

"What we think, we become. All that we are with our thoughts.
With our thoughts, we make the world"

The Buddha



Man, the king of his karma

(break free from the chain of misery and suffering)



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Author

“The Sermon of truth, peace, and happiness”

(A non-religious bible)

“Eternal Youth”

(Guide to remaining young forever)

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Introduction

Karma or deeds are words describing the doings of humankind in this world, during his lifetime. *Doing* in general term is just performing certain act, but for the purpose of this book, the words embody your thoughts, actions, words, and behavior, throughout your lifetime.

Remember, every religion in the world warns us of the accountability for all our deeds in this world during our lifetime. It does not speak of the devotion and prayer that one offers during one's lifetime or about the prayer meetings to pardon one's sin after one's death. This makes karma a vital force in the life of each one of us.

This book will help you learn from the beginning, all about karma and its effect upon you. How you should check your actions, words, thoughts, and behavior to enable you to seek happiness and health during your lifetime and how you should shun karmas that may put you into misery, sufferings, and malady. The significant part of any karma we do is its effect upon you and your family and the world at large. Once you perform a bad karma, it is there to stay with you and the consequence will punish you anytime during your lifetime, somewhere, sometime, and in some way. You can never rid yourself of the consequences of karma. Karmic actions are a part of us, just as our body and soul. Body will die and decay and soul will be free after death; karma will leave you only after punishing you for the bad deeds or rewarding you for the good ones. Therefore, it

is imperative each one of us learn the art of performing karma in our lifetime with utmost caution and after thinking about its good or bad affect upon us later in life. If we do not, we need to be prepared for the backlash; in most cases we will find that the consequences of such karma are there to stay with us until death. The misery, sufferings ,malady and regret are there to stay with us, reminding us, each moment of the karma we did years ago which we should never have done. We regret every moment, like a pillar of steel, the consequences does not shake or relieve us of the discomfort of enduring and suffering due to those past karma . We are left with no choice, only to accept and take it in good stride until our death.

They teach us in ISO (International standards organisation), the art of quality control. From the beginning, while procuring the raw materials until its finishing, control each stage to be able to get a good quality finished product. If one does not, the quality will suffer. This is exactly what this little book will teach you about your karmic actions during your lifetime. Focus into each karma seriously, before you perform it. Even in thoughts, if they are useless or counterproductive, ignore them and think about things that will benefit you and the others. No matter if ever it will bring you money or not, thoughts should be healthy and motivating. This will help you in the future to perform healthy and good karmic actions spontaneously.

When someone asked me how I manage to look good even today, I told him, all that good he sees in me are the results of my karma while all the bad that he can see in me are also the results of my karma. Good or bad, seen or unseen are all due to man's own doings. I firmly believe that karma is the key to man's destiny and his way of life. The most important factor in anyone's life is his karma. How much you may have worshipped your brand of god and religion, how much others may pray for your departed soul to rest in peace after death, all religions in their own subtle way clearly specifies your deeds or karma to be accountable after you are dead. It is therefore, imperative we give due importance to all our words, thoughts and actions in our lifetime so that we do not regret it later.

This little book will awaken you to the necessity of maintaining a balance between good and bad karma in your lifetime.

In all seriousness, the karmic actions of each one of us, collectively, affects the lives of all of us, world wide.

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What is man?

What exactly is man? Since time immemorial we have been trying to unfold the mystery of all living beings, especially that of mankind. We have miserably failed in our efforts in unlocking this mystery. There are some secrets about everything in this entire universe which man can never ever unfold. Man, in his frustration of this failed mission of unfolding the secrets, went about in defining all living beings including himself, by offering varying reasons, religious, scientific, and philosophical. None of these really serve any purpose in defining what mankind and all other living beings are in reality. Ultimately, this is frustrating, leaving each one of us to give one's own reason for being born in this world. Nothing happens without reason, which we are sure about, so the presence of all living beings including mankind must be having some reason. If we have not been able to locate or establish the reason for our existence in so many millions of years, better we should not waste our time further in this quest and use those precious hours in some purposeful and positive ways and deeds.

Man, if we see from a realistic point of view, is made up of so many different ingredients, natural and supernatural or mystical. We are a bundle of nerves, organs, vessels, tissues, bones, muscles, lipids and other intricate physiological mechanism that reserves and runs on blood,

protein, carbohydrates and fat; supported by air and water. Anyone can put all these ingredients together, alternatively use a dead man in bringing him back to life by repairing whatever went wrong with him, in the same way we do with cars and fridges. Unfortunately, man can never be brought back to life even after repairing all his body parts and making him functional otherwise. This is because man, or as a matter of fact, any living being has another side to his life, which is supernatural or mystical. This has been puzzling mankind since time immemorial.

Man has yet not been able to seize and control something that runs lives, called soul or spirit. Maybe, in course of time man will be able to identify and communicate with spirits, only then dead could be resurrected by man himself by letting a spirit control the once dead body afresh. Only time will tell if such a feat could be experienced by mankind in the future.

Some of you may not find my perspective of looking at *man* very convincing. You may not agree with me about the soul and spirit in any living being. Let me share my experience with you. A few years ago I had a cat that was not pregnant. I dreamt she was holding a very young brown and white kitten in her mouth; while I unlocked the door to my office she brought in the kitten from behind me and many other cats followed her to see and inspect the little kitten. Dream is a dream or as Shakespeare said, “dream is itself but a shadow”. But in my case it was not to be so. When I went to unlock my office door the next morning, I experienced what exactly

I dreamt. My dream unfolded in front of me verbatim. Unless there is something spiritual about living beings, I could not have ever foreseen the future. In the same way once in a while I am able to experience or dream some impending mishaps. Once I dreamt of a baby shrouded in white, vomiting milk. I got the news at 6 am next morning about a baby who choked himself on milk and died. Recently, a person was hospitalized for a minor operation, I dreamt that he was shrouded in white and offered me something white to eat. I told my wife about this and I knew the matter would turn serious. It did turn serious. In the morning while I was having my breakfast I could hear a Hindu mantra or requiem. I told my wife that if the person survived the next 48 hours he would live. Next morning we received the news of his demise. I have had several such experiences in my life; hence I am convinced about all living beings including mankind having a spiritual side to them. This spiritual side only enables a living being to live and survive till one's death.

Two sides of mankind, physiological as well as spiritual are necessary to define a man, or all living beings. Just as earth and water is responsible for the physiological presence of all living beings, in the same way air provides the spiritual presences for all living beings, enabling them to think, live and react under all circumstances from birth until death. Both these features enable mankind to be a superior being amongst all living beings in this planet. I may be wrong, there could be beings which cannot interact with us and which may be much more superior spiritually to mankind. We regard

mankind as superior only because we can see results in front of us. With the architectures, man's quest for exploring the universe, modern gadgets, living style and superior ability in whatever man does, we are self-styled "superior beings". Being a superior being and being purposeful are two different aspects that need to be combined in one.

Man has so far shown his ability in doing what he had been doing since time immemorial. Most of us grow up and get busy finding ways to survive, also start finding ways to earning. Without income, we could never survive, unless of course our ancestors left behind wealth to take care of our existence. Each one of us chooses an activity from which we could earn and survive. Most of us think we are contributing to the society, in fact, we do not, and we only contribute our time against the earnings. Each one of us does something with an intention to receive back something in cash, kind, or popularity. None of us, or would I say most of us, do not undertake any activity that would not give us some incentive. This is what man is - without any mission to accomplish in this world.

Man is basically a living being strongly looking first for his own survival and secondly to invade and dominate all other human beings and all living beings. If he succeeds in dominating his world, he would invade and dominate all other planets within his reach and ability.

Man and his mission in his world.

Whichever way you would like to define a man, it would come down to one thing-his mission in this world. Unless man learns to understand his mission in this world, which is basic to all of us- "*a selfless contribution to this world*"; he will never be happy.

Some great masters never cared about money or survival, even though they had many opportunities to amass wealth all their lives; they shunned luxury and died a poor or reasonably poor people. Take for example Lord Gautama Buddha and Lord Mahavira; they were both prince(s) coming from royal back grounds. They shunned wealth and taught people the reality of life, themselves living on charity. Mother Teresa put in all the money she would receive as donations into her projects for children, women and lepers. Abraham Lincoln the Ex-president of US abolished slavery; he was a simple man who was assassinated in his country. In your day-to-day life you may have come across many such people who care little for wealth but craves just enough for the survival of himself and his family.

Man himself has contributed to this world all those modern lifestyle, not for free but against monetary considerations only. Donald Triumph would not gift you a part of his tower, nor would Apple contribute their latest PC tablets to everyone for free. Mercedes would

not part with their saloons without money or Ferrari offer their speedsters to you for free. They pay their engineers for all the research they do, the engineers do the research against money and not for free. This cycle is based upon materialism. The contribution to mankind is against self-interest. Only when, therefore, man learns to contribute selflessly, would he break himself free from misery, stress, and malady.

What could be this selfless contribution to his world? Like you have your own home and each day you take care to keep it clean and maintain all the gadgets and light bulbs against faults, in the same way this planet, you live in, needs to be taken care of by each and every one of us. How would we take care of our planet? This planet is one large home consisting of all the homes of mankind and other beings. Within this planet are different members of her family; mankind, sentient beings and birds, plants, water bodies, sky, earth, air and similar naturally available gifts of nature. Man being so far the established “superior being” need to contribute selflessly towards one or more of its member in his world. The selections and opportunities are endless and each one of us can select what we can do for the other members of this planet without seeking any consideration in return. Some guidelines are given below:

1. FELLOW MANKIND: Teach children and unlettered adults; contribute towards making schools, hospitals. Make community centers to teach hygiene, small trades, grooming and such

other self-help knowledge. Counseling of children and adults are another necessity in any community. Looking after older and invalid people is also very satisfying for anyone.

2. FELLOW SENTIENT BEINGS: Animals and birds are the most abused life forms in the world. It is compulsory; a large part of our population focuses and concentrates in the welfare of these living beings. Unfortunately, a large part of our population world over, are very fond of eating flesh; they are pet lovers and not animal lovers. The difference between an animal lover and a pet lover is , an animal lover loves all animals irrespective of its kind, be a vegetarian and contribute towards animal welfare, while a pet lover will love his pet and encourage the slaughter of other animals to feed its pets and remain an unfortunate non-vegetarian, a carnivore. Most of us should compulsorily feed animals and birds every day at least once. Animals and birds are unfortunate beings. With man cutting down and burning their habitats, animals and birds are confused and find their habitats shrinking by the day. This is why, sometimes, they encroach upon the so-called civilised habitat of mankind, ironically built upon the land which was once the habitat of these animals and birds. It is time we repay them by looking after their welfare. These co owners of this earth have been ignored and

badly treated by mankind. If you give your love to the cubs of lions and tigers, they will grow up amongst you and get domesticated and will never turn a man-eater. Perhaps, snakes would also stop turning hostile if man fed them each day. Animals are hostile towards mankind because man has not interacted with the animals since they were small. They are therefore, frightened of mankind. In my experience a bird and a lion can live in harmony if they grow up together. A child and a lion can live in harmony if they grow up together. Why this little principle fails to get into the mind of mankind is amazing. Man is the most selfish of all species. They have no time to think about these little things in life. They are self-centered and abuse their superiority over other living beings. This has contributed to the serious conditions that man is in today. Unless we mend our ways we shall never be able to break away from the chain of misery, stress and suffering. It is time we respect these life forms, contribute towards its welfare and get closer to them by loving them and feeding them.

3. **PLANTS:** We need to respect a plant which not only feeds us but also provides oxygen. Without plants, we would have been deprived of the best source of minerals, vitamins, carbohydrates and clean proteins. We need not cut down trees and sell its wood. We should water plants and trees

in our neighborhood and teach our children to do so. Plants may not have consciousness like us, and our other sentient beings, but they definitely have life and life anyway needs to be respected. Unless we humble ourselves and give due respect to plants and water and nurture them, we will fail in our endeavor to achieving happiness. We will forever remain chained to misery, stress, and suffering in our lives. Suffering and misery does not relate to poverty only it also relates to other maladies in our lives, such as diseases, war, conflicts, and sick souls which thrives upon cruelty to all living beings.

4. **WATER BODIES:** In time you will learn that water has life. Polluting and disrespecting water will only add to your misery. With 75% water and at least another 5% water within all living beings and the earth, water forms a considerable proportion of this earth, our planet. We should, in all respect, ensure that water remain clean and unpolluted. Large factories spill chemicals, acids and ashes into water, while ships spill crude oil disturbing the habitat of the sea life, mystery of which is still to be explored by mankind. We have much to learn from beneath the oceans and the seas. We are aware of radioactive rains, polluted sea life, polluted river water draining into agricultural fields. All these needs to be corrected and discouraged. Those living near water bodies need to be aware and conscious of

these facts and contribute their time in maintaining discipline and being vigilant to ensure water bodies, nearby they live, are not polluted by others.

