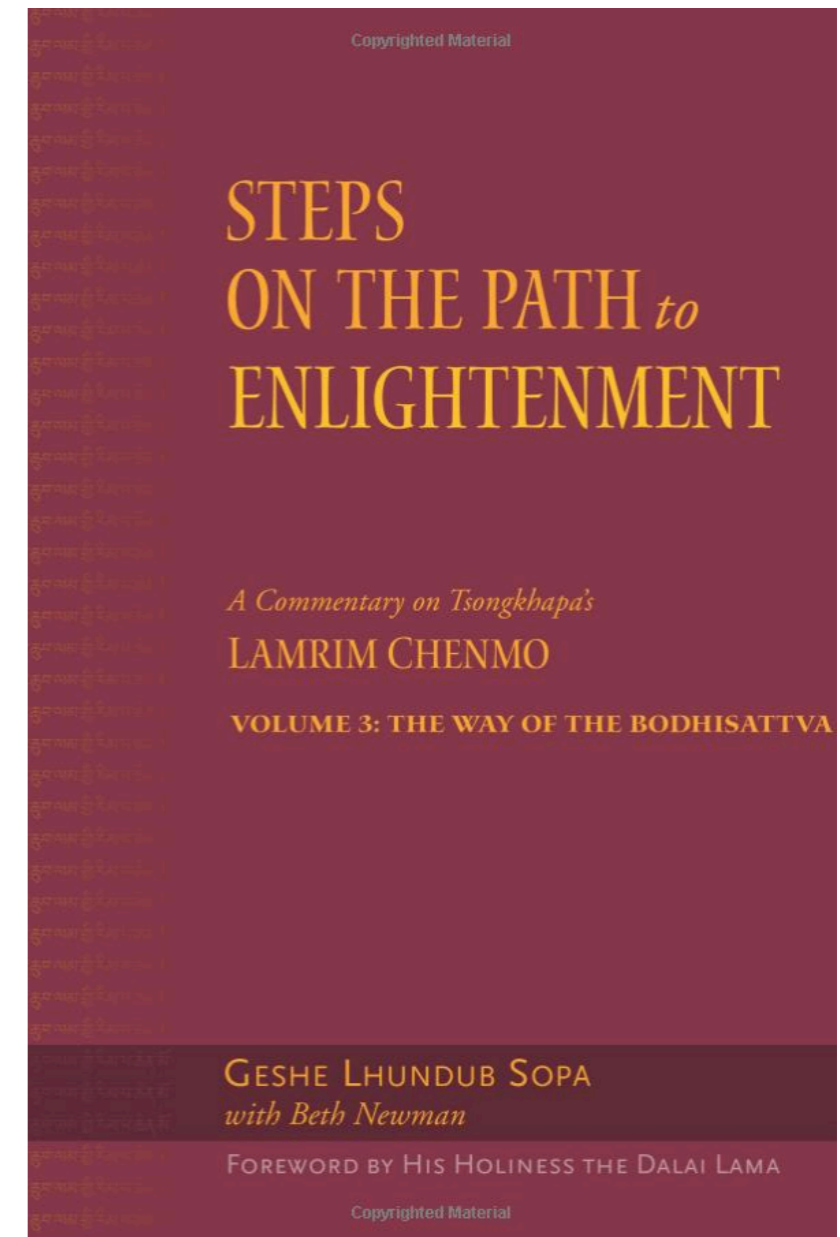
4. **Culmination** - when the thief thinks “now I have it!”



