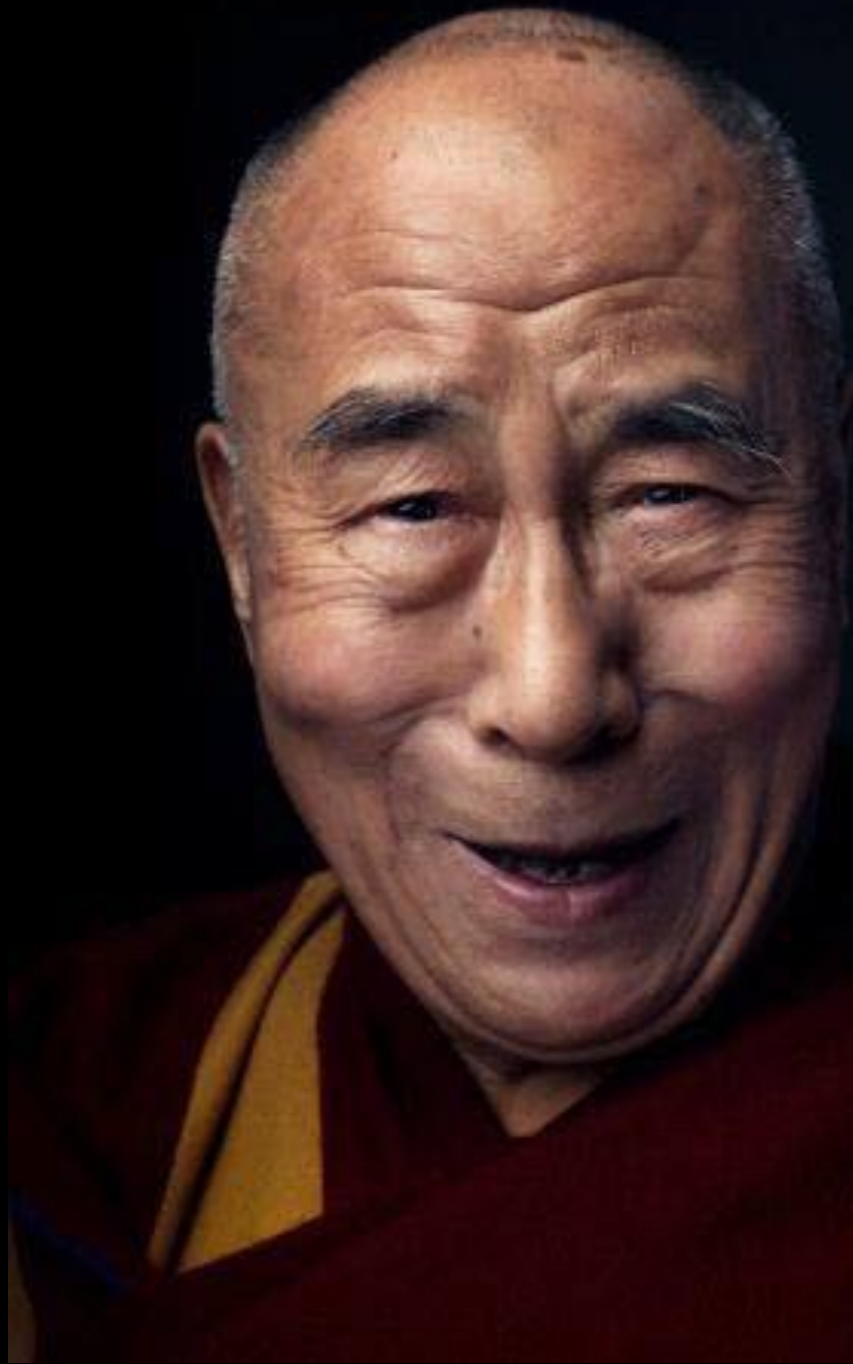


# Simply Love



“one of the antidotes to emotional afflictions is meditation on emptiness. As we deepen our experience of emptiness, we get a powerful surge of emotion, which itself acts to counter the negative, or afflictive, emotions. We also find in Buddhist practice specific antidotes to specific problems. For example, we meditate on loving kindness to counter hatred and hostility, and on impermanence to counter strong attachment. In other words, the emotion of love is generated as an antidote to anger and the experience of impermanence as an antidote to attachment.”

# Lojong 2021 - Course 4 (2.13.21)

## Today's Agenda:

1. Cultivate pure motivation
2. Continue through preliminaries
3. Finish Karma
4. Begin teaching about Samsara

IMAGINE IF  
EVERY THOUGHT,  
EVERY WORD &  
EVERY ACTION  
WAS FOR THE BENEFIT  
OF ALL BEINGS.

— H.E. Garchen Rinpoche



# 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)



# Purifying Karma

“Whenever I interact with others,  
I will view myself as inferior to all,  
and I will train myself  
to hold others as superior from  
the depths of my heart.”



Geshe Langri Thangpa

8 Verses on Mind Training

# Preliminaries

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



Geshe Chekawa Yeshe Dorje  
(1101-1775)



# Recap: First 3 Preliminaries

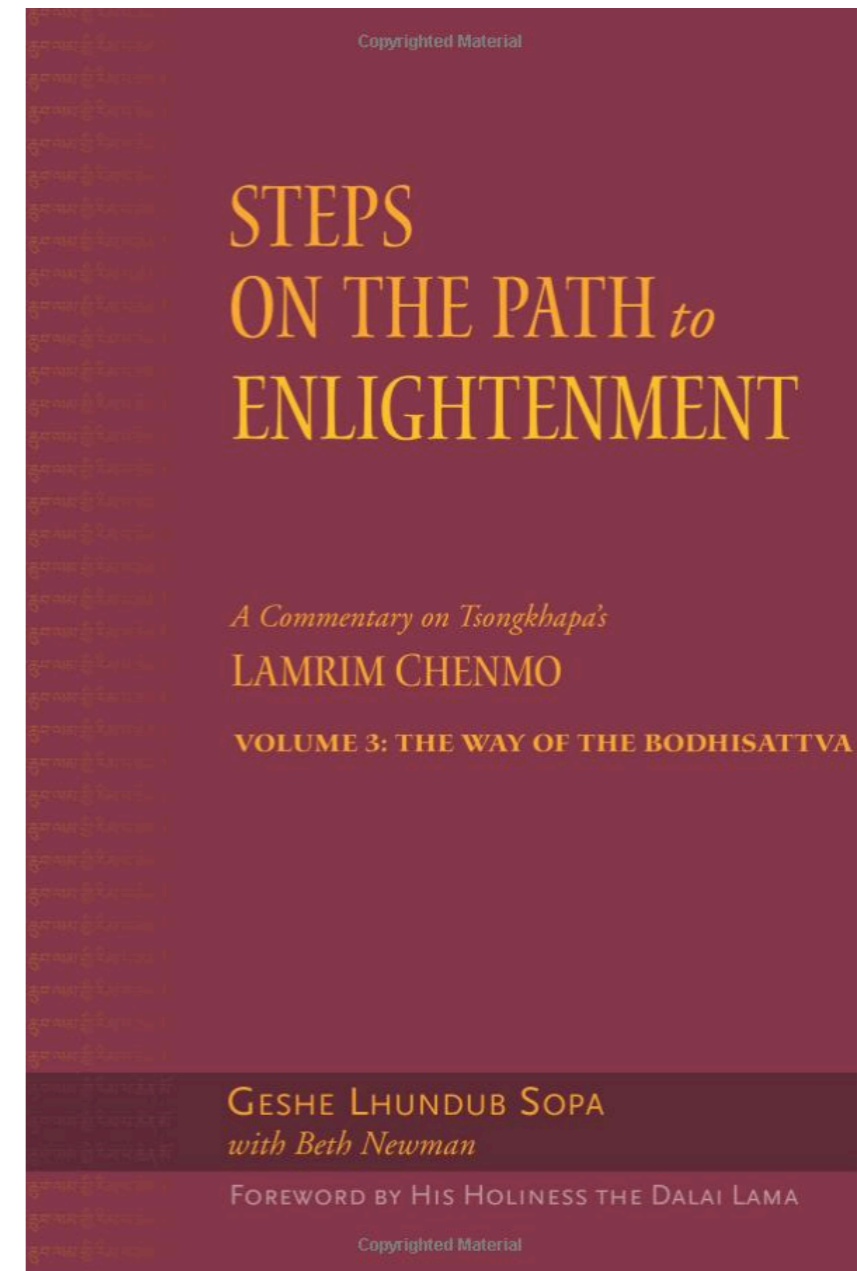
**1. Precious Human Birth:** It's sooooo difficult to be born human. Use it for good (dharma). Be Grateful & appreciative that we have a chance to work on ourselves

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

**3. Karma - Cause & Effect:** All thought, speech, actions become the cause for future effects. Virtuous thought, speech, action brings happiness. Non virtuous thought, speech, action brings unhappiness

# Mental Aspect Most Important

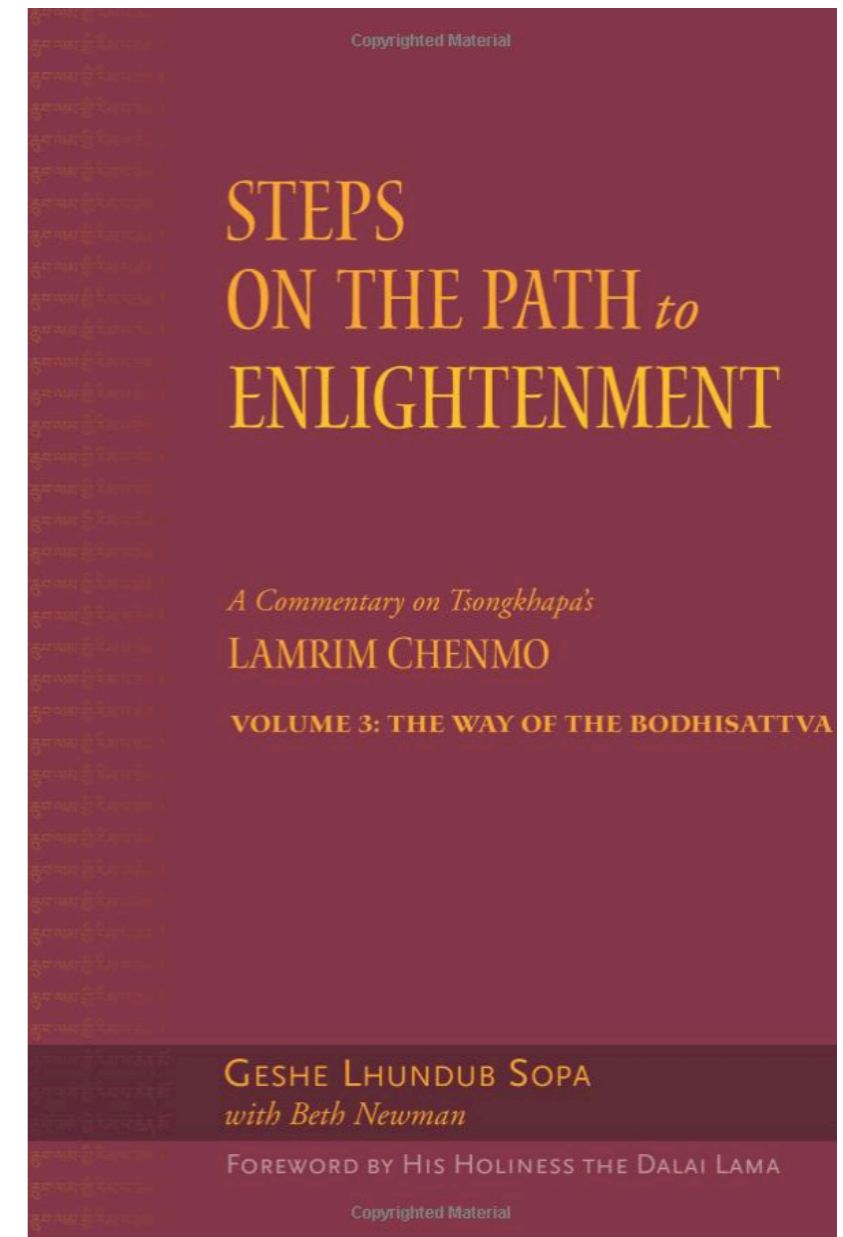
““What is most important here is the mental aspect, because the mind controls the body and speech.””