5. SKY: Sky is above all of us. We should not release gases and encourage activities that may contribute to global warming. It is becoming a dangerous trend in the modern times to pollute even the sky. The government of each country, through TV, radio and other Medias should inform their public about the do's and don'ts on global warming and depleting ozone layer and activities that may pollute the atmosphere and bring its citizens to the risk of bronchi diseases. We largely depend upon water in our daily life and in so many commercial activities, that harming water may one day paralyze many of our activities and put us into the misery of diseases.
6. EARTH: One of the most abused of all the gifts of nature to us is the earth itself. Man has left no avenue unexploited when it comes to our earth. From cutting down trees and plants and hushing away the animals and birds from their habitat to building cities for themselves down to digging deep some few kilometers into the earth to build an atomic research Centre. Man is greedy for every inch of the land they can occupy. Even agriculture and vegetation are being produced using extremely unfriendly chemicals and

fertilizers. This gives higher yield alright but at the cost of depleting the land of its nutrients, as well as polluting the human body with such chemicals. Since we eat of this land and we are born through our mothers who ate of those from this polluted land, we are entering into a vicious cycle of polluting the mother and child in a continuous process. After a few generations of handing down children whose forefather lived on polluted vegetation and agriculture, nothing much will be left in them from the point of view of immunity. It is therefore, imperative we consider revising our agricultural and vegetation producing strategies. There is still sufficient land left for intelligent and natural farming. It is not too late yet! Man should arise and awake to the need of this alarming phenomenon immediately.

7. AIR: Air too has life. We all know that we cannot live without air. Why do we pollute air? Perhaps it is human nature to cut down the branch on which he sits! Our children and their children are breathing polluted air just because someone is manufacturing lead storage batteries or melting steel and other metal ores. City air is polluted because some cars belch too much soot and lead from their exhaust. Some people burn old tyres, leaves, wood and wires all around some corners in their world which we all have to breathe. This is not fair and ethical. Just because

of some ignorant people who are not booked for such crimes, we and our children have to inhale fumes and suffer from bronchi diseases. Government of each and every country should pass stringent laws making it mandatory to keep away from making smoke and polluting the air we breathe. Unless this happens man will continue to ignore the air they breathe and let everyone suffer in the process. Law today is too lenient in this respect, which should not be, in view of the alarming rise in the atmospheric pollution worldwide.

We should generally contribute little of our time each day away from making money and fortune, for the benefit of the others as listed above from 1 to 7. This way we will maintain our habitat and our planet. All that touches our lives will remain healthy and pollution free, in return offering us all what is healthy and happy. Perhaps each and everyone in this world would agree to what I have said but not all of them may extend their hands in the contribution I am talking about, some may even be busy manufacturing products releasing unfriendly smoke into the air, no matter if their children and their children's children are breathing the same air.

Man compared to animals and so called angels.

Man is man and not a graft from some other species. Man is very similar to ape but man is definitely not ancestors to ape. The evolution of man must have begun in more refined conditions than apes due to which man is much superior in his abilities than any ape. Man has the ability to deal with complex situations and find reasons to perform certain acts. We do not find, or rather we are unable to locate such intellect and reasoning amongst the sentient beings we know. This makes man superior and formidable to animals, of course materially.

If we track the history of mankind we will see that man has always been at the receiving end of most advantages in this world. Man took advantage of this earth and its other members, living and non-living for his benefit and commercialized his activities for his benefits materially.

With superior intellect and with the power of using his limbs to his advantage, man could research into different branches of science and monopolized this world to his advantage.

While animals have a very simple lifestyle and there is hardly any development in their way of life, they hunt and sleep from an early age till death. They do not gather food for the next meal and depend upon their ability to hunt on demand. Only a handful of creatures store food for themselves, like farm rats and ants, this is rare and

need not be considered here. With simple lifestyle, animals remain satiated with their food as well as their lifestyle. They have no complain in leading a stereotype life. In contrast, man uses his intellect and body to perform and undertake herculean tasks that can never be performed by any animal. Materially, man has been able to change the course of his lifestyle and ways in a way that maybe, even God never thought of. Using his mind, man created endless ways to improve himself materially; homes, cars, communication, medicines, provisions, entertainments, and what not. All these, even though contributed to the refined lifestyle of mankind, nevertheless contributed to the ills of the society in the form of polluted air in the manufacture of such products and in industrialization. Obesity, diabetes and other related diseases are inherent to sedentary and modern living. Man invented articles of comfort and luxury for material benefits but unfortunately, man could not invent any article of happiness and spiritual strength.

When you compare man to the so called angels, you will first observe that man himself created this character of angels. Man, therefore, knows that a character like an angel is closer to God and cannot commit any sin. Man also looks upon angels with awe and respect. Angels are regarded as a symbol of truth and purity. Angels are man's role model. In the heart of hearts, man is aware that each one of us should behave like an angel and perform acts befitting an angel. Stories from religious sources impress upon mankind about the benefit of not committing sin and the closeness of angels to the

Almighty God. Man will remain man. In spite of learning all about the angels and the power of self-sacrifice, man turns his back to all the things, noble and humble. Man will opt for ways and means to commit all sorts of sin and crime to get his way. He can conveniently block his mind to all things noble and humble and let his soul barter it for material gains, no matter if it could hurt others in the process. Even though man created the character of an angel in his scriptures, due to his nature, man cannot put angelic acts into practice in his daily life for the fear of not being able to earn enough to survive the cruel world where money is needed in every step for his survival. From the initial stage of commercialization of this world, man was compelled to think in material terms rather than spiritual. Gradually, man faced stiff competition and therefore, became more materialistic and cruel in his approach towards life. Only when he amasses sufficient wealth, does man consider parting with his wealth, becoming a philanthropist. So long, man is short of the means for his survival he will remain selfish, materialistic, and cruel in his approach to life. The moment man becomes successful in earning money and wealth, creating sufficient wealth balance, enabling him to survive his lifetime, man will only then part with his wealth and try posing as angels to people.

Had man kept his way of life simple and ensured food and clothes for all, maybe man would not have turned so hostile and cruel against one another. Self-sacrifice would have been the household word and each one of us

would have had a secured life. We would have been more humane and considerate in our approach in solving the problem of others and looking at life, had we, from the beginning, inculcated brotherhood and non-violence amongst our people.

The mind of mankind

There is no doubt, as I said; man is the highest specie amongst all the known species we know of. Mankind is gifted with a mind that can create material products out of nowhere. Spiritually, man seems to be very superior and versatile, but we cannot for sure establish this fact because we unfortunately, never interact with other species in this matter. Since childhood, man has a free hand to his mind. Like an artist, man is able to draw, paint, build and bring alive whatever he thinks and imagines. He has limitless hand to what he can do with his mind. Unfortunately, mankind can utilize his mind to any unlimited journey he may undertake but his mind can function and imagine all that is within the 7 colors of the spectrum, three dimensions and the five senses, he has been gifted with, beyond this, man cannot imagine or arrange any of his thoughts.

With your mind you may be free to create your own kingdom of colors, heights, people, animals and birds of different kinds and create new living beings that you would want in your kingdom of the mind. You could even have your kingdom up in the sky or down below in the ocean, where people would not drown or one which could be shifted on demand. You could have a kingdom full of mafia with shootouts and killings or one with angel like people who shun violence and preach brotherhood. You could even have both in one kingdom.

Why man? You could have a kingdom of talking animals that could have intellect and abilities of mankind. You could romance living or dead legends or the most beautiful person that you idolize. You could even go ahead and kidnap any of the most beautiful person in the world and take that person on a trip in your very own well equipped jumbo jet, all these at no cost and all these while you may never have a penny in your pocket for your next meal. Imagine what you want and it will happen instantly. It is legal and leaves no proof of your misdeeds. You are the king of your very own kingdom, your mind, and you have the full right and honor in using your mind the way you would want to, like the way you steer your car. Remember, for your deeds, you will need to pay a price. Even when you control the kingdom in your mind, you find it all free. Nature is smarter than you are, for the time you spend in meaningless thoughts building a kingdom that never exists or that may never exist ever in reality, you are paying for that much time from the balance of your existing life left in this world. Secondly, if you keep building your kingdom which is not meaningful and purposeful for you as well as for others, you go all out in underutilizing and providing a bad training ground for your mind. This bad training ground will one day be the cause of your worry, frustration, misery, stress, and suffering. So what we learn from unproductive and useless imaginations and thoughts is; it is a two way sword. One, it keeps eating into the limited time span we are available in this world and two, it underutilizes our ability to think and perform.

Always, we need to remember, thoughts that are easy to come and easy to imagine are generally useless and unproductive. Good thoughts necessarily need the power of your inner mind to perform. When you energize the core of your mind even though it may not necessarily be a good thought, you are using your mind in a meaningful way. This part of your mind is necessary for the utilization into this material world. Either you can use this part of your mind to build a school or hospital or you may plan a bank robbery. Either way you are exercising and straining your mind into doing something that may keep your mind active and alert. This part of your mind, which utilizes its ability in taking decisions, planning, calculating, and reasoning logically, is also influenced by the thoughts from your kingdom, where you drift into various imaginations. If you spent the major portion of your life in ruling the imaginary kingdom in your mind, you would be left with little time in exercising your mind for progressive and productive thoughts and actions.

Mind, as we all know, is what rules our thoughts, actions, words, and behavior. This is when our mind needs to be taken seriously and the ability of our mind respected. Each one of us, since time immemorial, has been gifted with a mind that can think and reason logically. It is a different matter, if we use our mind in constructive or destructive work. The mind is your very own and the decision to utilize the mind, in ways you want, is your very own!

What is karma?

Karma is generally regarded as our deeds as a living being in this world. Some are compulsory karmas, such as eating, breathing, natural activities, washing and cleaning. Karma or deeds for mankind is far more complex than this definition and encompass much more than a mere physical activity we undertake in our lifetime. Karma for mankind is the sum product of all the physical activities, the thoughts, the food we eat and our complete lifestyle, physical and spiritual, both. Actions performed unknowingly, innocently or unintentionally are not karmas. The use of mind is missing here, so without any spiritual activity there cannot be any karma. Karma could be likened to the seed which grows into large trees. With unhealthy seeds, you get sickly trees on which unhealthy fruits grow, while healthy seeds give you healthy trees on which healthy fruits grow. Karma gives birth to instant consequences, which may or may not be visible to you immediately. Whether you killed an ant or an elephant plucked the leaf of a plant or gave solace to a dying man on the roadside; with each such karma you immediately sprouted a consequence. When you do not perform a physical deed, but imagine, plot and plan certain activity, good, or bad, you create another set of karma which again creates a consequence. This consequence may not be visible; your thoughts were healthy or unhealthy, the consequences of which shall affect you anytime during your lifetime. You need to remember, your thoughts definitely affects your physical

self. Thoughts in the form of anger, kills you. Again, the consequence of karma is in what you eat. For instance, when you eat and drink food that harms you, it creates bad karma with bad consequences. Such bad consequences are not visible immediately. We all know those who lived on rich food and alcohol for years suffered unfortunate consequences. Similarly, karma and its consequence are born out of our lifestyle. With disciplined lifestyle, the consequence of karma is good and healthy while with reckless lifestyle, the consequence of karma is injurious. This even a young child would be able to tell you. Since the consequence is not visible immediately, people attribute the bad effect of the karma to old age and other related diseases; they generally refuse to attribute their misfortune to bad karma and its unhealthy consequences. This is why most people, being the slave of bad karma, suffer in this world. See them, they are so pathetic and still carry on with their unhealthy lifestyle, refuses to see themselves as growing older. Their age, diet, activities and food and other habits are all scattered and in disharmony. The guiding factory here is age. To perform good karma we need first to guide ourselves with our age. With age, we dress, eat, perform activities and speak. We must learn to respect our age and do all those activities that may be in harmony and give birth to good consequences.

“Think before you act” is one proverb, which is appropriate here. If you think about the consequences of your action, you will never be reckless. If you learn to visualize the damages that may befall you in those

karmas, you will definitely learn to keep away from such activities and thoughts. The arm of karma is long, invisible, and tenacious. Since you are the one who perform the karma and invite the consequences, you yourself carry all the consequences along wherever you may run to save yourself from those consequences. The consequences of the karma are stuck to you until you die or pay for it in your lifetime. Unfortunately, man cannot see this and therefore, indulge in all sorts of unhealthy activities, thoughts, foods, and lifestyle. Man is a fortunate being with bundles of extra features in him as compared to our less fortunate sentient beings. His misfortune lies in the misuse of those extra features exclusively bestowed upon him.

