



Karma: seed and fruit

Karma has four kinds of results. (1) **The ripened result:** in this life, my smoking can result in cancer; in the future, craving can result in my birth in a hungry ghost realm. (2) **Experiences similar to the cause:** my harsh speech causes others to speak harshly to me. (3) **Actions similar to the cause:** actions done become easier to repeat. (4) **Environmental results:** lying and gossip create hostile, untrustworthy environments; theft creates scarcity and aggression.

🌀 **Karma is not simple cause and effect.** Can you feel these complex dynamics arising in body, emotions, mind, and behavior? Sensations, feelings, thoughts, stories, self-images...

Seed and fruit: actions are seeds that come to fruition later depending on many supporting conditions; and fruit contains more seeds; one seed becomes a grove of trees. Webbing and layering: patterns resonate with each other to form webs of interactions, with patterns becoming components of other patterns. Resonance:

patterns absorb the energy of attention and cause attention to decay, leading to the mechanicality of automatic, nonvolitional behavior patterns. Habituation: the accumulation of energy in the operation of a pattern so that the more often it occurs, the stronger it becomes. Crystallization: patterns form internal structures that results in fixed behaviors, positions, and beliefs.

🌀 **Reflecting on karma.** When you feel an emotional reaction arise, turns attention away from the *apparent trigger* of the reaction, to the *feeling of the reaction itself*. Feel the weight and the momentum of impulses and habitual behaviors -- this is how karmic conditioning works.

The bad news: Views, intentions, and reactions easily become unconscious and habitual. The momentum of karma is the reason the cultivation of awareness is difficult.

The good news: karma is not fate. Habitual reactivity can be interrupted by stable attention, right intention, and disciplined action. We may not interrupt every reaction, but we can alter the results of negative actions with the [Four Opponent Powers](#).

1. *Regret* is the rational and constructive remorse that aspires to be free of negative karma.
2. *Resolve* is the determination not to repeat negative actions.
3. *Reliance* takes refuge in awareness and compassion for the sake of all beings.
4. *Remedy* is cultivating positive acts, counteracting negative karma by generating goodness and wisdom.

Samsara: faults and futility

Anger leads to the **hell realms** of conflict.

Caught up in anger and aggression, perpetrator or victim in a realm of conflict.

Greed leads to the **hungry ghost realms** of insatiable desire.

Consumed by grasping and neediness, never seeming to get what is needed.

Ignorance and blind instinct lead to the **animal realm**.

Seeking security and comfort, I get stuck in the same old ways of doing things.

Desire leads to the **human realm**.

Jumping from desire to desire, never satisfied for long, endless busyness.

Jealousy and competition lead to the **jealous god realms**.

Feeling inadequate, jealous and competitive, compelled to accomplish more and more.

Pride leads to the **god realms**.

Self-satisfied, trying to maintain position, blind to the inevitability of change.

🌀 Feel the pull and push of the conflicting emotions (kleshas), the shift in how the world appears, the feeling of being stuck in an imperative to see and act a certain way.

🌀 Do any of the kleshas, or the realms, feel genuinely satisfying?

🌀 Reflect on the [various forms of confusion](#) that are the root of the kleshas. How many of these operate in you?

The reflections above will be more useful if you print the handouts below
(from the BPP class webpage March 20 section):

🌀 [Four Reminders: Reflections.](#)

🌀 [Four Opponent Powers.](#)

🌀 [Delusions: Six Root and Twenty Secondary.](#)

🌀 [Prayer to Empty the Six Realms.](#)