


Course 1: The Principal Teachings of Buddhism  
 Level 1 of the Steps to Buddhahood



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Class 6:  
 Stopping Desire  
 for Future Lives



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Last Class

- Samsara
- Eight Worldly Thoughts
- Stopping desire for this life
  - meditate on our leisure and fortune
  - meditate on impermanence (certainty of death)

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### Class Objectives

- Understand the four principles of karma.
- Know the six problems of human life.
- Be able to identify when you have developed renunciation.

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### Karma

Deeds create all the worlds.

Karma is  
any movement of the mind  
and what it motivates.

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### The Four Principles of Karma

ལས་ངེས་པ།  
*le ngepa*

ལས་འབྲེལ་རྟེན་པ།  
*le pel cherwa*

ལས་མ་གྲུས་པ་དང་སྲི་འབྲད་པ།  
*le majepa dang mi trepa*

བྱས་པ་ཆུད་སྲི་ཟེལ།  
*jepa chu misawa*

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### The First Principle of Karma

ལས་ངེས་པ།

*le ngepa*

karma definite

Like actions produce like results.

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### The Second Principle of Karma

ལས་འཕྲིལ་ཆེ་བ།

*le pel chewa*

karma increase bigger

The consequences are greater than the actions.

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### The Third Principle of Karma

ལས་སྐྱུས་པ་དང་མི་འཕྲད་པ།

*le majepa dang mi trepa*

karma not did and not touch

One cannot meet a consequence unless they have committed a like action.

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### The Fourth Principle of Karma

བྱས་པ་ལྷུན་མི་ཟ་བ།

*jepa chu misawa*

(karma) done just not disappear

Once a deed is done the consequence cannot be lost.

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### The Four Principles of Karma

- Like actions produce like results.
- The consequences are greater than the actions.
- One cannot meet a consequence unless he has committed a like action.
- Once a deed is done the consequence cannot be lost.

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### Other Principles of Karma

Strength of karma depends on:

- object
- frequency
- strong emotions
- characteristics of deed

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### Six Problems of Human Life

ངེས་པ་མེད་པ།  
*ngepa mepa*

ཡང་ཡང་ཉིང་མཚམས་སྐྱོར་བ།  
*yang yang nyingt sam forwa*

ངོས་པ་མེད།  
*ngompa me*

ཡང་ཡང་མཐོ་དམན་དུ་འགྱུར་བ།  
*yang yang tomen du gyurwa*

ལུས་ཡང་ནས་ཡང་དུ་འདོར་བ།  
*lu yangne yangdu dorwa*

གྲོགས་མེད་པ།  
*drok mepa*

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Life has no certainty.

ངེས་པ་མེད་པ།  
*ngepa mepa*

certainty there is no

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We are never satisfied.

ངོས་པ་མེད།  
*ngompa me*

satisfaction no

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We are forced to lose our body  
over and over again.

ལུས་ཡང་ནས་ཡང་དུ་འདོར་བ།

*lu yangne yangdu dorwa*

body over and over again discard

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We are forced to be reborn  
over and over.

ཡང་ཡང་ཉིང་མཚམས་སྐྱོར་བ།

*yang yang nyingtsam jorwa*

over and over crossing border join

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Our Fortunes go up and down  
over and over.

ཡང་ཡང་མཐོ་དམན་དུ་འགྱུར་བ།

*yang yang tomen du gyurwa*

over and over high low to to become

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Ultimately we are alone.

གྲོགས་མེད་པ།

*drok mepa*

companion no there is

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### The Three Sufferings

- Suffering of suffering
  - unpleasant sensations and feelings
- Suffering of change
  - pleasant things ending
- Pervasive suffering
  - having a body that ages and dies

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### Je Tsongkapa:

“When you've meditated thus and feel not even a moment's wish for the good things of cyclic life, and when you begin to think both night and day of achieving freedom, you've found renunciation.”

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## Homework #6

- Questions
- Memorization: memorize the second verse of the Three Principal Paths
- Meditation: Fifteen minutes each day analytical meditation on the four principles of action

*(Remember to record date and time of meditation.)*

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