Our karma can always alter our personality and destiny. With past karmas, we chalk our destiny. With present karmas, we alter and change our destiny. With the future karmas, we still alter and change our destiny. Each time we perform any bad karma, it is imperative we learn from those past bad karmas and in our future karmas try to convert similar incidents into good karmas. This way we learn from our past mistakes and re-define our destiny for good.

When we go about performing any karma we need to educate or acquire knowledge in the subject before we venture into any action, thought, word or behavior, because ignorance leads us to bad karma. Passion, expectation, desire, ambition, and greed are all reasons to bad karmas. Another reason is the heightened use of our

5 senses, it leads us to commit bad karma when the mind is weak and the five senses turn wild, untamed and out of mind's control.

Karma as independent justice

When someone runs into a bad luck, people point finger at him, connecting his bad karma in this life to the misfortune or loss, the person has suffered. To some extent, this is acceptable, but not in all cases. Sometimes the misfortunes are due to chance happenings. The same person may also be lucky to hit a jackpot sometime in his life to which his opponents will comment on his shining luck or put forward any astrological reasons.

Karma, good or bad, always creates a spontaneous consequence. This consequence may not affect the person immediately, or in the case of bad karma, the person may find ways to evade the consequence temporarily. The consequence is there to stay during his lifetime, which will provide independent justice to him and/ or his family members anytime during his lifetime or after his death. A man murders another and goes in hiding. During this hiding period, he suffers extreme mental trauma, while his family too suffers. The future of his children could also be in jeopardy without the money and guidance of the father.

The consequence of karma never leaves anyone without its effect, bad or good; it is only a matter of time for the effect to show on the person.

Sometimes, outwardly the evil person seems to be doing well and in good shape, but investigation into his private life will reveal the diseases; he is suffering from, his family in upheaval and his business in trouble with tax people and creditors. Sometimes, such people suddenly commit suicide to the amazement of others. Such people know within themselves only what they have been going through. With their evil ways, they do not have many friends to confide in. If people knew about his already dwindling business and strained personal life; how weak he has become, mentally, physically and financially, they would immediately take advantage of the situation. Therefore, the next alternative for such unfortunate lot is, to commit suicide.

Sometimes, very smart and cunning people evade the long hands of the law. They remain sure footed for years into their evil ways of drug smuggling, rape, murder, cheating, violence and dominating the underworld. Though this carries on for years and people are amazed and frustrated to see them still ruling the evil empire, the consequences of the bad karmas keep accumulating slowly but steadily. Suddenly, they are into several troubles at one time. They are unable to face the consequences all at the same time. They turn weak and ultimately give up and face the consequences of their evil karmas one by one or meet with one blow of a violent ending.

In the same way, if you happen to be doing good karma all along you will reflect this in your appearance and

personality. You will find help and respect from most everyone during your lifetime. In addition, sometimes when you are in a fix and cannot get out of the situation, you will find a stranger coming to your rescue or even someone whom you had helped or spoken to politely, in the past, come and bail you out of the situation.

No deity or supernatural power punishes or rewards you for the bad or good karma, only the consequences of your own karma that you need to face during your lifetime or when you are dead and gone, to be confronted by your loved ones. The consequences of your karma are borne, maybe infinitesimal, by your country people or even the people of the world.

The divine karmic laws

Science may not have been able to prove the karmic laws so much so interwoven in the lives of mankind. This karmic laws which may have been in existence since the time the first action took place in the universe and shall carry on until the universe stops and turns into several non-moving particles of atoms. The karmic law is simple and somewhat based upon the Newton's third law "actions having equal and opposite reactions". In the karmic laws, the reaction may or may not be equal to the actions. In the karmic laws the actions generates from the thoughts, words, activities or behavior of the person.

Newton's third law is based upon physical matters. However, karmic laws are spiritual and based upon metaphysical reactions. Even though, the ultimate results of the karmic consequences are mostly visible physically, the consequences are unseen and only metaphysical, until such time the consequences manifests itself in the form of punishment, loss or misfortune directly or indirectly related to the evil karma of the person. For example, an employee regularly steals from the stores, is one day caught, he commits suicide. In this case, i. Stealing is the evil karma, ii. The resulting effect, till he is not caught is metaphysical consequence of the karma, iii. The suicide is physical manifestation of the consequence of the evil karma.

The divine law of karma is clear. When the bad or negative karma is due to innocence or unknowingly, it

generates a very insignificant consequence. When it is due to carelessness it generates a moderate consequence, but when the evil karma is intentional and with a motive to harm someone, the consequence is serious and the punishment severe; sometime more or sometimes less than the quantity of the evil karma committed. This is why sometimes you hear people commenting how someone was not punished adequately for all the evil deeds he may have committed during his lifetime. Also sometimes people comment how a person was so severely punished for such a small crime he committed.

The divine laws of karma ultimately allow the person to self-realize all his faults and all the bad karmas he may have committed throughout his life. Generally, bad karmas are performed with happy disposition, without realizing its effect later in life, the consequences are borne in the future, which are extremely painful, leaving the person regretting eternally. Ultimately, before death every person becomes good and nullifies all his bad karmas committed during his lifetime. This works like two water tanks. When two water tanks in the same level are connected at the bottom level with a common pipe the water filled in one tank will pass through this common pipe bringing the level of water in both the tanks at a level continuously. When the pipe to one tank is cocked (shut), only one tank will fill while another will remain empty. When the common pipe is unlocked the water will pass through the filled tank till such time the empty tank will come at exactly the same level as the once fully filled tank. In the same way when we commit several

bad karmas, we realize the repercussion and try to avoid those later in life. We keep learning from our past unhealthy actions. How fast we learn and how fast we reform ourselves is how fast we can nullify our bad and negative karmas and bring it at par with good and positive karmas. If we are unfortunate and unable to reform ourselves, which unfortunately, majority of us do, we only reform and nullify our bad and evil karmas just before our death. We realize and repent for all the negative and evil deeds we may have committed. Our body and mind then are so tired and weak that we are unable to express our repentance to tell everyone around that we are sorry for our evil ways. This we show by the tears in our eyes and a fixed glance at our loved ones around until we breathe our last. Like the filled and empty tanks; at the last hours before death an equal amount of repentance flow from our heart to fill the empty tank of good karma to nullify the balance of the bad karma in our lives. Before we die we nullify all the bad karmas in our lives and close the chapter. However, this bad karma which we nullify is only spiritual or metaphysical. At our deathbed, we cannot nullify the material side of the consequences which remain to haunt our family and loved ones. This material side of the sin remains for the loved ones to suffer the consequences. For example, any bank loan default will attract the attachment of the property of the deceased. The dependents of the deceased will definitely suffer the consequences. This is why natural deaths generally occur to people at old age, when the person retires and hands

over all the responsibilities to their grown up children. This way nature allows him time to repent and realize all his evil ways and reform himself by doing good karma. If the person reforms and nullifies his bad karma during his lifetime, he has a peaceful death without any significant regret. He proves his reformation by good deeds and pleasant ways. He dies a happy man by showing the world that he realized his mistakes and he paid for it during his lifetime.

It is therefore, necessary to note that in one's worship and prayer the showering of flowery praises to one's god or supernatural power, taught in their holy books or by their priests, is not at all worthy; worthy is the regret for all the bad karmas committed and the remorse one has for his deeds. When he reforms, resolving never to hurt others and do only good karma for the rest of his life, he nullifies much of his past negative deeds and go on to do mostly good karma for the rest of his life.

Each one of us will necessarily have to perform karmas; our karma will stop with our death only. From breathing, eating, naturally occurring activities to working and sleeping are all our daily routine; karmas which we shall compulsorily need to perform. As we necessarily have to perform karmas in our lifetime, we need to perform it correctly. With the correct way of breathing, sleeping, thinking, cleaning ourselves after naturally occurring activities, we create good karmas for ourselves. These almost unnoticed and insignificant regarded activities are in fact the backbone to good health and good

consequences in our lives, which pay us dividend all the time until we breathe our last.

Small and insignificant karmas in our lifetime go on to accumulate and create a bank of good or bad karmas later in life. Clean food habits, clean living habits, healthy attitude, and disposition towards life will ultimately leave you with good mental and physical health. Even insignificant activity like thorough brushing of teeth and a clean bath everyday goes a long way to showing a shining set of teeth at 60 or 70 year of age. All routine activities seem to be a drag for most people for which they suffer the consequences later in life, generally after 40 year of age, when age start showing up with years of self-abuse and slipshod living style, it is then too late to recover from those abuses completely. Significant healthy changes can improve the person provided he regrets his past and promises in the future to respect himself physically and spiritually too.

The divine laws of karma attach much significance to the power of the mind. Mind controls our four pillars: thoughts, actions, words and behavior, all these four pillars are the slaves of the five senses, which gives rise to passion, expectation, desire, ambition, and greed. These four pillars remain in control and in limitation when the mind is strong enough to keep them under control. If a person could keep a 100% control over his four pillars through the power of his mind, he were himself to become a divine being; this may happen in the rarest of the rare cases, as most of us are mortal human

beings with little control over our mind and the attractions for the worldly pleasures.

Man by nature is impatient. When man performs any duty, he seeks the reward immediately. He does not stop for a moment to observe the nature which ceaselessly provides all the gifts of nature and amenities to us without seeking any reward. Yes, it is necessary to get the reward to survive, but we seek reward with greed, mostly to fulfill the greed of our eyes, rather than our stomach. How much money would you need to live a day? Not much, but when we work day and night we amass excess wealth which we may never need in our lifetime, this is counterproductive karma unless we keep distributing the wealth amongst the needy or use it for noble causes.

Finally, we all need to remember that the divine laws of karma will punish us or reward us according to our own karmic actions. We will all fall sick and most of us get diseases by the time we are old. We fall into bad times and we become slaves to misery and suffering. Each one of us will pay for our karmas differently. No two-death experiences will be alike, no two miseries and suffering will be alike, and no two experiences in the same disease will be alike. With the framing of our destiny due to our karmic actions during our lifetime, we will all experience our share of the death, pain, suffering, and malady differently.

Karmic actions are in chains, one action today will give rise to another action tomorrow and then beyond. If the chain is of good karmic action, the future actions and consequences will be good, while bad actions will result in bad future actions and consequences. For example- you pass high school and want to become a lawyer, this is a current karma. Next future karma is for you to study law and become a lawyer. In the future karmas, you practice law and make a career and go on to become a successful lawyer. These are a set of productive and positive karmas. However, a child who never study and move in bad company, this is his current karma, he becomes a thief, his future karma, and in his next future karmas he goes to prison for theft on regular basis. These are a set of unproductive and negative karmas.

Negative karma by default in mankind

Man by nature is into performing bad karma. It is always so easy to harm someone or something, steal, quarrel, and be selfish. It is in our nature to pick up undesirable and negative habits or go about performing negative karmas all the time. This is why it is for the parents to inculcate good habits in children. This is why children spend so many years in school to learn about the world, good habits and discipline themselves.

The easiest of all things that most people do when in a group, is talk about other people; criticize and find faults in others. Plan ways, to get their own way, even if it hurt others. Sometimes, you find someone speaking to another person very politely, giving an impression of being a good friend, no sooner the person turns away, his expression changes and he criticizes and talks badly about the person. This is bad karma and such karma is built into mankind. It is upon us to shed these types of karmas from our personality and discourage those with such habits. Such karma brings sadness and misery upon us; it is the bad effect of criticizing someone behind their back. It is better, we tell that person very politely, about his habits, we do not like in them, rather than talk behind their back.

Man, the king of his karma.