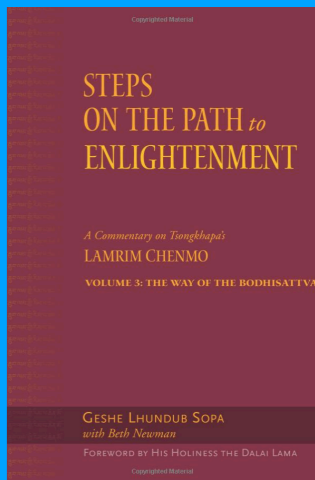
# The 10 Non Virtues

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



# Good & Bad Karma

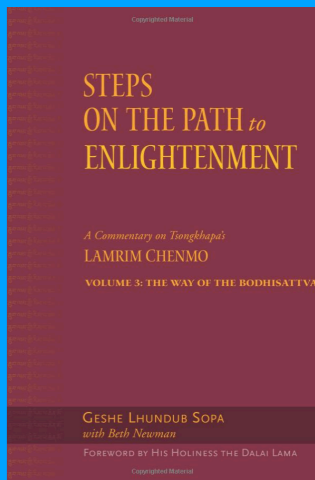
Good/Bad Karma	Motivations	Result	Antidote
<b>Non Virtuous Actions (bad karma)</b>	Desire/Aversion/ Ignorance (10 non virtues)	• Unhappiness	• Impermanence • Loving Kindness • Emptiness





# Good & Bad Karma

Good/Bad Karma	Motivations	Result	Antidote
<p><b>Non Virtuous Actions</b></p>	<p>Desire/Aversion/ Ignorance (10 non virtues)</p>	<ul style="list-style-type: none"> <li>• Unhappiness</li> </ul>	<ul style="list-style-type: none"> <li>• Impermanence</li> <li>• Loving Kindness</li> <li>• Emptiness</li> </ul>
<p><b>Virtuous Actions (good karma)</b></p>	<p>Non Desire Non Hatred Non Ignorance</p>	<p>Happiness</p>	



# Silver Bullet - Love/Compassion

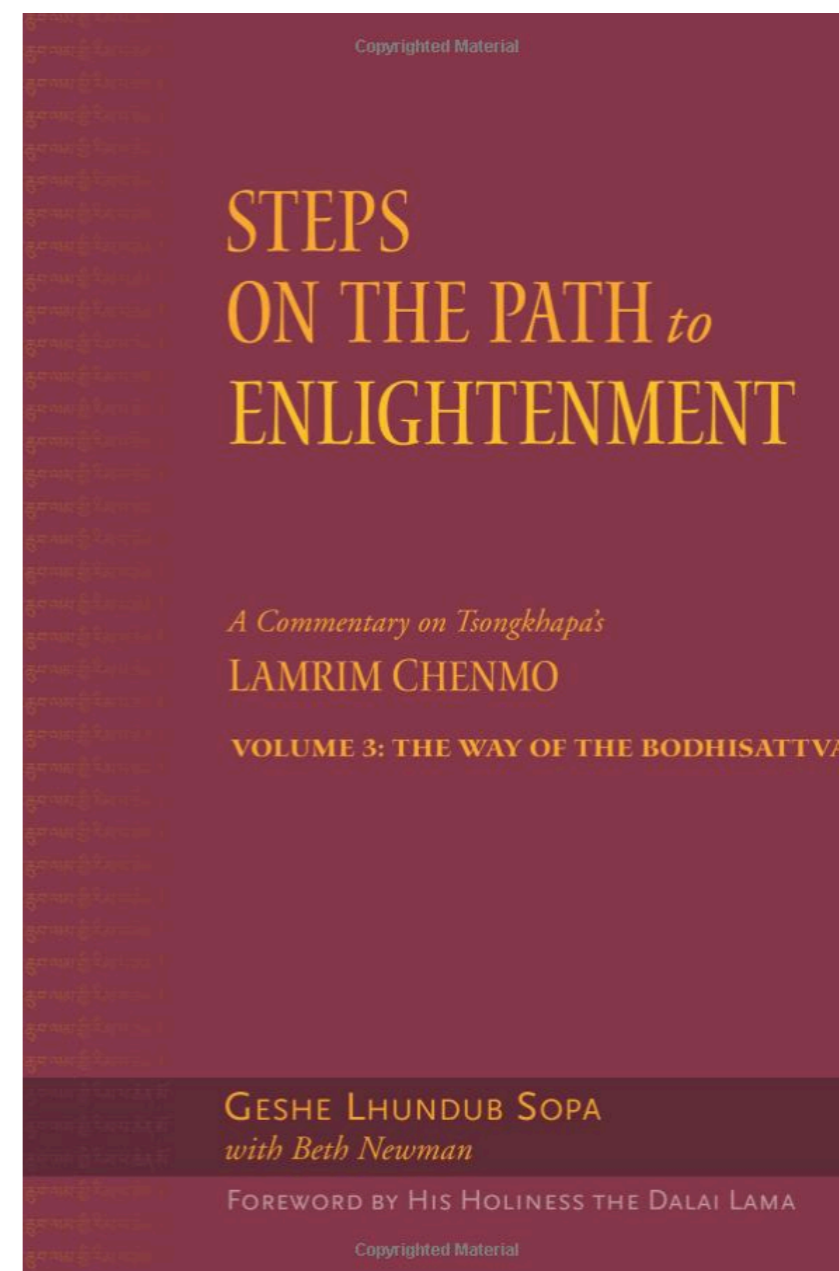


# The Inner Poisons (the 3 amigos (NOT))

Desire

Aversion

Ignorance





Virtuous Path/Antidotes

3 Poisons



NON  
Attachment

**Desire/  
Attachment**

Love/  
Compassion

**Aversion/  
Hatred**

Right  
View/realization

**Ignorance/  
Wrong  
View**

# Karma

“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 nonattachment, 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.”

