

## **MORALITY - Motivation & Karma (discussion points)**

### **Guiding Questions** for exploration:

What is your moral framework? Can you identify its components? For example:

Non-harming is my bottom line.

Feeling good about myself is important.

The Golden Rule is my guiding rule.

There is no justice in this world.

Recognition for my good deeds is important.

The effects of my actions on others is not as important as its effects on me.

Contributing to the well being of community is key.

Others?

What requires my attention in terms of my present conduct? (be specific as you can)

Do you believe that so-called good actions bring good results? That so-called bad actions bring bad results? Is it true?

Do you believe that the universe punishes those who do wrong? Is it true?

What evidence do you have for your beliefs? Is it true?

Do you believe in a next life? What evidence do you have?

Do you use rebirth in a next life as a way of explaining a lack of cosmic justice?

Is justice a human ideal and not something structured into the universe itself?

What evidence do you have for this?

Do you have a sense that the universe will ultimately reward or punish so-called good or so-called bad deeds?

Does the (or your) notion of karma support passivity or no action in the face of abuse or oppression? What evidence do you have for this?

What is the impact on others, family, and community of my individual actions?

## **MORALITY** - Motivation & Karma (discussion points)

What is the impact upon me of the cultural karma around me? How do my actions impact cultural karma?

How do the experiences of impermanence affect my understanding of my personal karma? Of collective karma?

In what ways and to what extent should you (anyone) intervene in the life of another?

At what point, under what circumstances, and to what extent should you intervene in the life of others to prevent them from harming themselves or others?

What is my role in contributing to ethical institutions? To the collective sense of morality? To creating an environment of morality?

In what way is meditation (awareness) important in living a moral life?

What is the antidote to getting too caught up in rules and regulations?

What qualities do I need to actively practice to make the shifts I need to make?  
For example:

- Learning to shift skillfully?

- Learning how to expand my view?

- Learning flexibility?

- Practicing a “relaxed attachment”?

- Learning discernment of complexity?

- Developing a capacity to listen?

- Others?

Write your own questions.