Electricity, you can use it to light a bulb or run your fridge, it is all productive. When you use electricity to electrocute and kill someone, it is counterproductive. Fire, you can use for cooking or heat your room, it is productive, but when you use it to burn down a home it becomes counterproductive. In the same way, your mind could be used for productive actions, words, thoughts, and behavior. In the same way, your mind could also be used to plan and plot criminal, unproductive activities, thoughts and actions. These decisions to use your mind for drifting into your imaginary kingdom, productive or unproductive and criminal thoughts are all influenced since your birth. So many factors influence your way of utilizing your mind, in the way you are utilizing it now. Your mind is influenced and shaped to think the way you do, is how your parents had treated you as a child, their response towards your actions and their concern for you. What you observed all your life and who treated you how, what you studied and what type of people you got associated with. The entire lifetime of observation, experience and learning goes into shaping your mind, which in turn, thinks, acts and uses words that builds up your personality. This is why you see some people are so dignified and speak in a manner befitting a gentleman, while in the same breath you see another person who cannot even utter a single sentence correctly and disgusts people around them. They may be people with almost the same intellect but with different family background and influence. Same situation may be dealt with one person in a very tactful way avoiding any animosity or

violence while another person may go all out in creating violence and animosity, creating undue stress and excitement in the process. How varied is man's mind is anybody's guess. It is a pity, since time immemorial man was born and died without using his mind to the fullest. Most of us may have utilized about 3% to 5 % of our mind's ability to reason, think, and act. Only some successful people may have been able to utilize their mind up to 60% or above their capability. This figure is also doubtful when you see the potential available to man in furthering his knowledge in all spheres of science, technology, and spirituality. With time, we see that we have not been able to conquer even a percent of what our mind can do for us. We have mostly been able to use our mind for survival strategies and sometimes in philosophical thoughts, which again forms a very small percentage of what we can think and learn. Why are there so many limitations and hurdles for mankind in utilizing their minds? Perhaps I would say it is natural and inherent to mankind to underutilize his mind. Mostly, because man, by nature detests making efforts in any form, mental or physical and again because mankind had always been busy, first learning and then earning to survive. Nature has smartly put man into a situation where man spends most of his lifetime in first growing up, then learning, gaining experience and finally earning for himself and his family. Therefore, out of the limited life span that man is gifted with, very little time is left for mankind in fully utilizing his mental capability, thereby

leaving a major portion of his mind underutilized at the time of his death.

It is not up to what extent we could use the capability of our mind, it is important to know the way we used it. As I said earlier, the same mind could plan a bank robbery or plan opening a school or hospital for the masses. In the same way, every living mind needs to see his capability being utilized for progressive and positive purpose. When we plan, plot, and organize any negative deeds, naturally, it is never progressive, it is also against the society we live in, and never healthy for the mind itself, that thinks negative.

The minds of each one of us belong solely to each one of us. We control our minds; we plan, imagine, and update our minds with different materials at different times. Our minds will respond and function to the input we had provided to it, day after day and year after year. If we provide healthy input to our minds, in the form of reading self-help books, watching reality and nature's way on TV, discuss, and think rationally and logically, naturally our mind will be geared to perform in a noble and progressive way. Instead, if we watch pornography on TV and read books and magazines with derogatory subjects, we will be pathetic in our ways and actions. It is our mind and we can do as we please with it. There is no law yet, that will monitor our mind and punish us for any unkindly thoughts. Again coming back to nature, as I said, nature's ways are smarter and logical. Even though there is no law restricting you or punishing you for any

unholy or negative thought that you may harbor in your mind, but certainly all such thoughts that influence your mind, one day, let you pay the price heavily. These are the results of your planning and plotting with your mind for years together. Let us see this from a different perspective.

Man owns his mind and therefore, he can charter the course of his mind first by collecting thoughts and then putting those thoughts into planning and then putting those plans into action. This is why man is the “King of his own karma”. This is why we have billions of different people each with his very own mental signature and his mark upon this world we live in, significant or insignificant, whatever it may be. On one side we have Aristotle, Homer, Plato, and Paultrich; who used their minds in finding secrets of nature and discovering various natural laws while we had Jesus, Lord Buddha and Mahavira showing the path of peace and repentance, in contrast we had people like Hitler, Barbarians, and Huns who used their minds in destructive ways. These people are the living examples of the capabilities of mans’ mind.

Man can definitely be the king of his own karma, there is no law allowing him not to be so; but at what costs? Your thoughts, ideas, input into your mind and all that you plan and plot are 100% free. You have a free hand into delving deep within your minds all for the sake of what gives you pleasure or profit. The more you learn, observe, practice, preach, and teach, the more you harness your mind into collecting further information and

improving your capability. This could be channelized according to what you learn, observe, teach, or preach. If your thoughts, action and words are noble and society friendly it is a part of the good karma and you will definitely be rewarded either with respect, money or enlightenment or all the three, but if your thoughts, actions and words were repulsive and derogatory you will be punished severely and equally in the society you live in . The punishment may be subtle which may or may not be known to others. Punishment may be in different forms and not necessarily monetary. Sometimes spiritual punishments are much more damaging and distressing than financial punishments, such as the loss of children, family disputes, unhappiness, and miserable feelings within oneself. Money cannot buy happiness under such situations. You will see some people turn philanthropists after they amass much wealth all their life. This is because they get tired of earning money and collecting wealth for themselves and their family. Within themselves, they see emptiness and the act of deceit; perjury and false promises and false hopes to people, all distress them badly. They cannot get away from their empire that they built on such principles, they need spiritual treatment for which they get attached to different spiritual *Gurus* and *Masters*, becoming charitable, channelizing their time, wealth and mental focus in meditating, helping and ways to find them peace, solace and spiritual satisfaction.

Unfortunately, we always think that we are good people and do not harm anyone, as such, we should never

experience bad times ourselves. What we do not realize is we could be good to others and always eager to help people and earn their blessings. By not hurting others and by being blessed by others is one thing while abusing and hurting our own selves is another. On several occasions, I tried to explain people my point of view about self-abuse but people think and act superficially and cannot accept that they could be bad people in anyway. People may be good to others but when it comes to their own selves, they abuse their body, their mind, and their souls. This way they cannot find respite in their approach towards life. By indulging in bad living and eating practice mankind hurt their own body and abuse themselves that lead them to illnesses and diseases. This way a so-called good and humble person may be bad for his own self. How much do we abuse ourselves? See the way we eat and the kind of food that we eat. See the way we indulge in alcoholic beverages and indulge in smoking and other acts of abuse. See the way we eat and how we eat. The complete lifestyle and habits of some of us leads us to abusing our body and mind. Eventually, we are greeted with diseases and organ failures. In spite of being “good people”, such people cannot accept the fact that they should be facing such malady in life. They least realize the way they abused themselves all their life and the resulting maladies being the repercussions of such disrespect to their body and mind. To be a truly good person one need to be respectful to others, to oneself, to other sentient beings and to all things natural. Being only a holy or a noble person does not necessarily

absolve one of one's duty in respecting oneself and other members of this planet.

When you practice being good not only to others but to your own self and other sentient beings as well as all other living beings, you still remain the king of your own karma but with a difference. You do not drift your mind into imaginary happenings but like a true king who seeks the advice of his ministers, you seek judgment from your within and decide upon the course of action which may not hurt anyone including your own self. This is when you break away from the chain of misery, malady, stress, and suffering from your life. This is when you find satisfaction and learn the meaning of true living. None, other than you can influence your very own self in charting the course of your mind by listening to your inner voice and taking decision that may be healthy and happy.

The power of Bad Karma.

We are all aware of what bad karma or deeds in our lives could do to us, yet we do not stop short indulging in bad karmas. Not all bad karmas are cognizable under the law; most even go unnoticed day after day. Infinitesimal bad karmas are mostly included in our daily routine and it goes unnoticed by us, maybe unintentionally. The most common examples of simple bad karmas are killing red ants instead of sifting them away from our food. Not responding to little animals and birds which may come to our door or windowsill for food and water; moving away from people in need of help; carrying a bottle of water and not offering it to someone thirsty and without water; unnecessarily being rude when message could have been given politely, are all little examples of such bad karmas. We should be sensitive to our surroundings and to the need of our neighbors. Even bad karma stems from not remaining clean and indulging in unhygienic acts not befitting a clean person. There are endless examples of bad karma which could be noticed by your very own self when you observe others and keep a control of your thoughts words, actions, and behavior. All these seems infinitesimal but believe me when you perform these bad karmas day after day, month after month and year after year, it becomes a part of you and like a recurring deposit in your bank, you get to accumulate such bad karma in a large sum. Even though it is not illegal and a crime to amass such bad karma by practicing it for a lifetime but

as I said nature is smarter than mankind, it collects the consequences in small doses and when you accumulate a large volume of bad karma it suddenly manifests upon your life unprepared. You moan and groan to everyone about the misery that befalls you. Everyone sympathizes with you for being such a noble person undergoing such hardship, least realizing the effects of infinitesimal bad karmas that you collected in your lifetime. There is no such book of dos and don'ts about what bad karma is and what is not. As a child, you may have studied moral science which you may read again to gain some insight. Suffice to say that when you step in to use your thoughts, actions, and words, the first thing that should occur to you is; if it is correct and reasonable. For insignificant and day-to-day activities, maybe a split second thought may provide you with the answer.

Then we have the middle level bad karma which again, is not cognizable in the eye of law but equally bad, morally and extremely self-harming. As grownups, few people tell us what to do and what not to. Some of us may gorge into all delicious food lying on the table. If someone politely comments on our appetite, we laugh it off and attribute the misdemeanor to our palate. This bad karma, the sum product of our palate and mind; is a great killer. It is the sum product of our palate and mind, because when our palate is pampered and spoilt like a spoilt child, it does not want to stop doing what it enjoys doing. In this case, it is the eating of those rich creamy, buttery, and sugary delicatessens or barbequed meat, washed down with a pint of lager or a flared glass of red wine.

When our mind is weak, we are unable to control the greed of our palate, like those weak parents who are unable to control their children, spoil to the core. We all know the endless and terminal diseases like obesity, hypertension, cancer, liver, and kidney ailments that many foods offer us, which we need not elaborate here. Suffice to say that bad karma of this type kills us without dignity. Dying with terminal diseases in hospitals and dying after long-suffering is undignified and is the product of our bad karma that we accumulate in years. Other middle level bad karmas are interfering into other people's lives, being inquisitive about others, mentally torturing and inflicting pain upon others, not keeping promises or offering empty promises, not being sensitive and thoughtful and a reckless lifestyle, all are bad karma which will show results on the person in a short span of time. The personality and the mental quality of the person will keep declining and gradually people will detest and ignore him. Such people, incidentally and strangely do not appeal, even to a new group of people, who at the outset will discount them as a scoundrel without even knowing his past deeds. Bad karma, by the happenings of nature leaves a mark on your personality, body language, words that you use, connecting your eyes with others and even ,sometimes your dress language. As I said and I am saying it again, nature is smarter than we are, it lets our bad karma inflict suffering upon us as punishment for our deeds. We are an autonomous body which may inflict pain upon others and then earn pain and misery upon ourselves. It almost follows the

principal of book keeping, where every debit has an equal amount of credit. However, this is not an end to the intensity of bad karma in a man. Then we have the higher level of bad karma which is punishable not only by the laws of the countries but also in two different ways.

Bad karma of the highest level includes rape, murder, robbery, stealing, drug peddling, and what not. All these crimes are cognizable under any law and the criminal is punished with imprisonment. The first punishment comes as fine to the exchequer and an imprisonment for a given term. Then the second punishment is the suffering of the family, generally the dependents of the criminal who not only suffers financially but also are ridiculed and ostracized by the society for the deeds of the criminal. Finally, when the criminal completes his term of imprisonment and he is set free to re start his life, he does not find any taker. Such people go back to their old ways where they have ready contacts to earn a fast buck or if they have the will to reform, they are into menial and small jobs.

Bad karma of the criminals leaves them with a sick soul, unless they are willing to reform themselves, see their lives from a different perspective, and acknowledge their responsibilities in the society they live in. Otherwise, they are aimless wanderers mentally as well as physically. They only remain a parasite to the society as well as to their family. They have no mission in life, save harm others.

The power of bad karma creates bad people, bad and negative vibes, and an unhealthy society. Some successful criminals are regarded as role models by petty criminals in the making. They build up a large bank of followers who admire the courage and the ability of such criminals in performing crimes and getting away from the law. This way such criminals influence others to criminal ways. Maybe not all of these boys would become full time or full-fledged successful criminals, but they acquire the mental capability and the mind set to perform criminal activities. They are ready to harm others and in the process, negative activities go round anyway.

Bad karma will always confront with the person and punish him for his deeds in whichever way, believe me there is no respite from this!

The power of good karma.

Good karma or noble, righteous or virtuous deeds are inherent to mankind too. Even the ugliest of the ugly man will have some virtuous quality in him. It is another thing that his bad karma is more glaring and shines like the headlight of an approaching vehicle, this is because he has made this, his signature and we never happened to interact with him ever. Sometimes such people move and surprise us by being kind, generous, and helpful at the hour of need. We remain ever grateful to him and in spite of his poor karma bank; we never fail to recollect his noble deed. This quality, fortunately, is inherent to all mankind. Good karma is a matter of self-hypnosis. If we keep repeating to ourselves that we should not hurt others by our words, actions and thoughts; gradually we will reach a stage where we will mostly perform good karma and sometimes suffer in the process due to our generosity, emotions, sentiment, and kindness. Such loss and sufferings are for good cause, never to be regretted. Good karma is based upon this principle only. When bad karma were to give you instant profit, good karma, logically, may put you into some losses sometimes.