Geshe Lhundub Sopa



# What Causes Negative Karma?

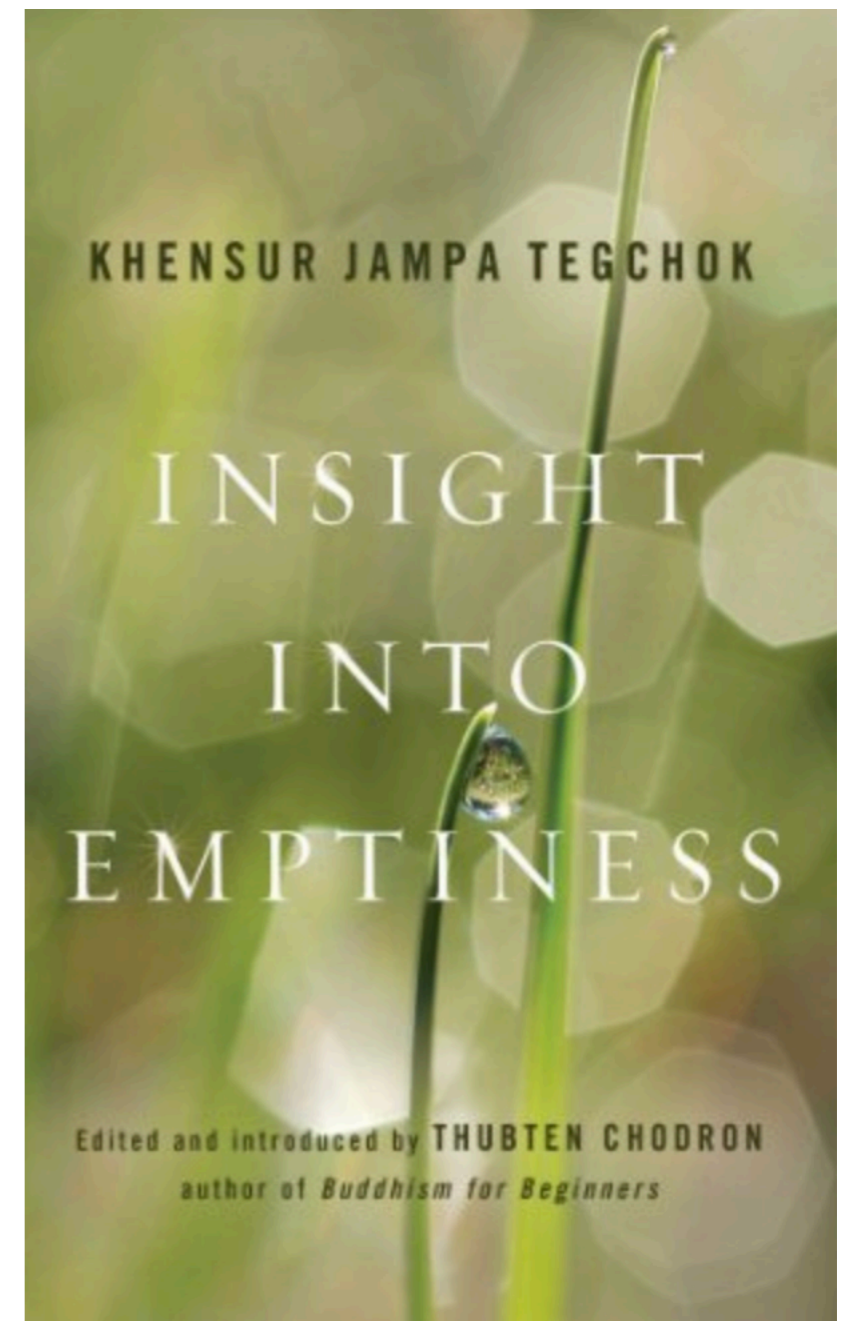
84,000 afflictions



Attachment, Anger, Confusion  
Desire, Aversion, Ignorance



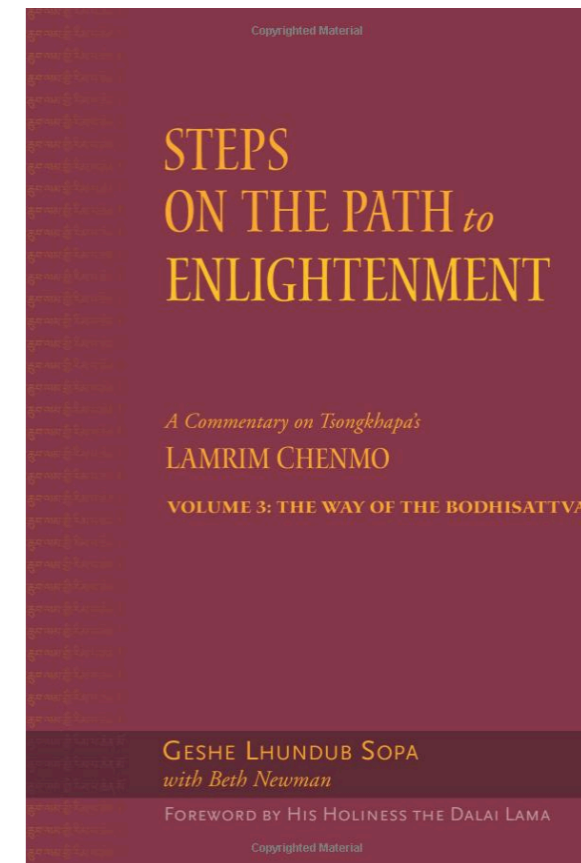
Self Grasping Ignorance





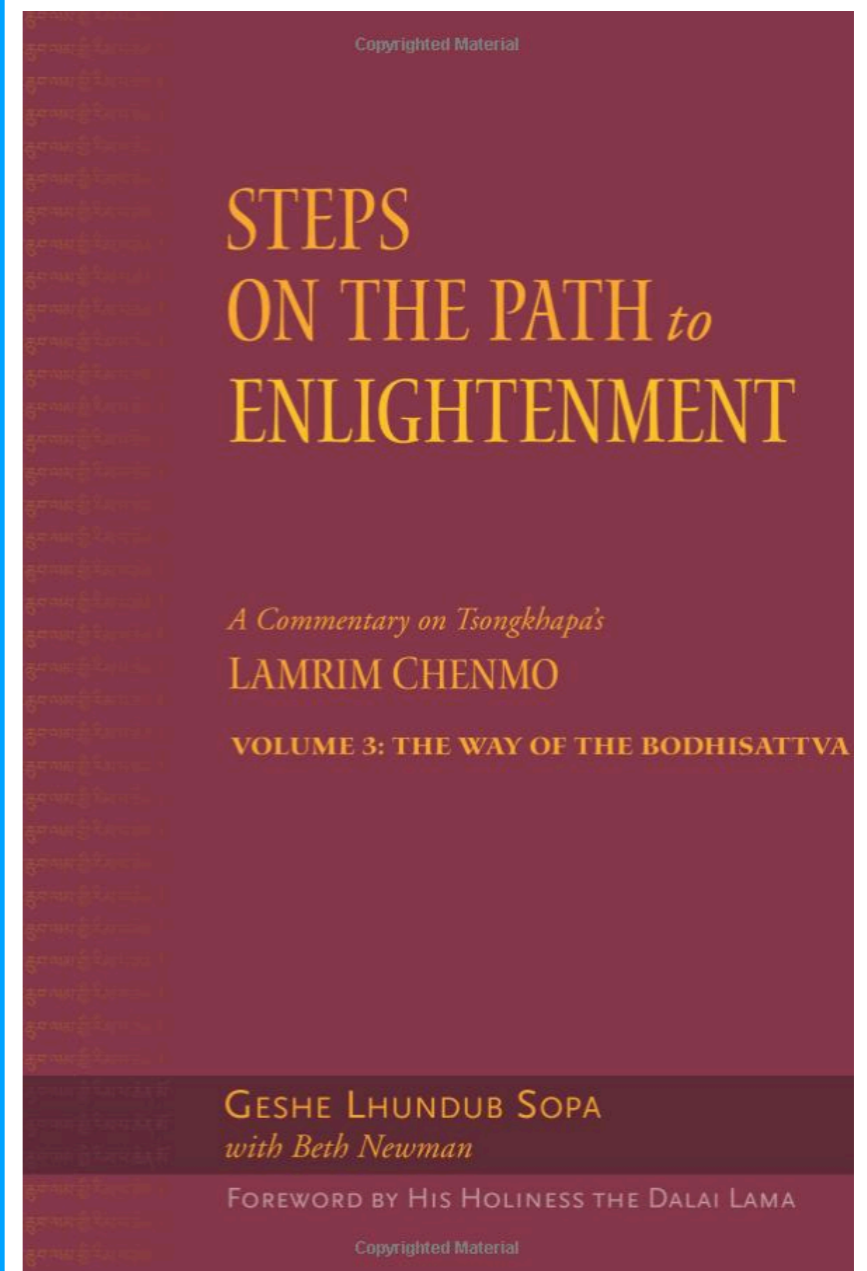
# Karma- The Foundation

“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.”



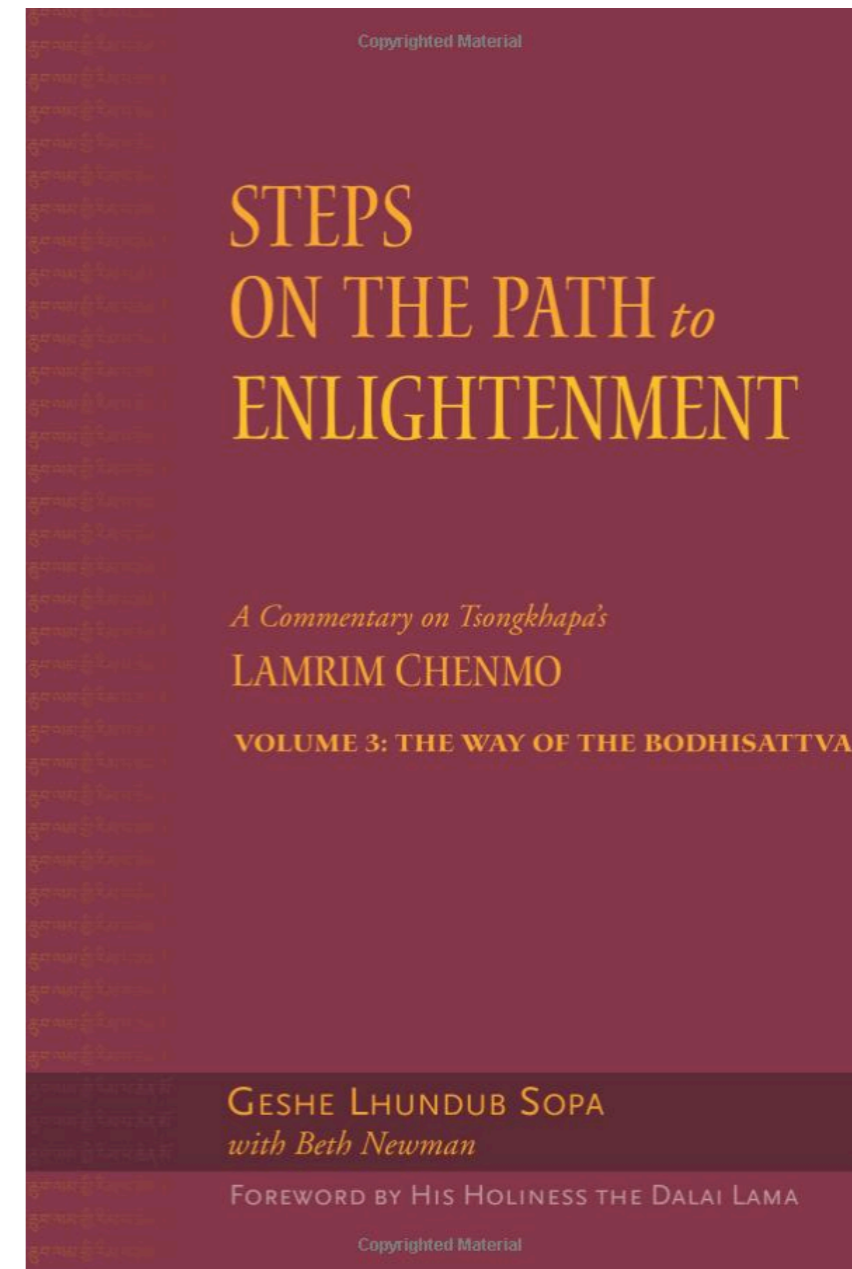
# Dharma is Karma :)

“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”



