

Kamma & Vipaka: Lesson -2

One should know about Kamma or action –Be mindful of your actions.

(Having the intention, one does Actions by Body, Speech or Mind)

One should know how Kamma arises

(By Contact)

Because of Eye contact, Feeling arises –we express these feelings by mental, verbal or bodily actions creating good or bad kamma. Same continues...

Because of Ear contact, Feeling arises

Because of Nose contact, Feeling arises

Because of Tongue contact, Feeling arises

Because of Body contact, Feeling arises

Because of Mind contact, Feeling arises

One should know the difference of Kamma

(Some kamma to be experienced in hell-Example: Anantariya Kamma, some in animal world, some in ghostly worlds, some in the human world and some in heavenly worlds)

-we will discuss some related stories in class.

One should know the results or vipaka of Kamma

(May be experienced either in this lifetime, or in the next life or in any of subsequent births.)

-We will share our own experiences in class.

One should know the cessation of Kamma

(By cessation of Contact- having neutral feelings about your contacts)

-We will have a discussion in class how can we practice this.

One should know the Path to the cessation of Kamma

(Cessation of Contact achieved through the Noble Eightfold Path)

- We will briefly discuss this in class.