The power of good karma is not to be underestimated. People like Lord Gautama Buddha and Lord Mahavira and other saints who walked this earth were enlightened ones and with their good karma, they created a powerful mind which still rules a large part of the world. Such

names are associated with dignity and respect. These great people even today, stand as an icon of selfless service to mankind. They showed the way to billions of people since thousands of year gone by. These names are synonymous with simple living and high thinking which they proved to the world, were valid and in force.

The power of good karma can be seen in those people who rose from the scratch with little or no facility. Their parents were not able to provide even the basic amenities to their children nor did they ever get help from their government or the local people. Such people read under the streetlights and ate of the leftovers from the bin, begged or did petty errands to buy themselves bread. Nevertheless, their karma was positive. They found time to study and fulfill their dreams. Some of them even rose to become the president of a flourishing country and some went on to become business tycoons. The strength of positive karma releases only positive consequences and the results are before you. If you investigate and unearth these facts, you will be able to find many such incidents where in spite of adverse living and working conditions some people, because of their good karma were successful and had risen to become an icon in their profession or field of activity.

Good karma in practicality allows you to shun and abhor dubious ways thus keeping you protected from harm and self-inflicting injury. Injury and harm that would otherwise may have been caused to you by debauchery,

alcohol, anger, animosity and other harmful attractions that are predominant in our society.

Overview of good and bad karmas.

Good or bad karma, both have their own kind of powers. While the bad karma is bent upon destroying you and all those connected to you, the good karma is the savior of you, those connected to you as well as the functioning of this entire planet. Without good karma this planet would not have lasted for long.

My views sound so simple, yet how many of us believe or subscribe to this theory of bad and good karma and its effect upon us. People are bent upon performing bad karma every now and then. See the misery and suffering all over, see the people dying of dreaded diseases and criminals languishing in prisons. Each day when you read the newspaper or watch the TV you come across news about crime and misdeeds. Even those responsible people who run their countries are into performing bad karma. They use languages and accuse each other as children do in schools. They do not take time to think about the bad effect it has upon their relationship with other countries. These are strange phenomenon and I personally believe that since school days children should be inculcated about the good and bad karma in their lives. Ultimately, it is this karma that will rule them later in their lives, therefore, they should learn how and when to use their thoughts, actions and words with utmost precision to avoid conflicts and bad karma.

We all learn to perform certain activity in our lives. We exercise our mind into performing an activity in sports, science, teaching, medicine, music or any other subject. Unless we train our mind to it, we may never be able to perform those tasks with accuracy, same being the principle with good karma. Since the time we are born, our parents, elders and teachers, all of them enlighten us about the good karma we need to perform all our lives. We hear them all right but when we see them in action, we see bad karma flowing out of them, so the teaching what they may have given us is nullified and as we humans are great observers, we go to perform bad karma ourselves. Therefore, generations after generations need to practice and perform good karma in order to inculcate good karma into our children.

What baffles me is our attachment to bad karma. We may not perform or we may remain dormant to good karma but when it comes to doing something mischievous and ugly, we are at it instantly. Why is this so? Perhaps, like everything Satanic, bad karma always seems lucrative and attractive. We, as human beings are very knave and greedy when it comes to finding something that may give us pleasure with little effort. This may lead us into doing what we should never have done. If you recall the incident of Adam eating of that forbidden apple, you will understand what I mean. All those temptations and attractions in our lives betray us later in life and we are foolish enough to run after it. If we stop for a while, go through the history or case study, and look back at the outcome of those attractions, we will

think twice before leaping into the same bandwagon. This is the outcome of good karma too when you refrain and turn away from performing and inviting bad karma into your life.

Someone asked me how he would perform holy or good deeds to make his God happy, I asked him to refrain from doing bad and unholy deeds. We should not specifically run after doing good karma or deeds. Our actions should be spontaneous and without much thought. For instance, someone drops his money purse, we return it to him, or someone desperately needs help, we offer it to him. However, if we perform good karma with an intention to attract peoples' attention it is bad and nullified. Some people go all out to publicly announce their charitable ways and do good karma to get a ticket to heaven. These are neutral karma and cannot be recognized as karma at all. I notice such people making offerings in different ways much against their wishes or their actual nature. The body language, their appearance their deeds all go against each other and are in disharmony. When such people try to perform good karma by offering money, food and other charitable ways their ways are so artificial and mechanical that it reflects through their movements and expressions. That they are most uninterested in whatever little good karma they are doing becomes glaring and visible to others with some sensitivity and insight into human behavior. They do it for the sake of doing it or as a ritual but not with love, kindness, and devotion.

Your mind and your karma.

You are born in this world, raised by your parents, and then go to school and college to gain knowledge. In the process of growing up and reaching adulthood, you may have learnt and observed so many new subjects and ways. You must have acquired knowledge, good and bad that you retain in your memory. All these self-acquired knowledge remain within you untapped and not awakened. All those knowledge are based upon your very own observation and experience. Those that you feel are myths; tales and hypothesis should be erased or ignored from your memory. For myths and tales, in fact deceive your mind into believing what may never be true and conflicting with your logical mind. Such hypothetical knowledge makes you weak and influences your logical mind into submitting to unreal realm of fallacy. For example, religious beliefs, rituals, magic and magical words, believing on these leaves you with a weaker mind and with depleted power of reasoning.

If you could read this book and understand it, it means you are grown up enough to take control of your mind too. It is therefore, time for you to build yourself through your mind. Mind and only mind allows us to perform deeds and activities. Find time to first bring up the hidden knowledge stored within you. The knowledge within you is like reference books and not all the knowledge is need at any one time, you retrieve that

knowledge relevant to your need of the moment. To perform karma you need to ask your knowledge bank if it conforms to your true spirit and conscience. If your conscience connects you to your knowledge bank and gives a green signal, you go ahead with the karma, if not, you refrain from the act. It takes a fraction of a second for this process but it helps until eternity. Let me give you an example. You are very angry with someone and about to abuse him. It will take you a fraction of a second to hear your inner voice, abuse will beget abuse, and your anger will only kill you and not him. Remain stern but not angry and put him to realisation by your words so that he feels sorry for his act. Someone drops his moneybag you are tempted to keep it, your inner voice does not permit you to do so, you return it to the owner. These are but small examples. In life much serious and complicated situations may need you to use your mind of minds to protect and refine yourself through the life's long journey.

Each day, when you get used to sharpening and putting your mind to test, you will see results in course of time. You will then build two section in your memory; one, those which you feel are significant, useful and truth and another, trifle, myth and which stem out of ignorance and therefore, useless. This is when you start your journey to reaching a preliminary stage of enlightenment and wisdom. Wisdom of your mind will instantly tell you bad from good karma.

We all know that our activities stem from the results of our thoughts from our minds. It is so simple and elementary, yet how many of us care to understand it and learn to control our mind for better. Most of us let our ignorance, our wrong judgment in life and emotions rule our mind instead the other way round. This way we only abuse our mind, the highest gift of nature bestowed upon us. How unfortunate we are, when we cannot respect and revere the glorious mind we are gifted with. How naive and ignorant most of us remain until our death, we die with our magnificent mind untapped and underused. It is therefore, imperative for each one of us to learn and keep learning until our last days and in the process teach and keep teaching till our last days. Learning and teaching is the only process that will get refined in course of time and will open up the world to knowledge that so far man has been deprived of. The more you learn the better your karma, the more you teach, the more others learn and better their karma and the better everyone's karma, better the world for every one of us, as I said earlier ignorance is one of the cause for bad karma. Learning and teaching, here does not mean the academic learning, like those imparted in schools and institutions. Learning and teaching here means, learning from experience, observation and research; thinking and logically finding answers to life's unsolved mysteries and equations and subsequently teaching those to others.

There is a great deal of difference, in the utilization of the mind in academic learning and in researching for seeking the truth.

Take for instance; two people with identical academic qualifications. The one, who is an academic teacher, oneself, learns from books what he has to teach, and on learning and revising those from the books, he repeats those to his students. In learning and in teaching he used a very small portion of his mind, because he did not make much of an effort in either learning or teaching, both was routine and stereotype. In comparison, the one who is into research in the same subject uses his logical mind to unearth the truth and pursue the subject from various angles to seek the truth. This way, he has to utilize much of his mind in a logical effort to seek what he is seeking. He then teaches these findings to others. This teaching too is not repetitive. Being in research, he has to be ready for new questions from different angles, for which he needs to provide the correct and logical answers, unlike his academic counterpart who has all his answers ready from available books.

Our mind is flexible and bendable, yet it may be strong and sturdy as steel. How varied our mind could be, is yet to be fully established. Whatever it may be, in simple language and definition, our mind leads us to perform our activities and remain in full control of ourselves until our last days here. It is essential we exercise our mind into thinking correctly, judiciously and impartially. It is an irony that only our mind can command itself into doing

what we want it to do. The “we” here we talk of again is within our mind. Therefore, this “we” is our mind, what we command our mind to perform is our mind again and the command that is put to activity is our mind too! From this, we gather the significance of our mind, which should only perform karma that will benefit others. This is possible, when we command our mind to think of the selflessness, illusion and a temporary dream, that our world and we is all about.

Karma that binds you, karma that frees you.

Some of your karma binds you to the attractions of this world, while some karma frees you from the sufferings, misery and stress of this world. The choice is yours, to choose from the vast data bank of karma, that you can perform until the day you die.

It is fine, we need to survive and therefore, earn our living to get along the way, but when we overdo our limits and silence our soul and in the process, we invite trouble in our lives. When we spend the major portion of our lives in amassing wealth and in competing with each other in terms of wealth and worldly superiority, we do not look back at ourselves in a different light. We give spirituality a back seat and literally kill our competitors mercilessly, in order to remain at the top of whatever we are doing to gain name, fame, and money. This process in our lives goes on and on, even after we retire from our active life. We remain attached to all that we amassed and we feel strongly about anyone squandering that wealth, even though we may not be able to do much now due to our ageing mind and body. Our mind is programmed to attach ourselves to all that we earned in whichever way we could. After we die and perish, the basics of our mind remain in the form of our soul. This soul cannot free itself from the world that consists of all that wealth and luxury it left behind before death. This is the cause for an inherent rebirth for the soul. It cannot

free itself, so it is born again in any form, but it is born into this world. Maybe, it does not remember all that detail about the wealth and luxury and its whereabouts, but it certainly craves to come back to this world again. When it comes back into this world, it enters the cycle of misery, suffering, and rebirth. Worldly wealth and pleasures not only put us into worldly attachments but also put our soul in this process of worldly attachments, whereby after death the soul comes back to this world again. This is why, when there is a freak of nature, some people can recount their past lives. They sometimes provide details of their past addresses and how they died. This has been confirmed by some psychologist too. Therefore, I am not wrong in putting this theory before you. The great Lord Gautama Buddha too stressed on this point.

The idea of rebirth and re-entering this world of misery and suffering is worrisome for any man. We can free ourselves from such a cycle of suffering and misery by not attaching ourselves to the worldly pleasures over and above what is necessary to live and survive with some dignity and comfort until we die.

Once we learn to focus our mind on spiritual strength and learning, we lose much of our enthusiasm to gain worldly wealth. We should all, at some part of our lives take lessons in acquiring spiritual knowledge and strength. This will help us in various ways, not only until the end of our lives but also after we are dead and gone. Our

souls will benefit from such lessons and refrain from craving for rebirth in this world.

Spiritual learning and strength help us tide over severe crisis in our lives at all times. It also helps us ward off animosity and make friends with our enemies. We can lead a simple life style, while our minds actively wander in the quest of finding the truth, peace, happiness that will free us from the misery of this world. A wealthy man who lost his young son would part away with all his wealth to get back his son, or a man suffering from severe terminal disease and severe discomfort would part with all his wealth to get back his health or he may even seek mercy killing for himself to get relief from such pain and agony. Therefore, wealth always plays a secondary role in the life of a man. Happiness plays primary role in the life of mankind. A Buddhist monk was asked to bless a newborn child with eternal happiness. The monk blessed the child, thus; “First his father should die, then he should die and then his son should die” At first this seem so inauspicious and mournful but there are two elements to this. First, the truth is we all shall die one day. We should all die in order of our age and hierarchy. If the son dies first, the grandfather and the father will be at an eternal loss. If the father dies first, the grandfather will be at an eternal loss. So the blessing holds good and the death of each one in order of age is acceptable to all.