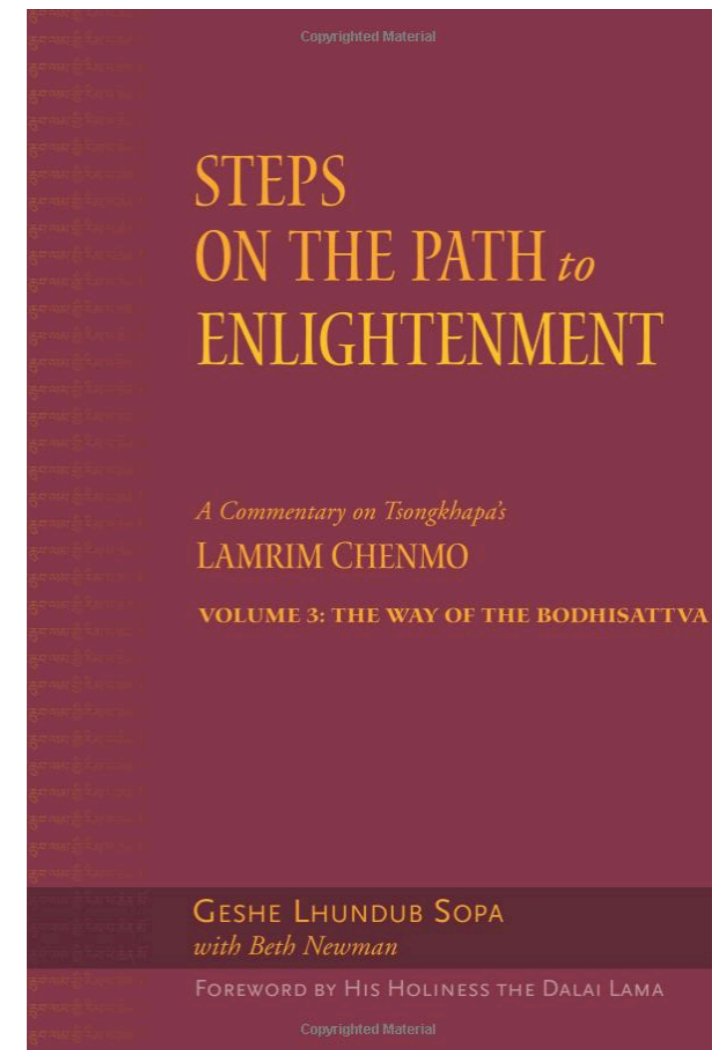
# Understanding Karma Generally

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





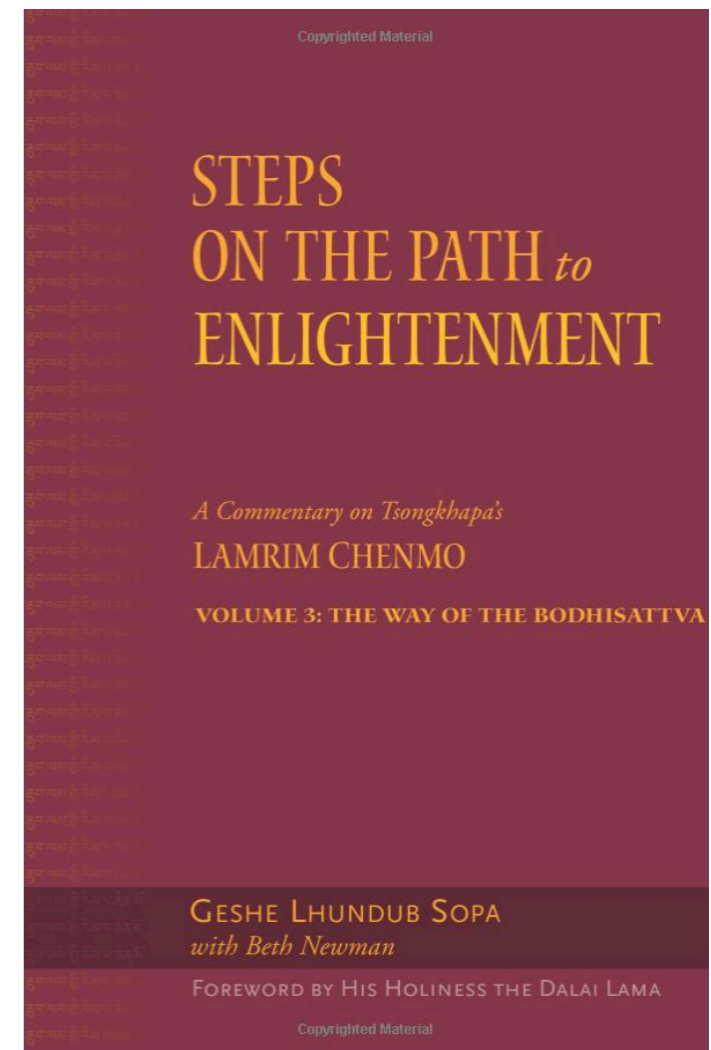
# 1. The Certainty of Karma



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





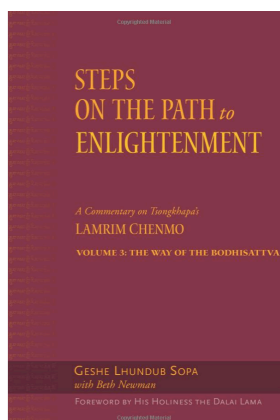
# 2. The Magnification of Karma



Karma increases  
greatly

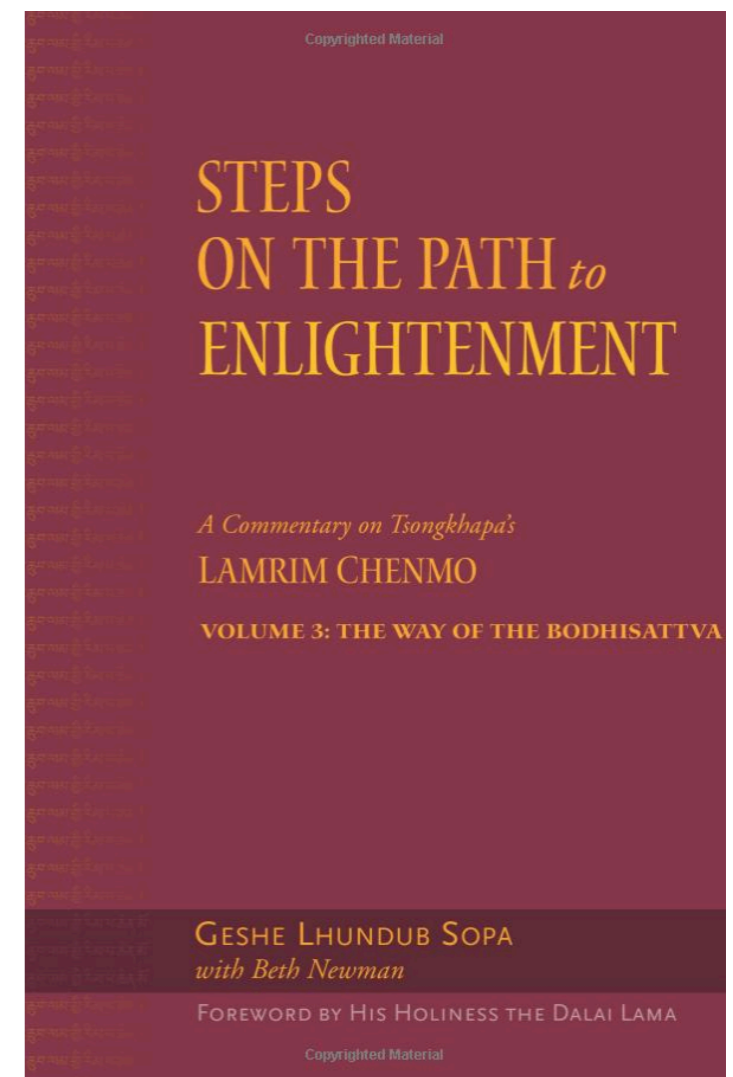
Example- tiny seed  
produces giant tree

Inner Karmas grow  
incomparably greater  
than outer karmas





# 2. The Magnification of Karma

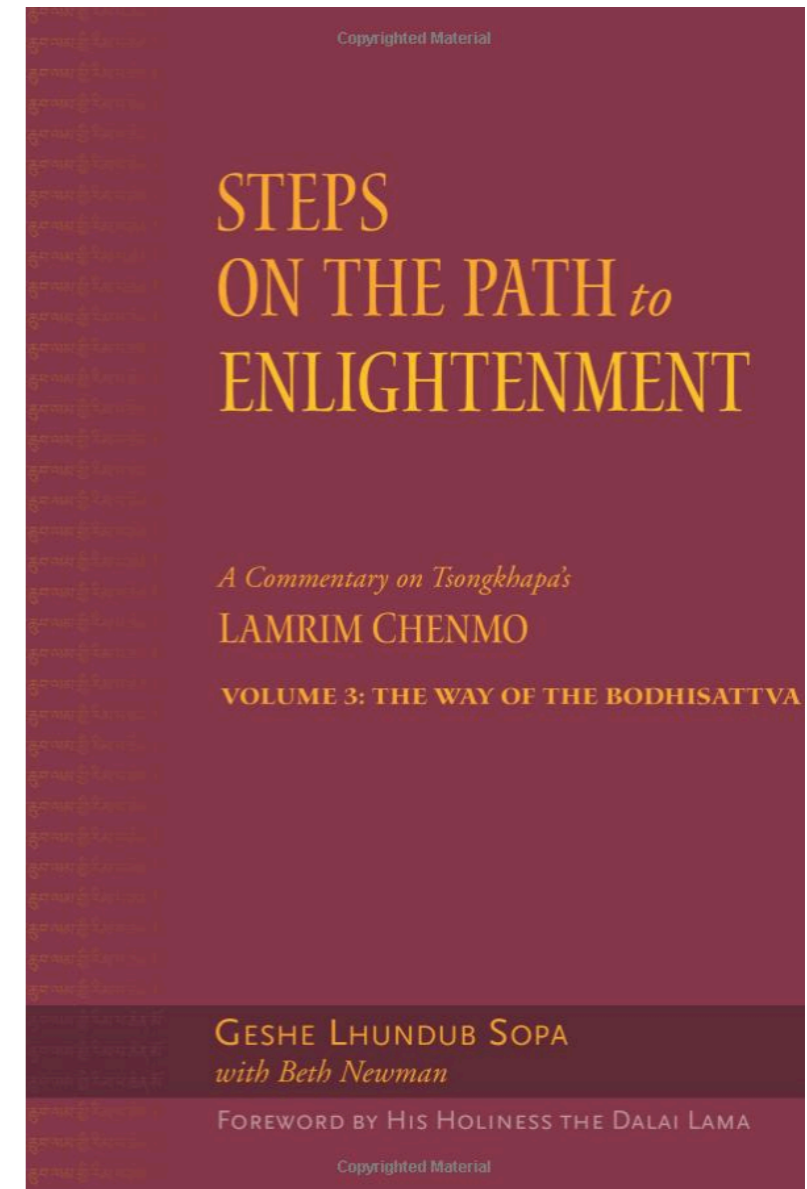


“The tiniest Karma follows you like a shadow follows the body, and it produces great happiness or great suffering.”

# 2. The Magnification of Karma

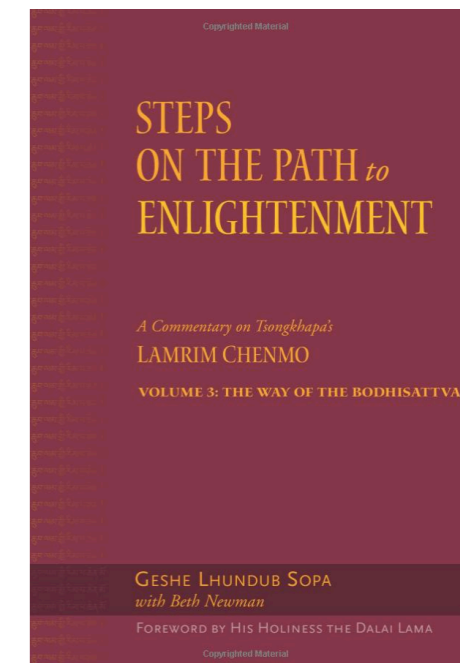
“Do not discount even a tiny misdeed,  
Believing it will do no harm.  
By collecting water, drop by drop,  
A large vessel is gradually filled.”

