

## MORALITY - Investigating Karma & Zazen

<p><b>Practice Shift or Expansion</b></p> <p><b>Away from dominance of self-concern</b></p> <ul style="list-style-type: none"> <li>- What will I gain or lose?</li> <li>- Habitual mind orientation of self-preoccupation begins to fade &amp; becomes less predominant (background).</li> </ul>	<p><b>Towards concern for well being of others.</b></p> <ul style="list-style-type: none"> <li>- Practice of Dedicating Merit</li> <li>- Shifting from rigidity of following rules (do not) to positive practices (do). (Foreground: generosity, wisdom, samadhi)</li> </ul>
<p><b>Practice Examining Motives &amp; Core Beliefs</b></p> <ul style="list-style-type: none"> <li>- What am I believing (about enlightenment, etc. )?</li> <li>- Learn to identify underlying beliefs.</li> <li>- Be honest about your motives.</li> <li>- What am I wanting or expecting?</li> </ul>	<p>What evidence do you have for your belief?</p> <p><b>Ideal is selfless compassion toward others with wisdom as focus.</b></p> <p>Acknowledge worldly motives (respect, goodwill, success, etc.)</p>
<p><b>Karma (Cause &amp; Effect)</b></p> <p><b>Ideas About Karma</b></p> <p>Penetrating interconnectedness of everything (emptiness)</p> <p><b>DWright:</b> Four Dimensions of Karma that need adjusting for contemporary world.</p>	<p><b>What you do and what you fail to do and its effects on self-and-others.</b></p> <p><b>Some common understandings:</b> actions reap rewards and punishments in proportion to their moral quality.</p> <ul style="list-style-type: none"> <li>- Effects can occur immediately, later in life, or next life.</li> <li>- Due to internal structure of the universe (not a divinity).</li> </ul> <p><b>RBernie:</b> Karma as a field of energy.</p> <p>Seeing the emptiness of morality</p> <ul style="list-style-type: none"> <li>- does not mean anything goes</li> <li>- interrupts our narrative</li> <li>- keeps us from becoming dogmatic</li> <li>- learn flexibility in applying wisdom and compassion</li> </ul> <p>Karma as cosmic justice. Karma and social justice. Karma and the fruits of action. Karma and community.</p>

<p><b>Zazen</b></p>	<p><b>Effects on How We Function as Moral Beings</b></p> <p>Learn how to pay attention.</p> <p>Develop a heightened sensitivity and awareness to life's complexity and nuance.</p> <ul style="list-style-type: none"> <li>- Helps us to see the moral dimension in everyday situations.</li> <li>- Makes us more receptive to what is happening around us, locally and globally.</li> <li>- Makes us aware of how our actions and those of others are affecting people around us, ourselves, and the environment.</li> </ul> <p>Become more aware of unintended consequences of:</p> <ul style="list-style-type: none"> <li>- our actions</li> <li>- social customs (sexual orientation, drugs, etc)</li> <li>- ecological impact</li> <li>- institutional and/or corporate policies</li> <li>- other</li> </ul> <p>Helps us to develop our capacity to keep an ideal (Bodhisattva Vow) in view and feel more responsible.</p> <p>Raises our capacity for regret and repentance and makes us more willing to make necessary changes.</p> <p>Others?</p>