Once man learns, the basic principle on which this world is based upon, he distances himself away from the

glamour of illusion that he sees and feels. Man need to exercise his mind all the time and shed the ignorance in order to free himself from the chain of suffering and misery.

Your karma is your destiny.

Slap someone and you get slapped, show kindness to someone and you are shown kindness. This is the basic principle of all karma in this world. It matters little, whether you are a prince or a pauper. Once we are of age and ready to take on the world we start accumulating all nature of karmas. We do good deeds, bad deeds, while the strength of such good and bad deeds varies according to its nature. Whatever it may be, the karma keep piling up like any bank balance and occasionally, it manifests by showing us how we are treating others and ourselves in this world. If we are sensitive we shall at once understand the underlying reasons for such manifestation and try to mend our ways to avoid further unhealthy and aggressive outburst of symptoms and happenings in our lives. Nevertheless, most of us, unfortunately, are unable to correlate the symptoms, thereby letting the bad karma take control of our lives. Man is gifted with a special quality of ignorance, whereby he always feels he is right and treading the right path. However, much he may be wrong and guilty of misdemeanor; he will justify and provide ample argument in his own favor. This is bad karma and it harms and kills the person slowly and subtly. Diseases, loss of respect and health, family feud, discontentment with life, anger, acrimony, believing in myth and rituals, ignorance of truth, all leads one into bad karma from which there is no respite.

I know of many real life examples appropriate to fit this chapter on karma and destiny. I shall share one with you. A few decades ago, we would communicate over fax with international business houses. Once it so happened, I received a fax message from Nigeria telling me about a few million US\$, which was lying unclaimed for want of stamp duty in the country of origin. I was offered half the amount if I could help them with the stamp duty and other expenses to clear this huge sum of money from the bank. I was also asked to come to London branch of the bank and deposit the amount. I also received a faxed certificate in my name showing half the value in my favor. I could see through all these and greed could never get the better of me. I kept up the joke till the end after when they snapped ties with me, maybe they grew tired of chasing me for the money they needed. A year later, I was told that a distant acquaintance of ours was offered the same money in return for the monetary help to be deposited in a London bank. He took a flight to London where his room was pre-arranged by the thugs. I believe his passport, money, clothes and all his belongings were taken away by the thugs after he had checked into the hotel room. He was left only in his undergarments. This is outright greed and ignorance and the cause for this man's destiny.

You will observe many people with super intellect and ability to succeed, unfortunately, remain in the rut, this is because their karma is negative and they live and work within the sphere of this negative and bad karmas. Such

people have a rigid approach to life and work. Without dynamism, they are left far behind by people junior to them. They ultimately become frustrated and retire with their negative karmic actions throughout their lifetime.

Intellect and dynamism alone does not make or break anyone's destiny. Negative use of such intellect and dynamism generally is backed by dishonesty, greed, passion, ambition, expectation, and desire which ultimately shape the destiny of such person in a negative way.

If the karmic actions were good and positive the destiny would be favorable, conversely, bad and negative karmic actions generates unfavorable conditions for that person. Chance happenings could also change the destiny of a person, which may not be due to his karma. Winning a lottery is a positive change in the destiny while losing limbs in an accident is a negative change in one's destiny.

Destiny, therefore, is the karmic approach to life or sometime by some chance, changing the luck of the person.

Karma that harms, karma that heals.

When some karma harms you, you stop doing those karma, you then start to heal; same way, when some karma heals you and you stop doing it, you become vulnerable to harm full effects. Since healing and harming is the opposite of each other, when one heals, the other harms and when one harms the other heals. This chapter is therefore, based upon this basic principle.

In this modern time with fast living style, we are no more saints or holy people with lots of time in hand to go around performing good karma to heal our souls and ourselves. However, there are some basic rules which when followed will definitely heal us. This is the principle of neutrality, meaning remain neutral and composed in most situations and do not get alarmed at trifles. This is the most powerful karma a man can possess in seeking peace in life. If you see people performing bad karma and you are unable to stop them lest they harm you, remain neutral or inform the police, but do not get excited and harm yourself. Similarly, sometimes we are in the company of undesirable people without any choice, we need to accept the fact and remain neutral. If your talk would create animosity, remain calm. Anger and contradictions only harms us, just forget the situation and be calm. Always think positive and about creativity and contribution to your society in any form. When you think of destruction and violence,

you only harm yourself and degrade your mental capability. The simplest way to heal yourself is do what is logical, beneficial, helpful to others, based upon reasons and commonsense. When your conscience remains clean and your mind free of negative thoughts you heal yourself. When you have more time, follow the principles of the great spiritual leaders and saints and you partly become one of them. Unfortunately, if you follow the footsteps of those evil ones you may partly become one of them.

While neutrality gives you peace, compassion on the other hand opens your heart to deeds that gives you happiness. Man cannot live in peace alone; man needs happiness too. Compassion allows you to heal yourself and compassion opens the door to healthy activities as against neutrality where you remain inactive and composed to any adverse situation. Without compassion, your life remains unfulfilled. Without compassion, you cannot meditate nor can you see life from a humane point of view.

Rule your body with your karma

Meet people, ask those who are happy and healthy, why do they look so good and fresh, and ask those who look diseased and morose, why do they look older than their age and in misery. Such people normally may not be able to provide you with the correct answer or reasons. Not because they do not want to provide you with the answer but because it did not occur to them why they look and feel good or bad. Man unconsciously respects or disrespects his own self and treats himself the way he feels comfortable. Man being the king of his own karma has the full right to treat himself the way he wishes and the way he desires to treat himself. There is no law to stop him from smoking, drinking or eating as much as he wishes. He can self-abuse himself to the point of no return. All is fair for any man to treat himself the way he wishes except committing suicide or partaking of drugs in any form, or such similar illegal activities. However, unfortunately, people who indulge in such self-abuse, do not realize the outcome of their sedentary habits, debauchery and or abuse in the form of food or habits. They would attribute their illness, misery and suffering to over work and old age. This is not true and such people may feel offended, if their lifestyle and habits are pointed out and attributed to the illness and misery in their lives. They will generally, never accept the fact that, their diseases are directly related to the self-abuse they had been committing on themselves year after year. They

will show you examples of people who are healthy and happy in spite of indulging in self-abuse. What such people do not realize is some people can endure self-abuse better than others can, but eventually such self-abuse catches up with them too. Man should not be blind to their bad karma that they inflict upon themselves. Some people are good and helpful but they do not realize that they are inflicting suffering upon their body by indulging in wrongful ways which ultimately becomes responsible for the breakdown of their physiological system and put them in the path of suffering, diseases and misery. Once the physical self of the person is diseased and begins to get dysfunctional and disoriented, it gradually affects the mind too. Mind influences the body and the body influences the mind. Either way, if one side of the man, physical or spiritual, gets dysfunctional, he will gradually have his body as well as his mind into the suffering. In due course, when the mind too accepts the physical dysfunction, it gets tired of the physical abnormalities and challenges which show sign of collapsing or giving in to diseases and illnesses. From here onwards there is no point of return and the diseases dominate the person's body as well as the mind, unfortunately, it becomes terminal, the man becoming a patient and the patient turning into a corpse in due course of time. Life and death is with all but bad karma brings you an undignified ending.

The best way a man can rule his body and life is to learn how to respect his body or himself. You may call it

"maintenance of own-self". When we learn what kills us slowly and what heals us slowly, we learn to accept certain things and refrain from certain things in our lives. Maintenance of our body is the first essential towards ruling our physiological self. Eating of those, that will nourish our body; activities to tone our muscle and keep us clean, hygienic and energized. Our body talks to us, if we can only hear to what it wants to tell us, we will definitely keep well and keep all illnesses and diseases at bay. When we are born, we have smooth skin and as we reach our teens, our skin glows, but with time we start to earn and money gets into our pocket. This is when we use that money to buy ourselves whatever we feel will make us happy and comfortable. This is when we begin to injure our body. The on slaughter continues for years until such time our physicians only advises us to refrain from all those activities that we had been indulging ourselves in, since the time money found a place in our pocket and we learnt to use it for purposes other than those which were necessary in our lives.

Sometimes people are over cautious in spending their money on themselves. They prefer to remain an absolute saint without ever spending any dime on themselves, this is bad too, and it ultimately brings misery on them. There are people who earn and establish themselves in a very hard way and save every dime to realize their dream or greed of property, shops and new businesses. They do realize their dreams working day and night, but at the cost of their health. They are people who suffer from

diabetes, hypertension, liver dysfunction, arthritis, and other ailments. By not spending on the maintenance of their body and making it work day after day, year after year, the body starts to weaken and diseases thrive therein. Diseases take such people by surprise because they claim they never touched any harmful intoxicant, yet they are in for such diseases. What they do not realize is, by not respecting their body and ignoring the nourishment and exercise regimen, they let their body depreciate while they let their bank balance and assets appreciate. We cannot work in a one-way traffic. We need to look at our limbs, our organs and our skin to feel and realize if they are getting tired, shriveled, undue pain and weakness. It takes less than a minute a day to observe these small signals, yet we prefer to ignore them totally. The universal thumb rule is, if you ignore a signal from your body, you are in, for trouble, no matter what it may be. You may be the king of your own being and your own doing, but remember even kings have their bad times and downfall becomes inevitable. In the same way if you do not respect your body and isolate or ignore signals to impending diseases, like a strong fort; in time, it will crumble and your empire will be doomed.

It is therefore, imperative, each day of your life you check for signs in your body for any pain, undue weakness, and symptoms. Feed your body with only those which may benefit your body all day long. Drink plenty of water and juices to keep yourself hydrated. Exercise and play games to warm up your limbs and

biomechanics in general. It also keeps your heart healthy and strong. Occasionally, indulging in activities that may harm your body is sometimes acceptable. Nevertheless, when you do it, keep in mind it is harming your body, this way you will not indulge in it all the time. This is self-hypnosis -a deterrent.

Temptations and bad karma.

You can neither keep your mind nor your body in control unless you are able to avoid and ignore the temptations that come your way all the time. Those which tempt you to indulge into are generally your enemy in disguise and shall betray you later. Temptations in life are the root cause of all the troubles that befall us, it does not show its morbidity immediately; this is the true characteristic of all the temptations that shows up in our lives always. It starts to show up one by one and grip our lives mostly never to let go of us. Take alcohol, for instance, it is a good mood maker; a casual drink turns most people into alcoholic in a few years. This definitely weakens their immunity and gives them fatty liver too. In course of time, the body shows symptoms of illnesses. As people age they acquire multiple diseases, there is no point of return from this misfortune that one creates for oneself.

Temptations are bound to influence you since the time you are able to use your sense organs and use your limbs to hold something, even though you may not be able to express yourself by the words of mouth. As a child, you are tempted with red and green LED flashing toys. You are tempted with all things that fascinate you. Gradually when you grow up and step into the world as an independent person, there is no one to stop you from doing all what you want to do. There is no mother or father or that bad uncle to tell you “*don't do it Joe*”. This

is when you begin to play the temptation game. Friends and money in your pocket, you find it easy to play the temptation game. Friends, booze, smoke, and easy life style all seem so pleasant and worthwhile after hard days of slogging. It is ok if you enjoyed this for a moment and occasionally, but it does not happen that way. This temptation is like a virus in your computer; it hides itself somewhere never to be found and slowly slows you down. It keeps you wanting those good moments repeatedly, day after day, and year after year, until morbid signs of abuse begin to show up all over you, internally and externally. This is when you awake to the misuse and abuse to your body, yet unknowing the causes that led you into it and unrepentant of course.

With a strong mind you should always be able to control your desires for all those temptations that may seem so glamorous, overpowering your mind and body. This is the only way to keep bad karma at bay and lead a happy and peaceful life all along. Yes, there is also another way for weak-minded people to dissuade themselves of bad karma, it is by reporting home all the time their daily activities and by requesting their loved ones to check them all the time. It is first necessary to self-realize our weakness of mind, and then only can we seek the help of others. How many of us will ever accept the fact that our minds are weak? This is the reason why most of us are so unfortunate. Only self-realization will allow us to estimate the power of our minds. Getting oneself to be checked by another is also difficult and against the nature

of most of us, this is why we can never rid ourselves of diseases and misery.

Intentions and karma.

It is strange, sometimes when we see bad people who throughout their lives committed bad karma, suddenly turn philanthropic and charitable. They begin to move in different circles and meet with influential people already into charitable work. They suddenly establish these charitable organizations and help people, are kind to them and speak kind words. It is such a relief to the eye and ear. We thank the Almighty for those changes in the mind and hearts of these people.