“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.”



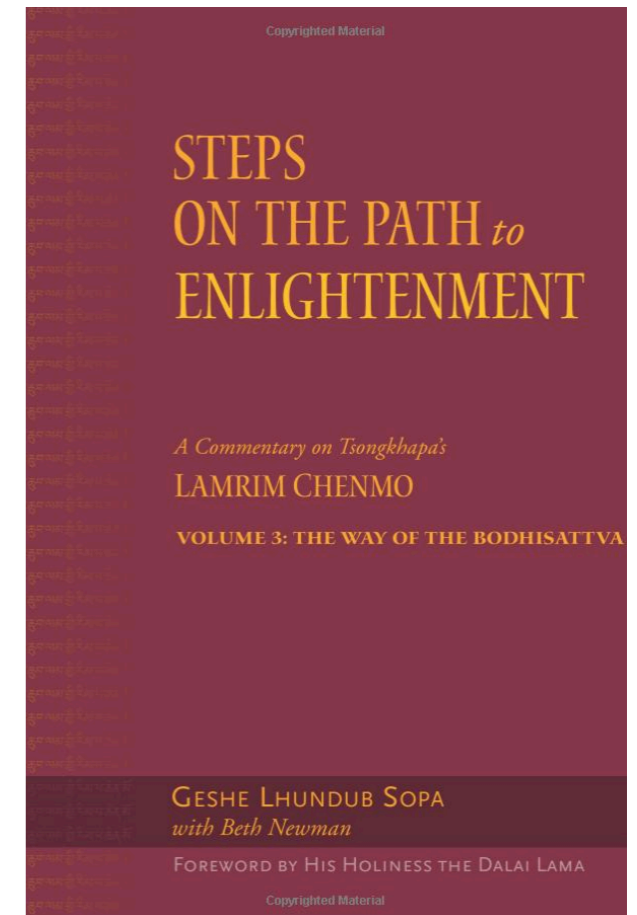


# 2. The Magnification of Karma





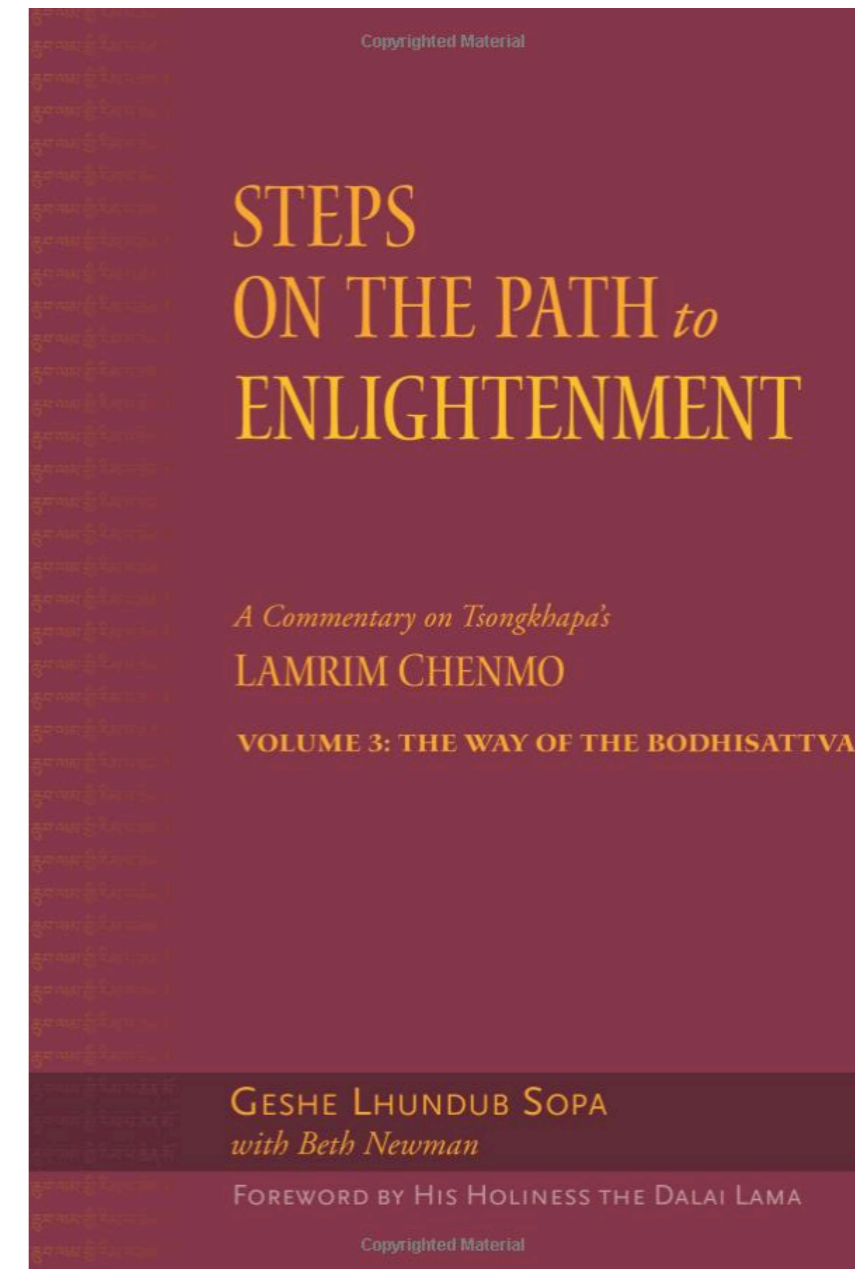
# Use Karma to Prepare for Death





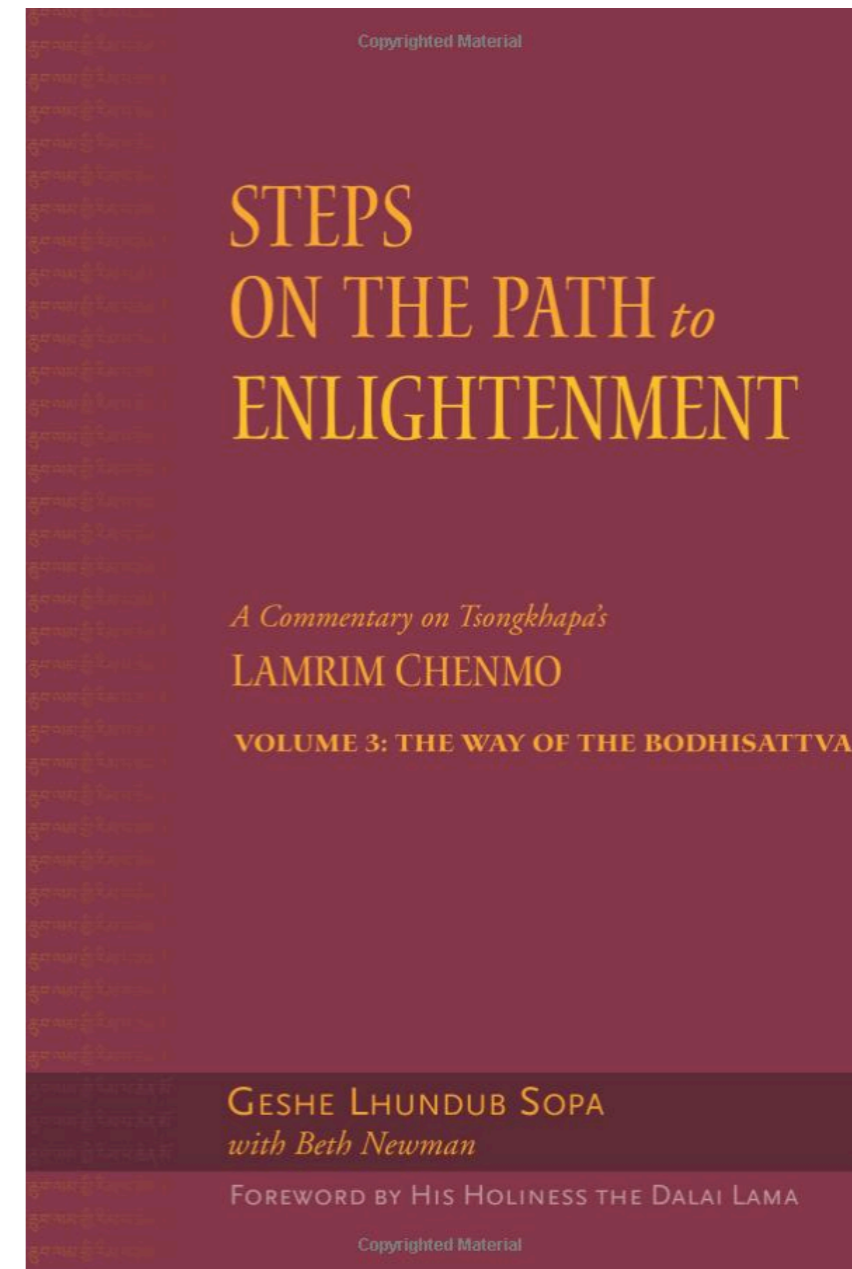
### 3 - IF AN ACTION IS NOT PERFORMED, ITS RESULTS WILL NOT BE MET

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