# Positive Karma

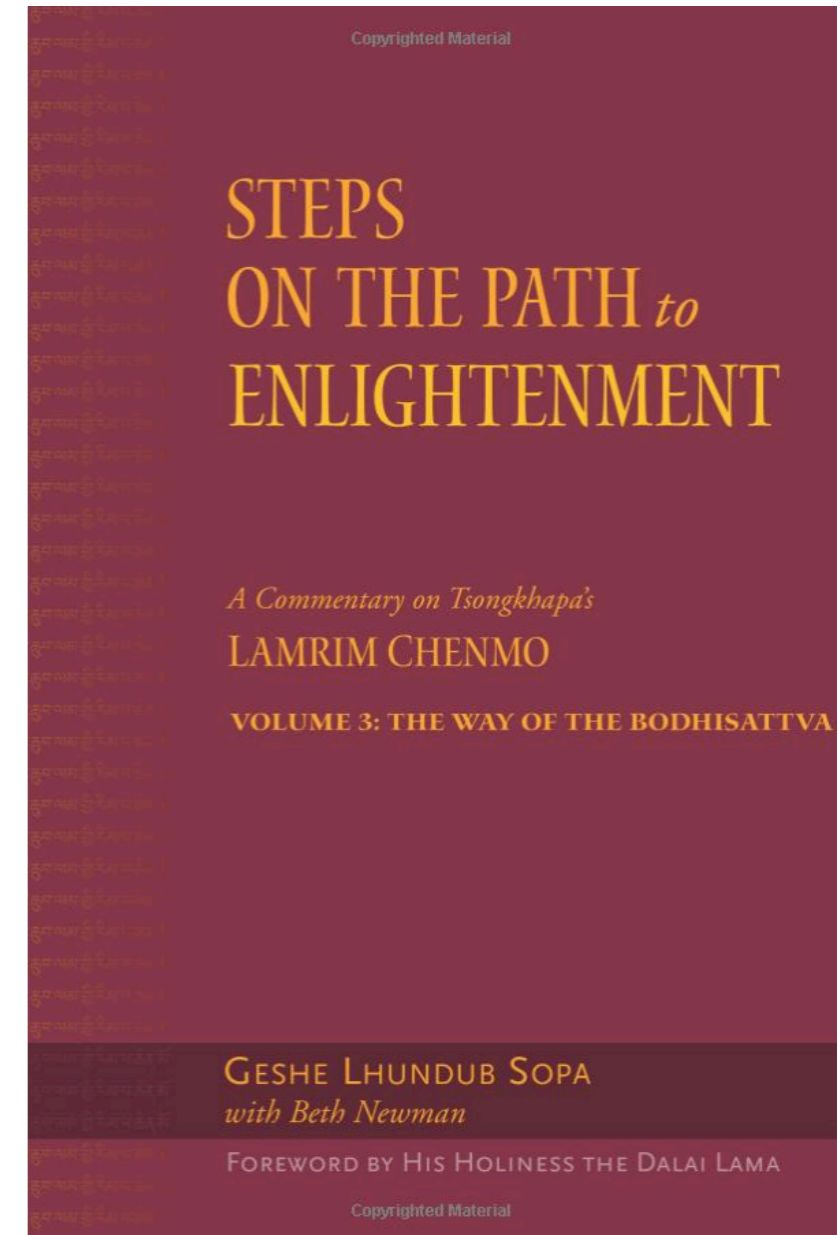
## “Motivational force-

- Karma is heavier when the action is driven by a very sharp, vivid, strong motivation. **These are actions that are motivated by an intense form of one of the three poisons. Actions performed without such a powerful motivation are weaker**
- If the three poisons are totally absent, the action will be on the virtuous side. **What makes a virtuous karma heavier is a powerful form of the opposite of attachment, the opposite of hatred, or the opposite of wrong view. This means non-attachment, loving compassion, and right view or realization.** These are actually the antidotes to the three poisons, and actions that are powerfully motivated by these will be weightier virtuous karma.”