We humans are naive and see all things superficially. Most of us do not bother to see the hidden reasons for the sudden changes in these people. If you delve deep into their intentions, you will unearth a mine of warped and selfish reason that will unfold before your eyes. Their good karma is in fact a bundle of bad karma with a good outer layer, like a duet ice-lolly having two flavors, one inside, and another outside.

After having amassed wealth and fortune for themselves, they, at a later stage, prefer to build a strong goodwill for themselves and their family, in order to wipe out the bad reputation they enjoyed so long. In fact, in their heart of hearts, they know much more about their evil ways than others do. They are guilty and conscious of the fact and therefore, try to put up a good show. This is not all; sometimes their intentions are to contest elections, as

they have sufficient money and the support of local thugs, both of which are necessary to win any election. Sometimes they are into charitable work with an intention to woo public and private funds, most of which are diverted into their own kitty.

This world is a strange place to know and live in. Sometimes, you will come across people who are regarded as notorious and repulsive. Incidentally, such people come to your help and rescue and after they have done what they had to, for you, they leave a completely different impression about themselves. Such people with a history of bad karma suddenly perform good karma and all with good intentions and voluntarily, much to your dismay.

We all know mankind has a complex character; one moment he may be kind, the next moment, aggressive. Therefore, anyone can perform good karma and bad karma all at the same time and in the same breath. None of us is a complete saint or a devil. Therefore, we cannot generalize someone only doing bad karma or only doing good karma. We are aware of a person's one side, the side that we are exposed to good or bad. When we hear about the good or bad side of the person, we are moved or taken aback. This is natural and we should always keep in mind that none of us perform only good or only bad karmas. Yes, the percentage from good to bad may vary.

In your karmas lie your intentions and in your intentions lies your karma, either way; good or bad. It is never necessary that all the good karmas that people perform may show signs of good karma or all the bad karmas people perform will show signs of bad karma. Sometimes, parents do not indulge in extravagant expenditure, showing signs of being a miser, they show themselves to be short of money, what they do, is save for children's education or marriage or any unforeseen calamity; this is good karma with no outer sign. Intentions are very personal and secretive. Even the writing of this book may have an intention which the publisher or the readers may never know. The intention could be to make money, to awaken people to a cause, to impress someone or to seek fame as an author. So long, the intention is noble and pro-public; it is regarded as good karma.

Good karma in hard facts of life.

Did you ever stop to think; whatever tempts you in life betrays you later? For instance, rich food, extravagant life style, debauchery, and luxury are all great betrayers in life. In contrast, those which are reality and touch your life all the time are those which stay with you during your good as well as bad times. Sincerity, discipline, education, and all such facts only lead you to good karma.

It is natural to while away our time with friends, before TV or any pursuit that gives us pleasure and momentary happiness. We also prefer to glance through glossy magazines and surf through so many entertainment sites on the web. We would also like to frequent eateries and pubs to spend time and nights out. We all would like to sleep long hours and go for a long drive to refresh ourselves. If all of us could do only this and not work for a living, our lives would have been so perfect to live for a while; yes, for a while because all these would ultimately have a severe backlash in our lives, in the long run. Diabetes, arthritis, poverty, obesity, kidney and other organ failures would naturally greet us, once our quota of good times was over. This is bad karma in disguise. Over indulgence in these would naturally kill us one day.

Our good karma is fastened to only facts. With each life is fastened, the reality of birth, growth, misery, suffering, pleasures, and ultimately death. None of us can ever escape these six pillars of life, unless there is an unnatural death at birth itself.

At the outset education, work, simple food and simple life style all seem so boring and repulsive. It sounds middle class or meant for struggling family only. This is why most children from middle section of the society are able to perform well in their studies and in their careers. They have the least facilities and distractions. They are mostly bound by the routine of their daily lives, almost similar to their grandparent's and parent's. They are provided with simple meals, routine life style and least distractions. Their distractions may be some sports or a restricted TV program, selected mostly by the parents. However, this is a chain; when these children succeed in their career and reach an affluent level, their life style mostly change and their children are provided with luxury and distractions. This is when the life style of their children is different and luxurious food and distractions are introduced to them. Their children in return, mostly show signs of poor performance and early symptoms of diseases. However, this is not necessary in all cases but this chain happens gradually, post one or two generations.

Man is built to work and live like a nomad. With sedentary habits and modern living style, we have been under-using our biomechanics and surviving abilities.

We mostly use our mind in most work and leave the manual tasks to lower section of the workers. We have made *hurry, stress, instant, and fast* our pet words. We are all racing against time. This is a chain reaction and a sign that the world is progressing materially, rapidly. Different regions of the world need some kind of material goods or services urgently and the repercussion is felt by everyone in line. Therefore, everyone is hurrying to pacify someone at some place around the world. This form of life style is injurious and reduces the quality of our mind and spirit. We are so much engrossed in catering to the world commercially that we let our spiritual side die a slow death.

As humans, we need to chalk out our daily strategy and do as much we can without compromising on the quality of our thoughts and spiritual ability. We should restrict our life style to only those which help us improve materially as well as spiritually. Occasional deviation from the routine lifestyle is natural and permissible. This is a part of our experience and exploration of the other side of life.

Animals play, eat, and sleep- this is their routine lifestyle. We are built with the power of reasoning and superior limbs so we also think, work and earn to survive. However, we should not forget the routine of the animals and necessarily introduce the routine *play, eat, and sleep* into our lives. Whatever we do, whoever we are, timely

meals and sleep will always keep us healthy while a little play will see us through our ageing process.

There is no escape from the boring routine of life's best gifts of sleep, simple foods and knowledge. Sleep, you have to, without which you cannot function. Simple foods keep you healthy and nourished; without food you cannot survive. Knowledge gives you the ability and power to deal with situations. Even if you never went to school, knowledge by observation remain with you and you learn all on your own how to survive in this world. With better and long-term education, you become versatile in certain branch of knowledge and can survive better and in a more dignified way.

Therefore, we necessarily need to remember that all our good karma is hidden in the hard facts of life. We need to respect and honor, all we see as boring and routine in our lives, without which we may never be able to survive successfully.

Karma and religions.

Each one of us owes allegiance to a religion. Even though we may never have faith in the religion we profess, but by law, we need officially to follow a religion to fill up government/school and different forms where the column for religion needs to be filled in compulsorily. Even at birth and death, the need to mention and find a suitable resting place becomes imperative to mention the religion we follow.

Religion has confused mankind into believing different gods and the way of life. Each religion claiming to be better than the other is. If we use our logical mind, we will conclude that each one of us has to be born, grow, die and each one of us has to struggle and find a survival strategy; within this, are the happiness, suffering, and misery that we all encounter. Whichever religion you profess, you will experience these elements of life and no one can escape these basic facts from birth until death. So where does religion help us. The death of one is no different from the other! The survival of one is no different from the other and the success and failure of one is no different from the other. So where does religion lead us? The formation of religion by itself is faulty. The words and teachings of the saints to some extent were acceptable and respected. However, when those teachings were formed into religions, it lost its original meanings and became a playground of rituals and ceremonies. Religions came to reform mankind. However, their sermons were different at different times by different saints at different regions, some claiming their Gods to be several, while others claiming it to be only one. Some, just not believing in Gods and advising their followers to believe in themselves. This way, with all the religions there is an utter confusion in the world. As time is passing by, we see more confusion and more splitting of the religions due to different interpretations by different scholars of their very own clan.

People are so overwhelmed and carried away by their religions and their saints that they refuse to see reasons

otherwise. Time is near when, for every step one will take, one will discuss with one's religious head before that one-step is put forward. What people forget is birth, growth, death is common to all, there is as much discomfort in birth, growth, and death for the follower of one religion as it is for the other. The God of one does not provide any incentive or bonus to one type of follower anyway. There is misery, suffering, happiness, bright and dark sides of survival for all people of all the religions of the world. Yet man is so foolish as to kill each other, plot, and plan to harm and each other all in the name of religion, without realizing the logical aspect of the same.

It is time people renounce religion and standardize their life to brotherhood- as we all live and survive in the same way from one end of the world to another. Unless this is done, the light of peace cannot be found anywhere across the globe. Logically, we are a failure and we have put enough materialism into our religion for us to harm each other, irrespective of who and what we are. We narrow down our preference of people and their faith and then target them as our enemies or opponents. We do not, even for a second, stop and think if we are right in doing so.

Good karma will only emit from the philosophy of brotherhood and *sentient-ism*, meaning love for all living beings. Unless we see, reasons into bringing a reform into thinking healthy and liberally, we are doomed and our posterity will suffer. It is not about black, white,

yellow races or Asians and Hispanics or American and Europeans, it is about innocent people who are following their faith religiously and ignorant of the facts of their faiths. People are ignorant and prefer to do all what has been handed down to them since their ancestors. This is what they feel is correct and true. Even though in a tiny corner in their mind, there is that logic about the truth and variety of all religions, yet they prefer to let that tiny part in their mind sleep and carry on, with what others are doing. This is to avoid social stigma and being ostracized from the society. They feel why go into controversy and antagonize the society when things are running fine. One has to break free from this hypothesis, called religion which is eating into each one of us, one day only to wipe out the world, if not suitably discouraged now.

If you look up history, most new religions were established by the power of swords and violence. Only two religions, Jainism and Buddhism won the peoples' heart by words of kindness and compassion. Even today, people are looking for ways to conduct their lives in a peaceful way. With religion being compulsory in the society, it does not allow anyone to break free or renounce his religious belief. The need to identify himself in the society as well as in official documentation, the need to find a suitable place to dispose him on death, compels one to continue with their religious belief. If a country could recognize a non-religious person, who would renounce his religion and if that country could, built a cemetery for burning or burying dead bodies of non-religious people, many

people would officially renounce their religions and be happy practicing brotherhood instead.

Religions have done more harm, taken more lives, and let people spend their precious times from the already limited span, in undue religious activities. The time and money spent in religious activities around the world runs into billions of dollars. Lives lost in religious disputes runs into billions and the sacrifice of innocent creatures in the names of religions, left billions of such innocent creatures abused and dead. All these are bad karmas and the results of these bad karmas are evident today. As the time is passing, religious activities are getting stronger with nothing constructive or beneficial to mankind. All those billions of dollars; had it been spent in the welfare of mankind, this world would have been different and blissful. Similarly, the time spend in religious worshipping and celebrations, if spent on purposeful activities, such as in the welfare of children, old people, the earth and its environment; man and all sentient beings in this world would have seen the brighter side of nature and lived a happier, healthier life and with lesser misery and suffering.

Finally, it is to be noted that religion is only confusion. Religions instruct its followers to punish the wrong. What is wrong is confusing. Wrong in the eye of one is right in the eye of another. In addition, religious activities and conducting one's life according to religious beliefs only aggravates one's life and mostly negative karmas are performed. Religious activities are mostly

based upon myths and fables, hence activities based upon myths and fables are mostly negative.

Religious views on karma or deeds of mankind

Religion is like stone soup. If you remember the story of stone soup, where the beggar, not finding food went up to yet another home and offered to prepare stone soup. The hosts were delighted to have something unusual. She asked them to provide all ingredients for the soup and a few washed and clean stones. When the soup was ready, she put in the stones. The hosts as well as the beggar women got to drink the soup. Religions work in the same way. In spite of all the words of gods and those voluminous work on good and evil, a line ultimately warns you that your deeds or karmas are ultimately responsible for you. If my deeds or karmas are responsible for my life in this world and hereafter then why worry about gods and religions. I can keep my deeds or karmas in order and that is it.