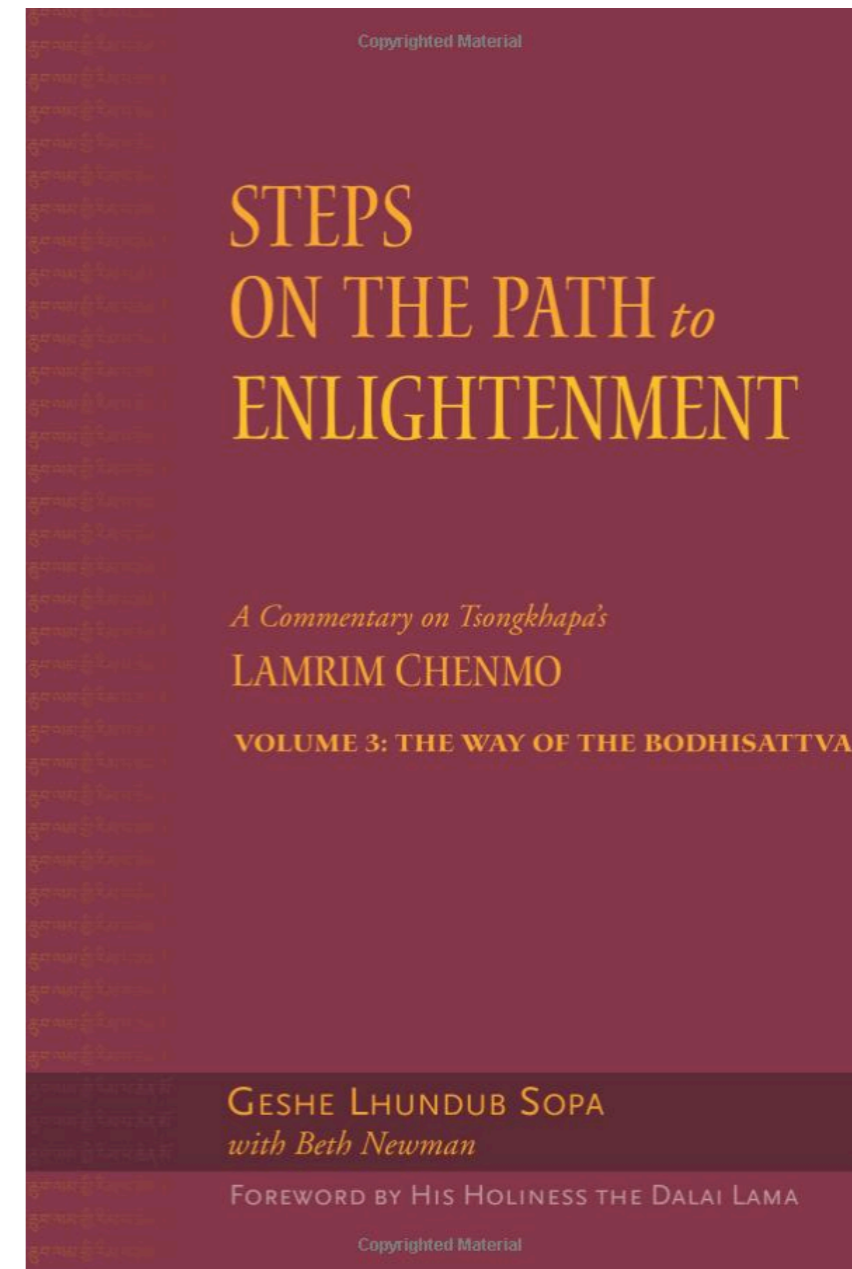
# 4 - ACTIONS THAT ARE DONE DO NOT PERISH

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



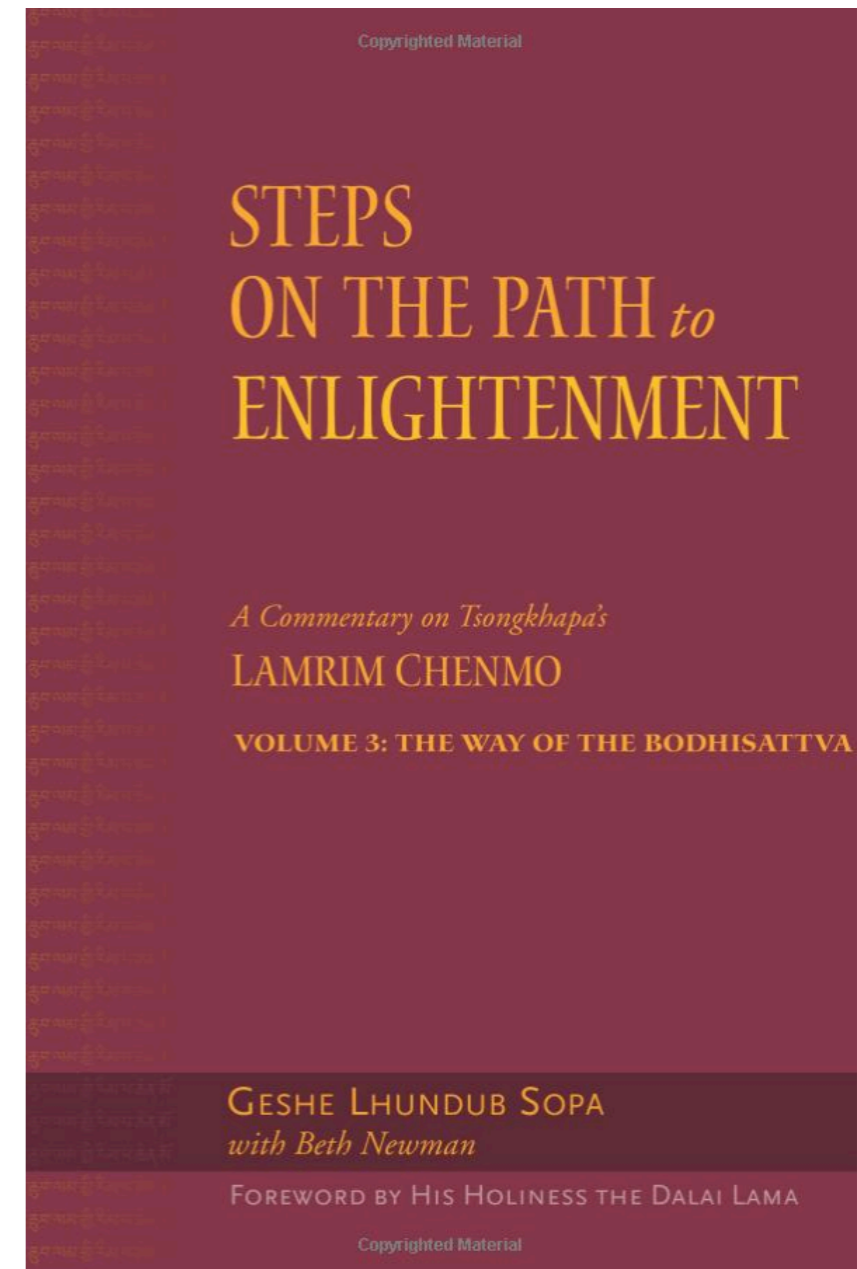
# The Varieties of Karma

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

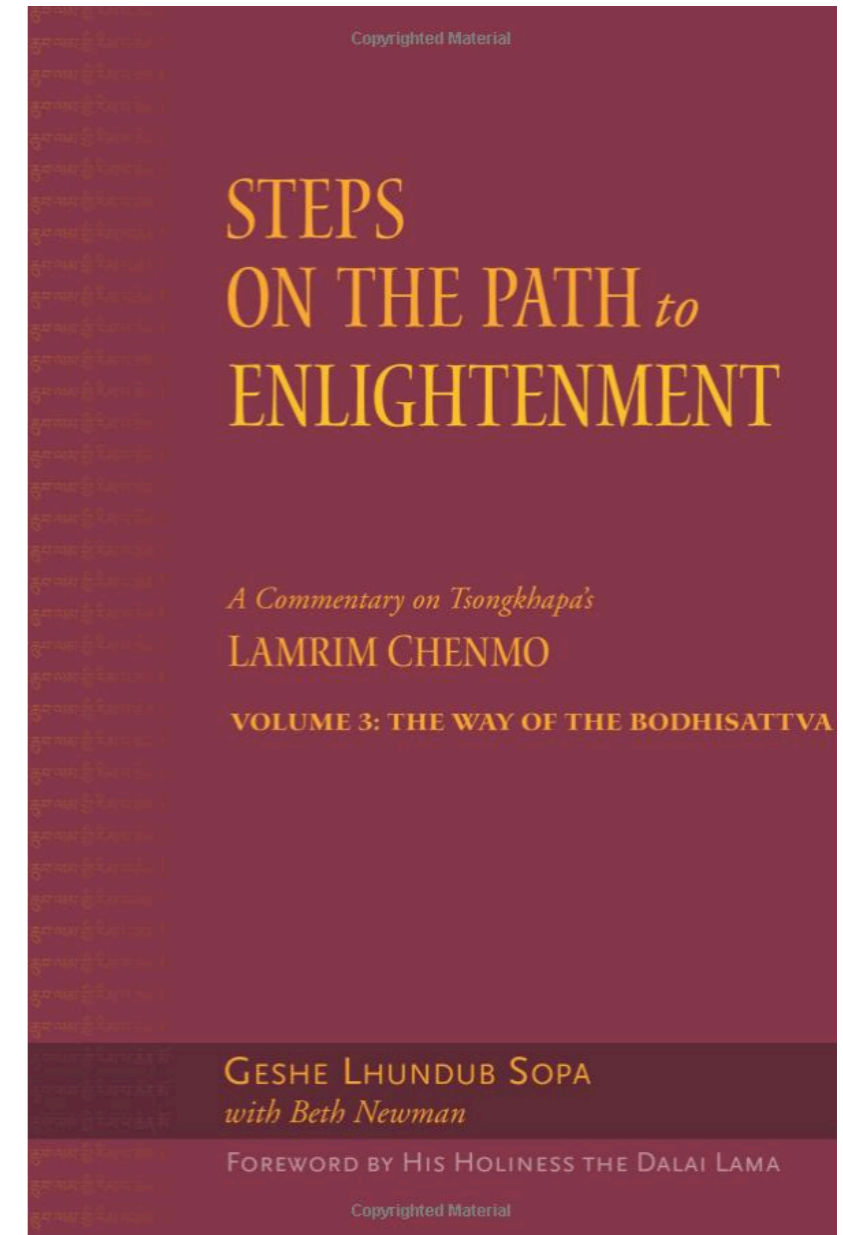
“Practicing the 10 virtues is the foundation to the direct realization of the nature of reality [emptiness].”





