

# Karma and Its Effects (p. 119)

1. Contemplating karma and its effects in general
2. Contemplating karma and its effects in particular
- 3. Having contemplated karma and its effects, how to engage in virtue and desist from nonvirtue (p. 142)**
  - A. A general presentation (p. 142-144)
  - B. In particular, how to purify bad actions by means of the four powers (p. 144-147)

# Four Powers vs Four Results

Power	Karmic Result Purified
1. Remorse (regret)	Result concordant with the cause in terms of experience
2. Fully applying the antidotes (remedy)	Fully ripened result
3. Turning away from further faults (resolve)	Result concordant with the cause in terms of behavior
4. Reliance	Environmental result