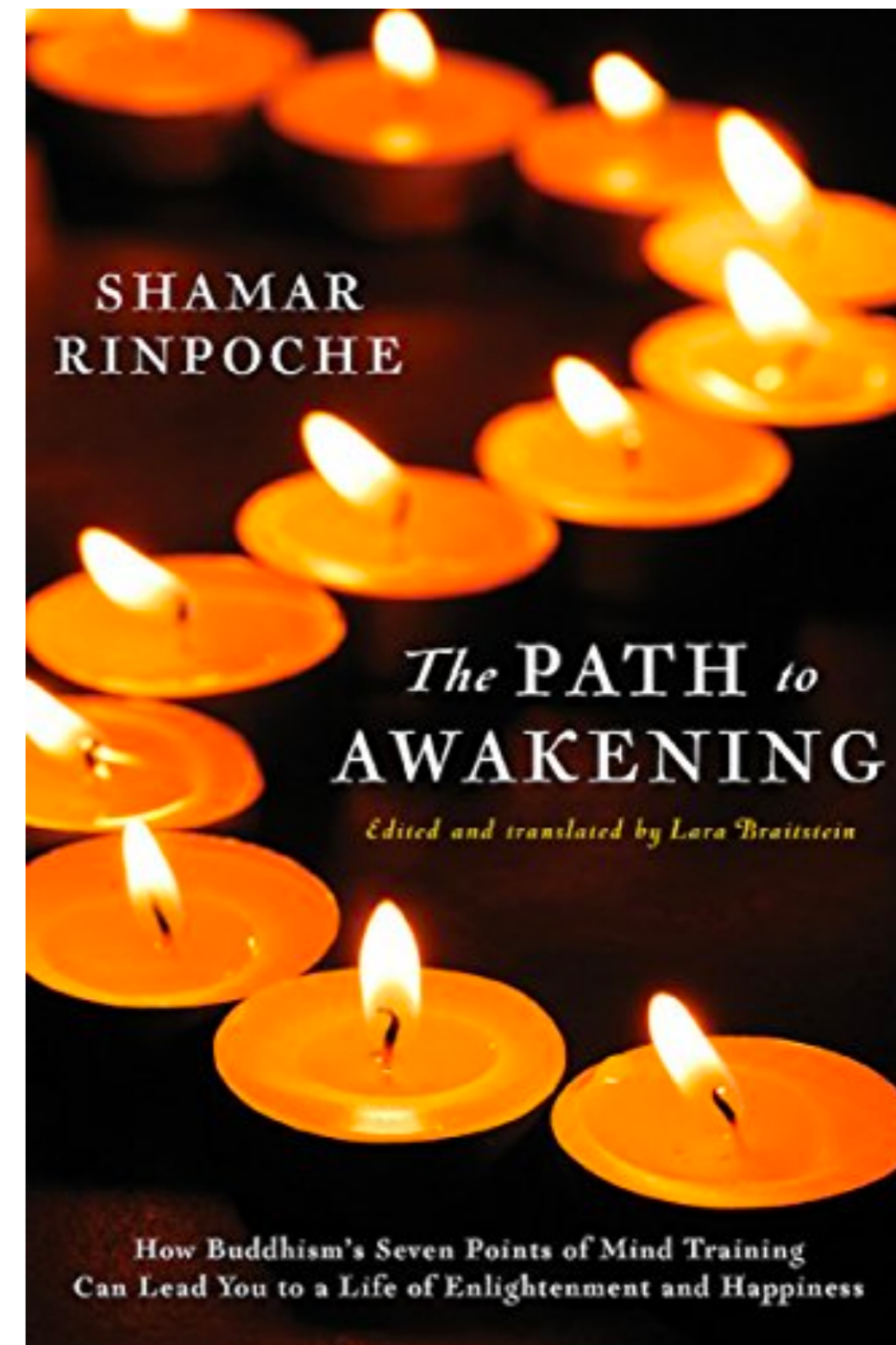
# Types of Karmic Results

1. Fruitional Results (Rebirth)
2. Results Corresponding to the Cause
3. Environmental Results



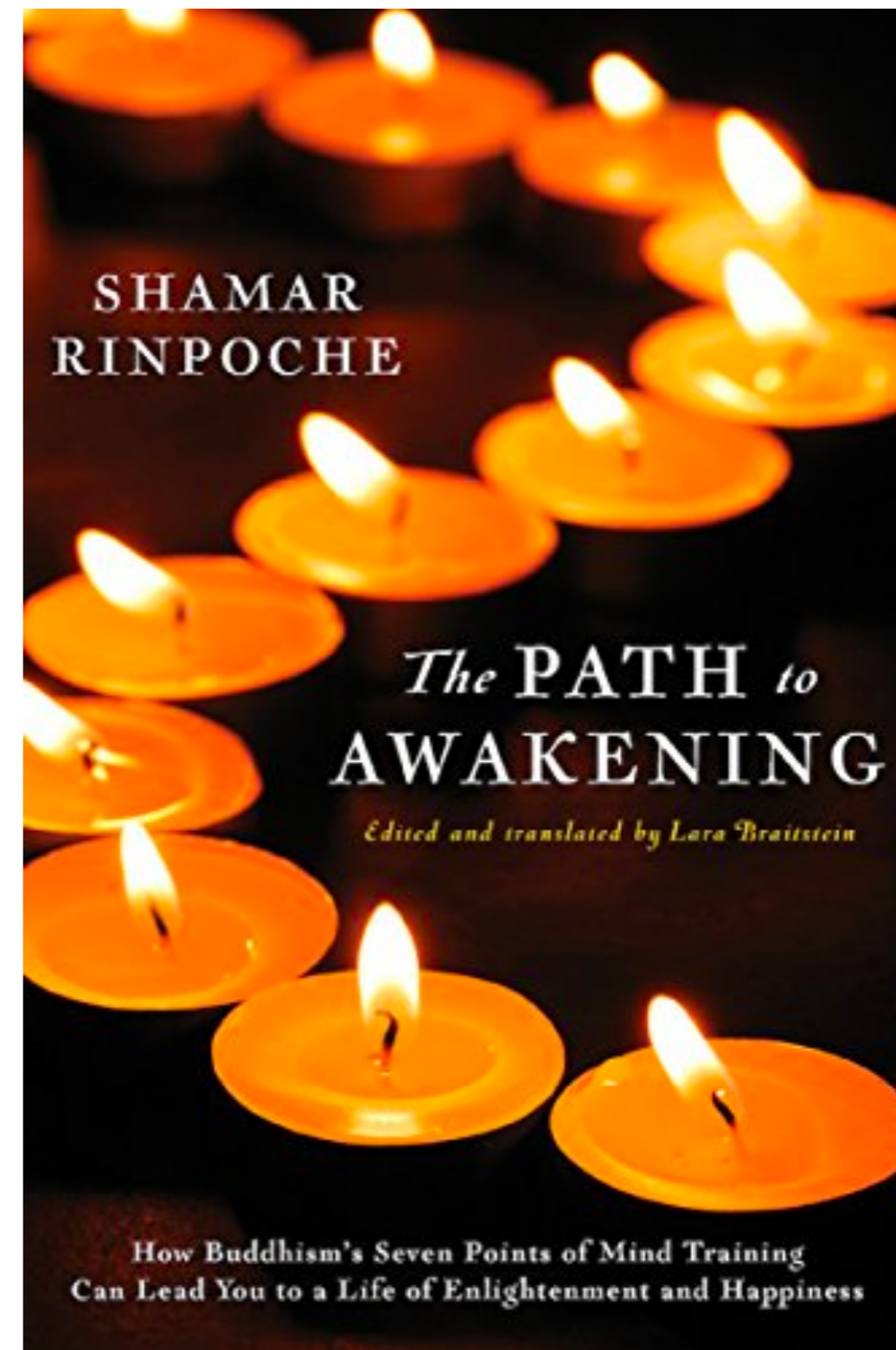
# Contemplate Defects of Samsara

- Great Food
- Romance
- Sex
- Fame
- Power



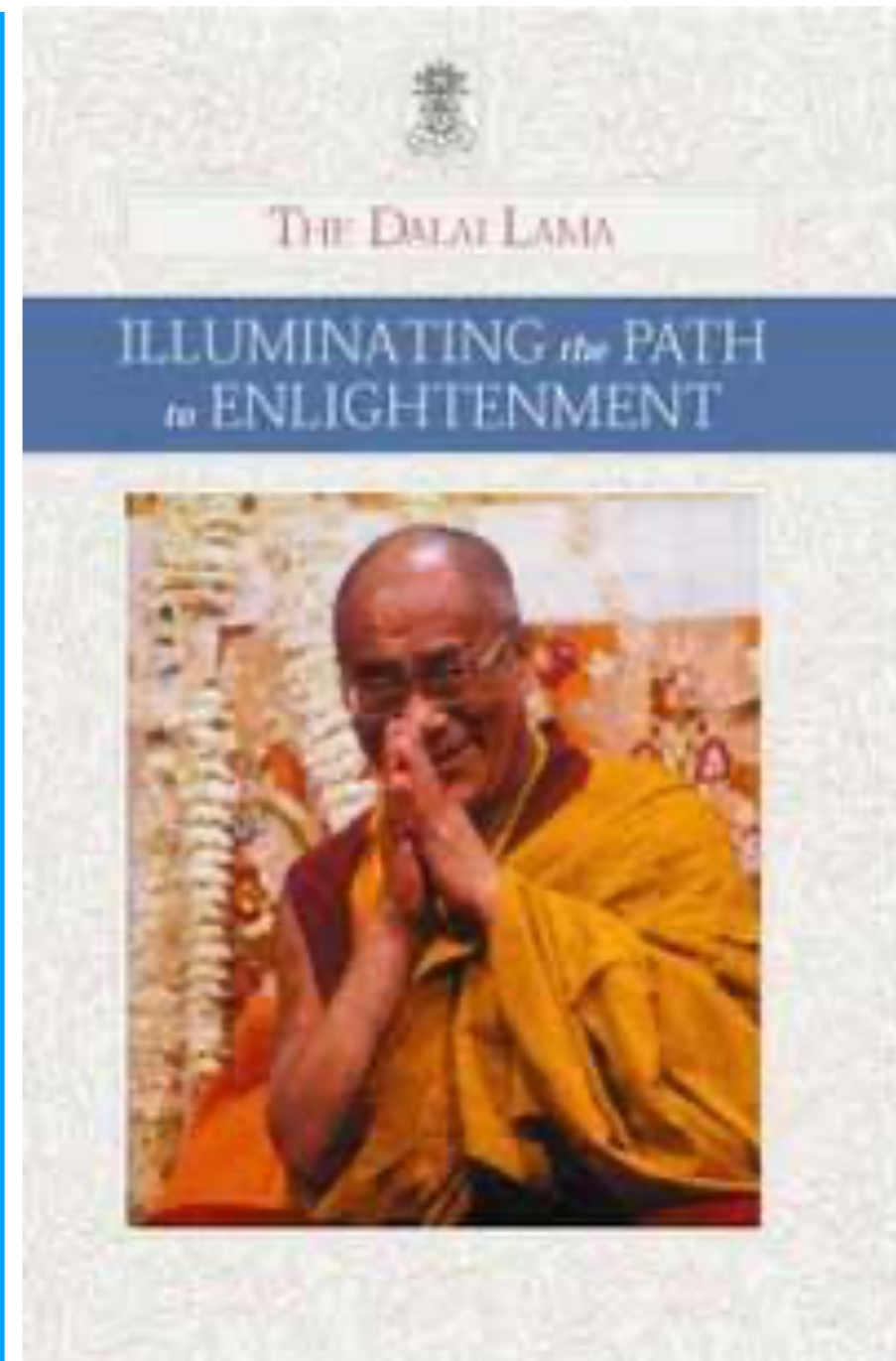
# Contemplate Defects of Samsara

- Great Food >> Diabetes, Heart Disease
- Romance >> Depends on emotions of your partner
- Sex >> You can never quench thirst
- Fame >> famous people have no freedom, lots of pressure, lots of envy
- Power >> life of struggle trying to keep the power, no real peace