Let us see what the different religions of the world have to say about karma of mankind:

BUDDHISM:

“The theory of karma is the theory of cause and effect, of action and reaction; it is a natural law, which has nothing to do with the idea of justice or reward and punishment. Every volitional action produces its effects or results. If a good action produces good effects, it is not justice, or reward, meted out by anybody or any power sitting in judgment of your action, but this is in virtue of its own nature, its own law. This is not difficult to understand. But what is difficult is that, according to karma theory,

the effects of a volitional action may continue to manifest themselves even in a life after death” (**Walpola Rahula**, *What the Buddha Taught*)

"For, owners of their deeds (karma) are the beings, heirs of their deeds; their deeds are the womb from which they sprang; with their deeds, they are bound up; their deeds are their refuge. Whatever deeds they do-good or evil-of such they will be the heirs. And wherever the beings spring into existence, their deeds will ripen there; and wherever their deeds ripen, there they will earn the fruits of those deeds, be it in this life, or be it in the next life, or be it in any other future life."
- *Gautama Buddha*

"Surely if living creatures saw the results of all their evil deeds, they would turn away from them in disgust. But selfhood blinds them, and they cling to their obnoxious desires. They crave pleasure for themselves and they cause pain to others; when death destroys their individuality, they find no peace; their thirst for existence abides and their selfhood reappears in new births. Thus they continue to move in the coil and can find no escape, from the hell of their own making."
- *Gautama Buddha*

"Dependent Origination is the teaching... (that life) is not the mere play of blind chance, but has an existence that is dependent upon conditions. That, precisely with the removal of these conditions, those things that have arisen in dependence upon them-thus also all suffering-must perforce disappear and cease to be."
- *Gautama Buddha*

"The 'Craving for Eternal Existence' is intimately connected with the 'Eternity- Belief', *i.e.*; the belief in an absolute, eternal, Ego-entity persisting independently of our body... Verily, because beings, obstructed by delusion and ensnared by craving, now here, and there seek ever fresh delight, therefore, such action comes to ever fresh rebirth and the action that is done out of greed, anger and delusion, that springs from them, has its source and origin there. This action ripens wherever one is reborn and wherever this action ripens, there one experiences the fruits of this action, be it in this life, or the next life, or in some future life."
- Gautama Buddha

"When you lose, do not lose the lesson."
"When you realize you have made a mistake, take immediate steps to correct it."
"Follow the 3 RES. RESpect for others. RESpect for yourself. RESponsibility for all your actions." [I would add RESpect for all life. - EM]
"All major religious traditions carry basically the same message; that is love, compassion, and forgiveness are the important things that should be part of our daily lives."
- Dalai Lama

"My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground upon which I stand."
- Thich Nhat Hanh

"The law of karma is the principle of cosmic justice that holds, all that good actions will be rewarded and that all wicked actions will be punished. Sometime. Somehow.

Some where."

- *Chanju Mun (Buddhism and Peace)*

"What is required is the finding of that Immovable Point within one's self, which is not shaken by any of those tempests which the Buddhists call 'the eight karmic winds': 1-fear of pain, 2-desire for pleasure; 3-fear of loss; 4-desire for gain; 5-fear of blame, 6-desire for praise; 7-fear of disgrace; [and] 8-desire for fame."
- *Joseph Campbell & Richard Roberts*

"As men think so they are, both here and hereafter, thoughts being things, the parent of all actions, good and bad alike and as the sowing has been, so will the harvest be."

- *The Tibetan Book of the Dead*

CHRISTIANITY:

"Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things, will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us not become conceited, provoking one another, envying one another.

"Whatsoever a man soweth, that shall he also reap."
- **Bible: Galatians (6:7)**

"For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled."
- **Bible: Matthew (5:18)**

"And it is easier for heaven and earth to pass, than one tittle of the law to fail."
- **Bible: Luke (16:17)**

"He, which soweth sparingly shall reap also sparingly; and he, which soweth bountifully shall reap also bountifully."
- **Bible: 2 Corinthians (9:6)**

"For all flesh is as grass and all the glory of man as the flower of grass. The grass withereth and the flower falleth away: But the word of the Lord endureth for ever."
- **Bible: 1 Peter (1:24-25)**

"And as Jesus passed by, he saw a man, who was blind from his birth. And his disciples asked him, saying, 'Master, who did sin, this man, or his parents, that he was born blind?' Jesus answered, 'Neither hath this man sinned, nor his parents: but **the works of God** should be made manifest in him.'
- **Bible: John (9:1-3)**

.....(the works of God in this case being the fulfillment of karma)

"Put not off from day to day and from cycle to cycle, is the belief that ye will succeed in obtaining the mysteries when ye return to the world in another cycle."
- *Jesus Christ: Gnostic Gospels: Pistis (Knowledge) Sophia (Wisdom)*

"The counterfeit of the spirit is stationed without the soul, watching over it and dogging it and the rulers bind it to the soul with their seal and with their bonds and force it to commit mischief unremittingly, that it may be their slave forever, and be under their subjection forever in the transmigration into bodies: And they seal this counterfeit to the soul, so that it may be in every kind of sin and all the desires of the world. It is because of this that I have brought the mysteries into the world, which break all the bonds of the counterfeit of the spirit, which make the soul free and ransom it from the hands of its parents, the rulers, and transform it into pure light, to bring it into the kingdom of the True Father, the first everlasting mystery."

- *Jesus Christ: Gnostic Gospels: Pistis (Knowledge) Sophia (Wisdom)*

"God shall judge the righteous and the wicked: for there is a time for every purpose and for every work."
- *Bible: Ecclesiastes (3:17)*

"Rejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, and in the sight of thine eyes: but know thou, that for all these things God will bring thee into judgment."

- *Bible: Ecclesiastes (11:9)*

"For they have sown the wind, and they shall reap the whirlwind."

- **Bible: Hosea (8:7)**

"Even as I have seen, they that plot iniquity, and sow wickedness, reap the same."

- **Bible: Job (4:8)**

"Whoso diggeth a pit shall fall therein: and he that rolleth a stone, it will return upon him."

- **Bible: Proverbs (26:27)**

"Every soul... comes into the world strengthened by the victories or weakened by the defeats of its' previous life. Its' place in this world as a vessel appointed to honour or dishonour, is determined by its' previous merits or demerits. Its' work in this world determines its' place in the world which is to follow this."

- *Origen*

HINDUISM:

Karma does not bind one who has renounced work.

Bhagavad Gita

Work done with selfish motives is inferior by far to the selfless service or Karma-yoga. Therefore be a Karma-yogi, O Arjuna. Those who seek [to enjoy] the fruits of their work are verily unhappy [because one has no control over the results].

Bhagavad Gita

In Karma-yoga no effort is ever lost, and there is no harm. Even a little practice of this discipline protects one from great fear of birth and death.

Bhagavad Gita

A man who sees action in inaction and inaction in action has understanding among men and discipline in all action he performs.

Bhagavad Gita

The person whose mind is always free from attachment, who has subdued the mind and senses, and who is free from desires, attains the supreme perfection of freedom from Karma through renunciation.

Bhagavad Gita

As the blazing fire reduces wood to ashes, similarly, the fire of Self-knowledge reduces all Karma to ashes.

Bhagavad Gita

Delusion arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down when reasoning is destroyed.

Bhagavad Gita

There is neither this world nor the world beyond nor happiness for the one who doubts.

Bhagavad Gita

One who has control over the mind is tranquil in heat and cold, in pleasure and pain, and in honor and dishonor; and is ever steadfast with the Supreme Self.

Bhagavad Gita

One gradually attains tranquility of mind by keeping the mind fully absorbed in the Self by means of a well-trained intellect, and thinking of nothing else.

Bhagavad Gita

The power of God is with you at all times; through the activities of mind, senses, breathing, and emotions; and is constantly doing all the work using you as a mere instrument.

Bhagavad Gita

“Sages discovered this link of the existent to the nonexistent, having searched in the heart with wisdom”

Rig Veda quotes

“Ego is the biggest enemy of humans”

Rig Veda quotes.

“A person can achieve everything by being simple and humble”

Rig Veda quotes.

“People who are soft spoken and truthful are loved by all”

Rig Veda quotes.

“When there is harmony between the mind, heart, and resolution then nothing is impossible”

Rig Veda quotes.

“People accept only that person as their leader who is radiant with good knowledge and karma (deeds)”

Rig Veda quotes.

“A person who performs good Karma (deeds) is always held in high esteem” Rig Veda quotes.

“The real happiness of life is in doing 'karma’
Rig Veda quotes.

“One should, perform karma with nonchalance without expecting the benefits because sooner or later one shall definitely get the fruits”
Rig Veda quotes.

"Ho! Ye who suffer! Know ye suffer from yourselves.
None else compels."
- *The Lords of Karma*

"The individual self, augmented by its' aspirations, sense contact, visual impressions and delusion, assumes successive forms in accordance with its actions... So it is that we live in accordance with our deep, driving desire. It is this desire at the time of death that determines what our next life is to be. We will come back to Earth to work out the satisfaction of that desire."
- *Svetasvtara Upanishad*

"What becomes of this man? Indeed, one becomes good by good action and bad by bad action."
- *Brihadaranyaka Upanishad* (Sage Yajnavalkya)

ISLAM:

"To those who believe and do deeds of righteousness hath Allah promised forgiveness and a great reward," (Surah 5:9).

"And He answers those who believe and do good deeds, and gives them more out of His grace; and (as for) the unbelievers, they shall have a severe punishment," (42:26)

"O you who believe! If you are careful of (your duty to) Allah, He will grant you a distinction and do away with your evils and forgive you; and Allah is the Lord of mighty grace," (8:29)

"Then those whose balance (of good deeds) is heavy, they will be successful. But those whose balance is light, will be those who have lost their souls; in hell will they abide," (23:102-103).

"Surely they who believe and do good deeds and keep up prayer and pay the poor-rate they shall have their reward from their Lord, and they shall have no fear, nor shall they grieve. (The Cow 2.277)"

JAINISM:

The relation between the soul and karma is beginning-less but not endless. This beginning-less relation can be ended forever. Karma is matter (Pudgala). The body is material. Its cause is karma.

Hence karma is also a matter. The inherent causes of a material effect are a material. The earth is a matter, It is elemental, so the object made from it must also be material/elemental.

Happiness is experienced by means of agreeable material like food, etc. and unhappiness is experienced by being

hit by a weapon. Food and weapons are both material, so also karma; the cause of happiness and misery is material.

The soul is bound by fetters. It prattles, when liquor is consumed or becomes intoxicated. It becomes unconscious by smelling chloroform. The fetters, liquor, chloroform, etc. are material objects, inert objects. They affect the body, the mind and the soul. Similarly, by coming into contact with karma, which is inert matter, the fundamental qualities like knowledge, perception, etc. of the soul are covered and it experiences happiness and misery

Karma is not of one type but of many types. There are 8 main types according to the effect produced. It is called 'Prakrtibandha'. The original Prakrtis of Karma are eight. Prakrti means nature. Karma has nature of 8 types as follows :

1. Jnanavaraniya Karma (Karma that obstructs knowledge):

The matter that obstructs the quality - knowledge of the soul is called jnanavaraniya karma.

If there is a bandage over the eye, nothing can be seen even if the eye is there. There is infinite knowledge in the soul, but as long as this karma remains an obstruction over the soul, the soul cannot obtain knowledge. This karma becomes an obstruction in obtaining knowledge.

This karma is of 5 types.

How is this Karma formed?

Jnanavaraniya karma is formed in these six ways;

(1) by censoring knowledge and the learned.
(2) by showing hatred towards knowledge and the learned.

(3) by insulting knowledge and the learned.

(4) by forgetting the obligations of the learned.

- (5) by quarrelling with the learned without any cause and
(6) by causing obstacles to the learner and the learned.

The Fruits of Karma

On account of this Jnanavaraniya karma, the soul become deaf, dumb, or of retarded mind. It may not have pure intellect and may not acquire the knowledge of the soul. Such are the fruits of this karma.

2. Darsanavaraniya karma (karma which obscures cognition) :

The matter which obscures the quality of infinite cognition of the soul, is called 'Darsana-varaniya-karma'. One cannot enter the area guarded by a watchman. Similarly this karma obscures the cognition of the soul. This karma has nine types.

How is this karma formed ?

Darsanavaraniya karma is formed by censuring virtuous people, by showing contempt towards the virtuous and learned people, by being ungrateful, by doubting the word of god and by creating obstructions in religious practices.

The Fruits of this Karma

Because of darsanavaraniya karma the soul cannot see properly, can become blind, may be a victim of insomnia, may sleep while sitting or moving, cannot see god, etc. These are the fruits of this karma.

3. Vedaniya Karma :

The matter which makes you experience happiness and unhappiness, is called 'Vedaniya karma'. This karma resembles the edge of a sword. If honey is applied to the edge of a sword and if somebody licks it, he experiences sweetness in the beginning but later on feels pain and misery on account of the cut caused by the edge. If one licks the edge of a sword to which opium is applied, he experiences bitterness first and pain later on.

One experiences happiness and unhappiness also by this karma. This Karma has two varieties.

How is this Karma formed ?

Satavedaniya karma is accumulated by showing mercy to all living beings, by sharing the unhappiness of unhappy people and reducing their misery.

Asatavedaniya karma is accumulated by troubling and harming living beings and by becoming happy in their misery.

The Fruits of this Karma

Satavedaniya karma gives pleasing and likeable enjoyments.

Asatavedaniya karma gives miseries like poverty, disease, etc. in return.

4. Mohaniya Karma :

The matter which makes the soul passionate and deluded is called 'Mohaniya karma'.

A man taking narcotics cannot have any sort of discretion. