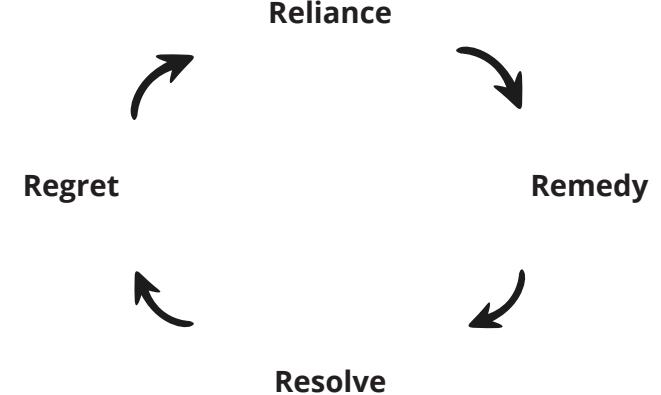


The Four Opponent Powers

Clarity and care to release clinging and confusion

Traditionally, the Four Opponent Powers oppose the continuation and strengthening of karmic imprints (sankharas). In plain language:

- Karma continues when actions are **unseen**
- It deepens when actions are **unrepaired**
- It repeats when there is **no interruption**
- It persists when there is **no new orientation**



The Four Opponent Powers break the cycle.

Opponent Power	Opposes	Ethical/Relational Frame	Somatic/Practice Frame
Regret	Denial, minimization, numbness (<i>"I don't want to look," "it's not that bad," "this is just how I am."</i>)	Honesty and accountability without shame Acknowledging and developing clarity about what is causing harm or contraction, in our relationship with ourselves and others.	Sensing and seeing Noticing where there is tension, gripping, avoidance/dullness, or reactivity. And recognizing unnecessary effort.
Reliance	Isolation, self-blame, false self-sufficiency	Turning toward trust Remembering interdependence and support. Surrendering to natural goodness and ethical integrity.	Grounding and relaxing Feeling the floor, the breath, the body. Letting our body hold us (rather than holding our body).
Remedy	Passivity, helplessness, automatic reaction	Repair through action Applying antidotes in the moment and afterward, to actively clear the effects of harmful patterns (mantra, prayer, visualization, etc.).	Care-full attention Developing placing and sensing into experience.
Resolve	Drift, collapse, resignation (<i>"Nothing will change," "It's beyond my control," "I'll try later, when conditions are easier."</i>)	Establishing presence Setting a clear intention to lead ourselves in the direction of wisdom and peace.	Orientation Repeatedly recalling and training a restful embodied intelligence.