# Samsara

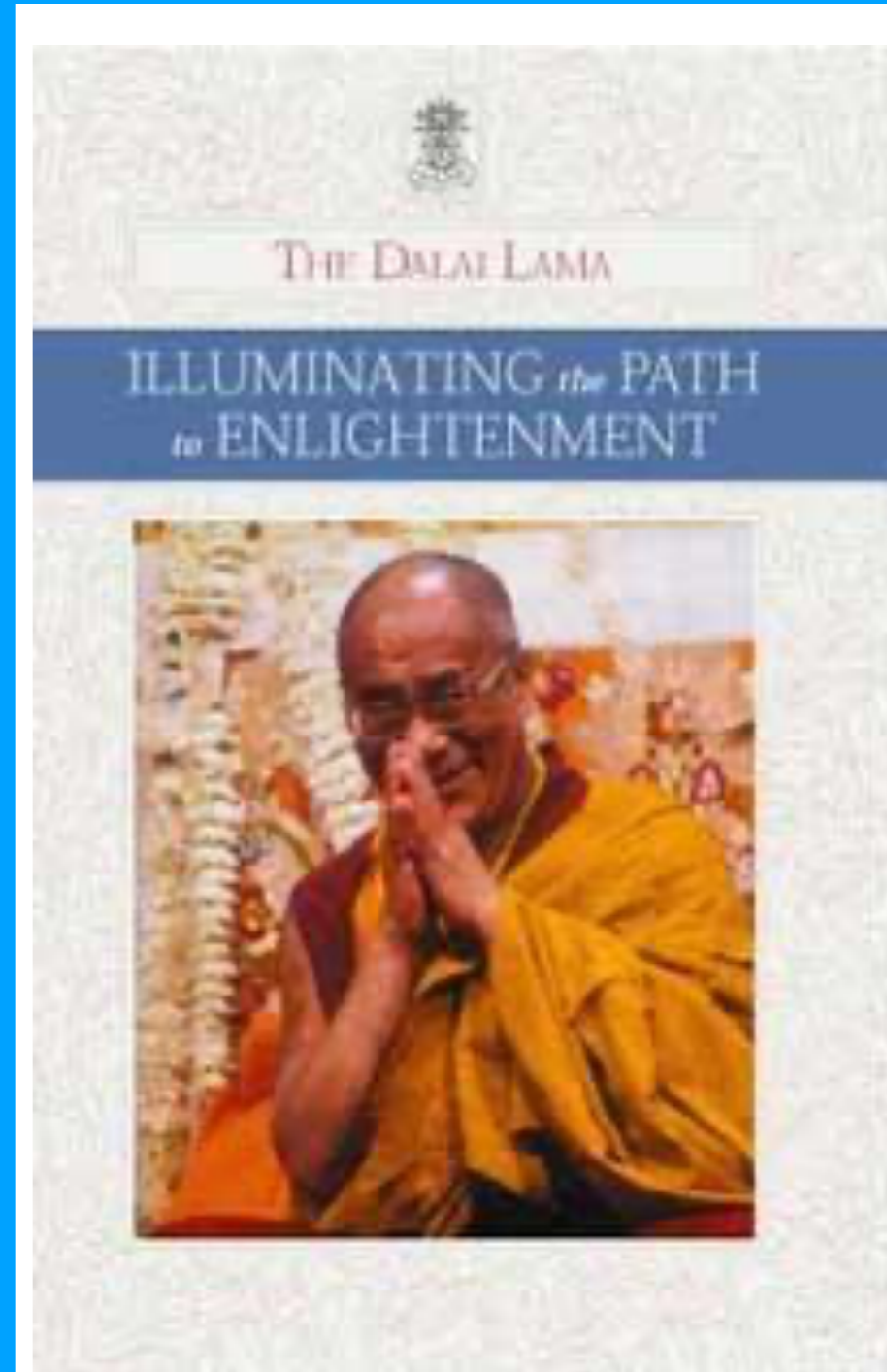
- Dismantling our Quest for Stability
- There's absolutely no stability in Samsara, yet everyone's running to find it
- Pleasure is Dukkha  
(Worldly pleasure is dependent, temporary, & provides no lasting contentment)
- 3 Poisons Control Us- we are not free!
- Chasing these leads to habitual mental patterns & negative Karma



# Samsara

## The 3 Sufferings:

1. **The Suffering of Suffering**- “the obvious and evident painful experiences and sensations that we all experience”
2. **The Suffering of Change**
3. **The Suffering of Pervasive Conditioning** -“our existence is controlled by fundamental ignorance and the afflictions to which it gives rise. It is crucial, therefore, that we develop a deeply felt recognition of the afflictions as our true enemy; without it, we will not develop a genuine aspiration to seek freedom from them.”



# Samsara

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