

# Introduction to Karma and purification

Below are some key points that will go with you throughout the whole course. Feel free to return to the points you are making in this class in your other classes because it will create repetition

You don't need to talk about all these points (you can if you wish...)

Introduction - basic Buddhist view: Purification is done in order to liberate the self from the experiences that are the results of previous activities.

So we need to know something about

1. The self
2. About Karma
3. About purification

## 1. Who we are

- what is the self?
  - contaminated basis of imputation
  - uncontaminated basis of imputation
- our basic aspiration
- what are our real problems
  - what is suffering
  - what is happiness
- where do they come from
  - mind is the creator of everything

## 2. What is karma?

- what is the purpose of Buddha's teaching about karma?
- what is karma
  - what are the four characteristics of karma
- what misconception might people have with regards to karma

# 3. What is purification.

- What do we purify
  - negativities in our mind
  - where do these negativities come from?
- Why do we purify
- how do we purify
  - the four powers (you can introduce them briefly and in the next two classes we shall explore them in more depth)
    - reliance
    - regret
    - opponent force
    - promise

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