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

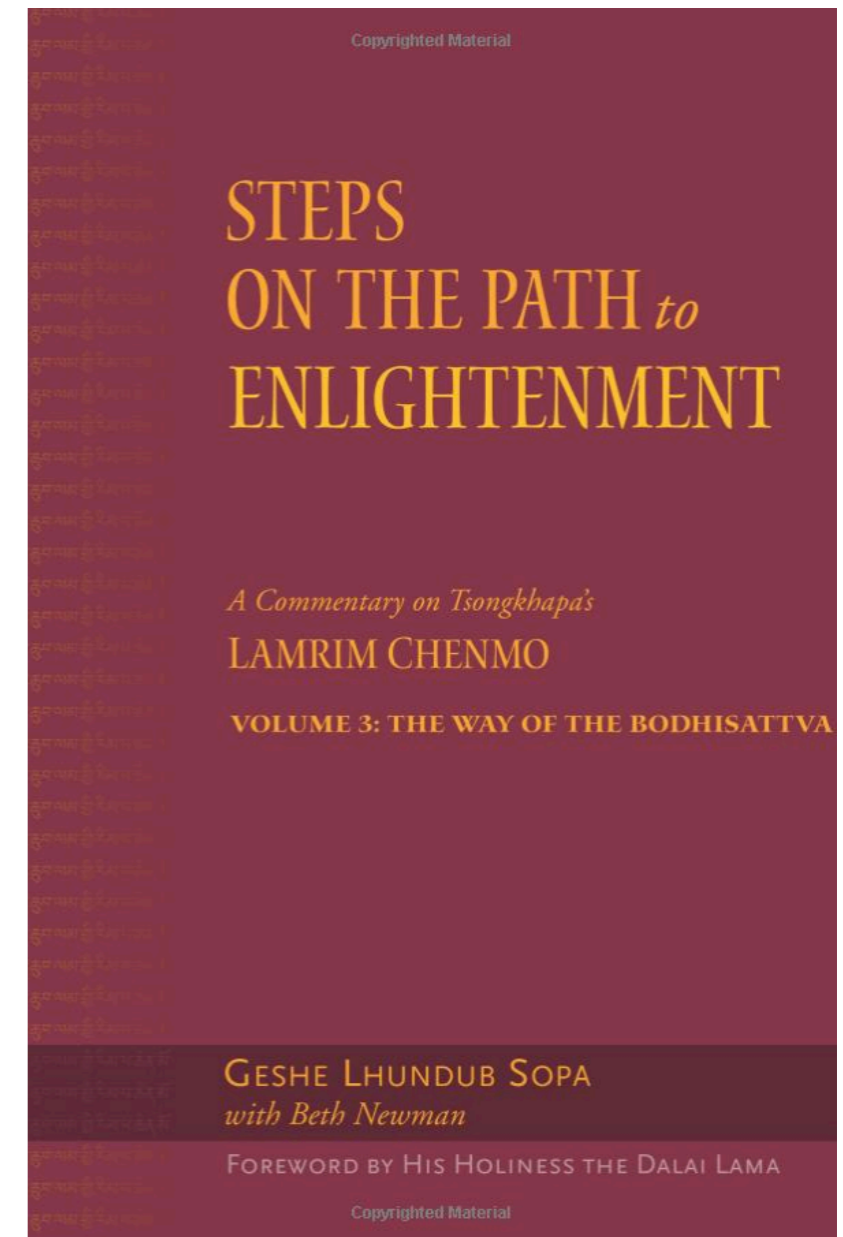
1. Killing
2. Stealing
3. Sexual Misconduct
4. Lying
5. Harsh Speech
6. Senseless Speech
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# The Mechanics of Karma

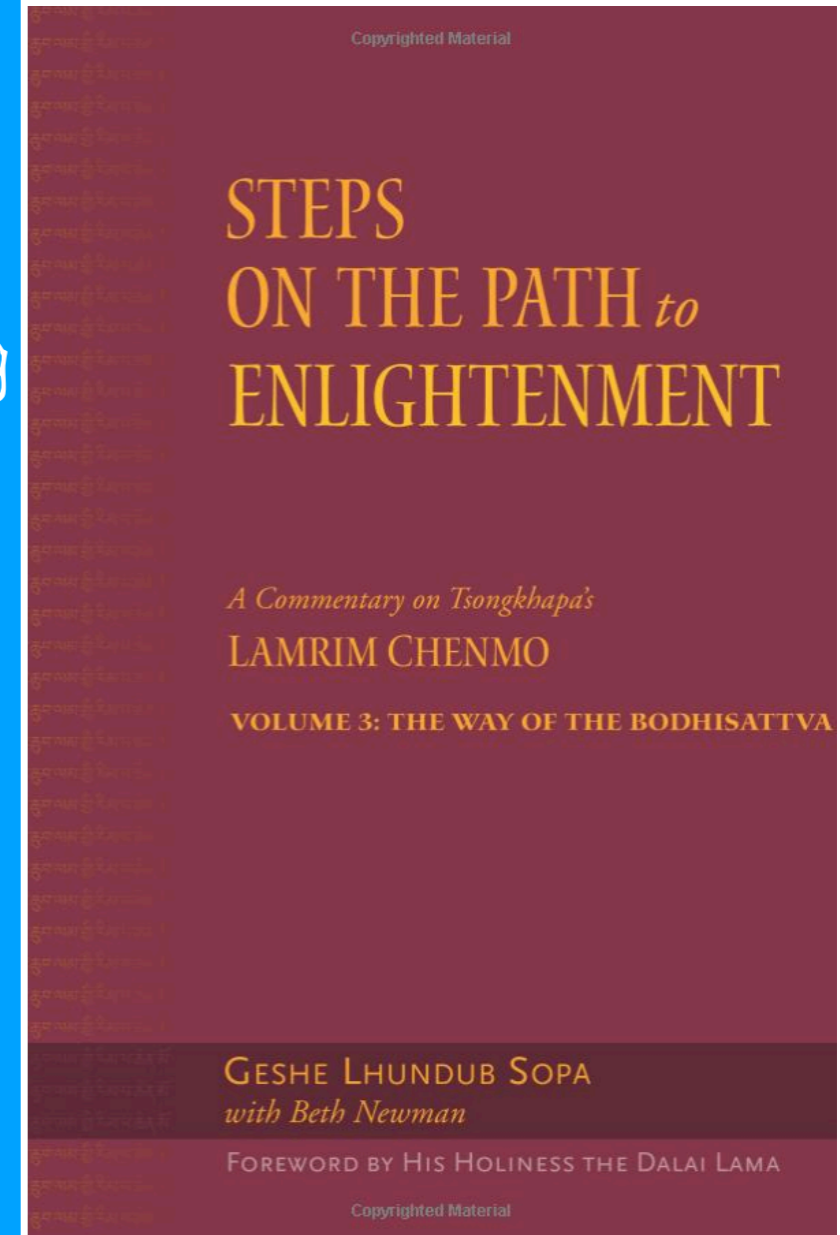
## BTAC- Acronym for Karmic Mechanics

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

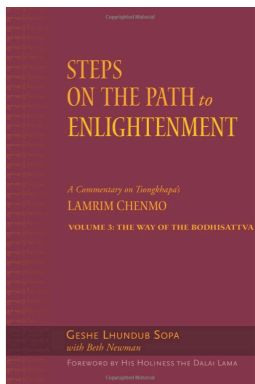
1. **Discrimination** - perception must be unmistakable, and you must steal the object you intended to steal

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)

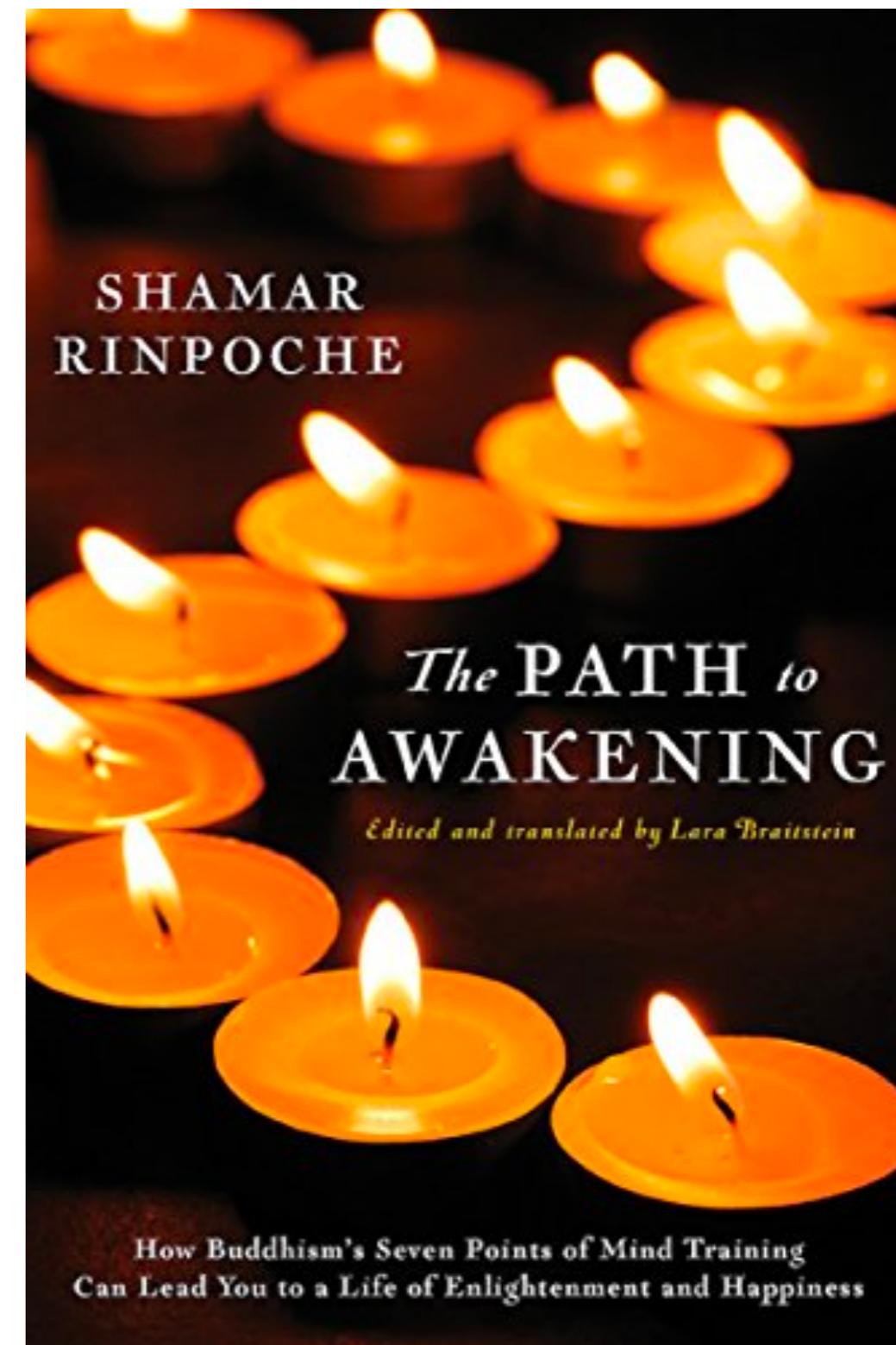
4. **Culmination** - when the thief thinks “now I have it!”





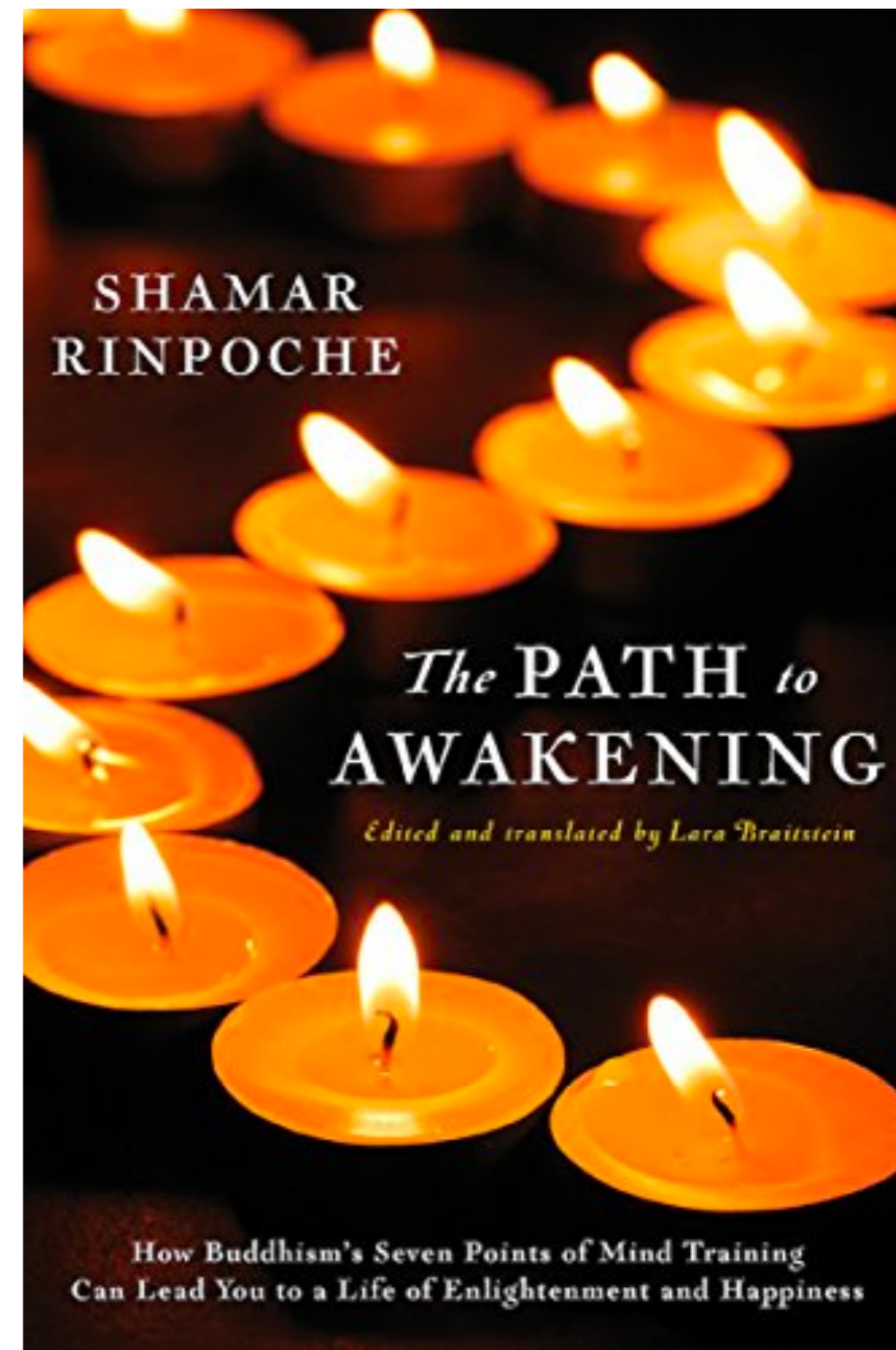
# Contemplate Defects of Samsara

- Great Food
- Romance
- Sex
- Fame
- Power



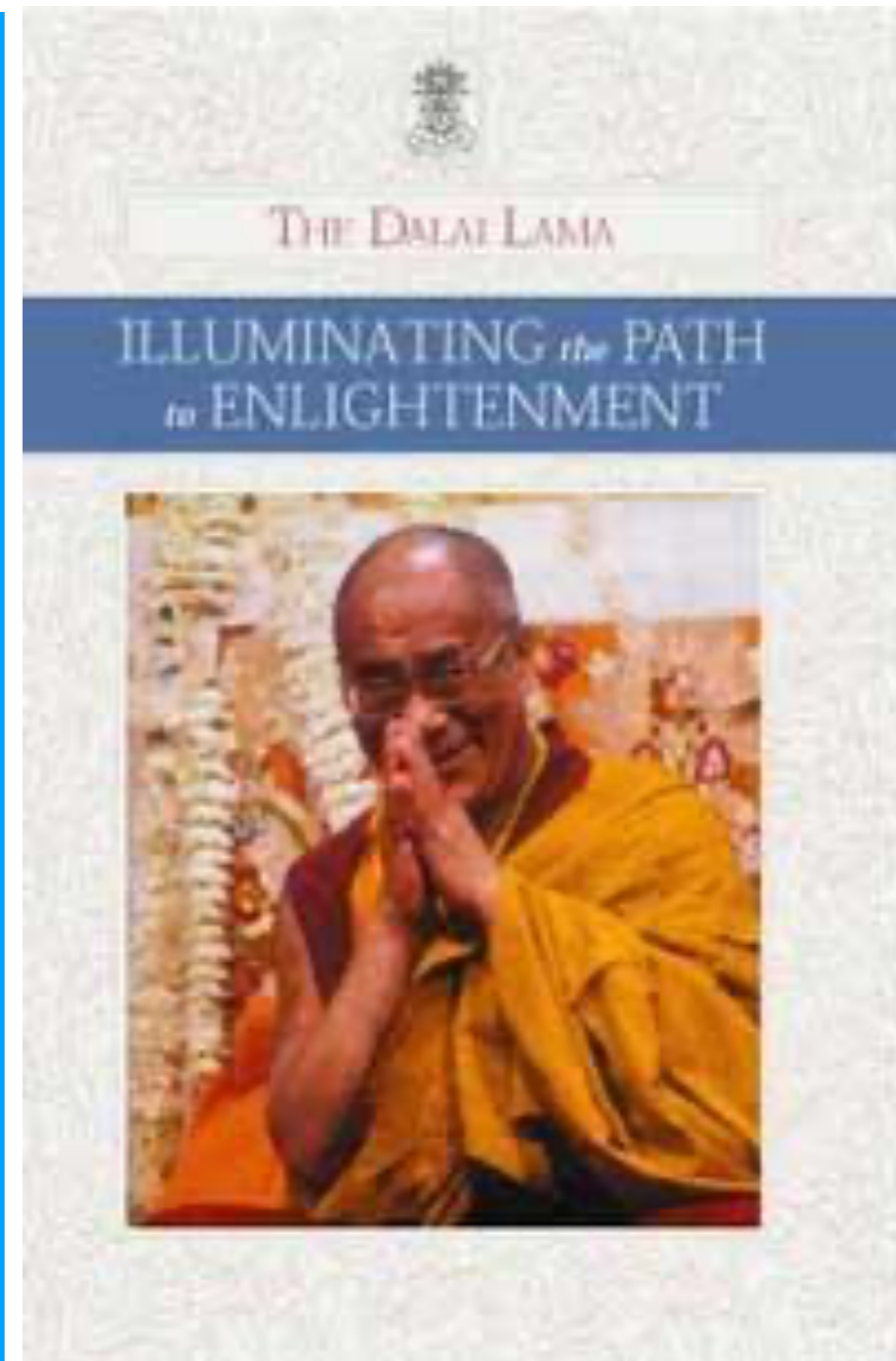
# Contemplate Defects of Samsara

- 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

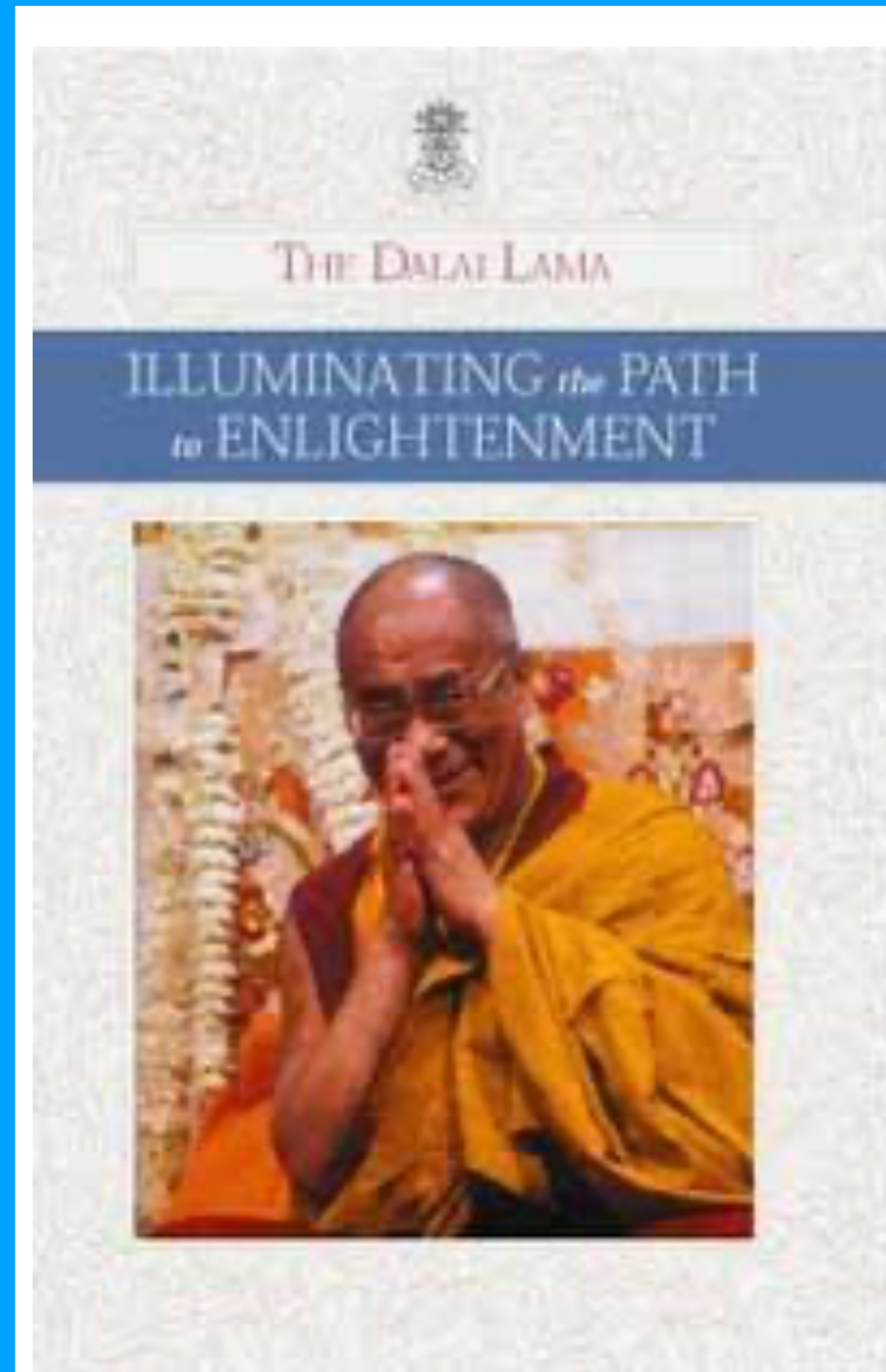




# Samsara

## 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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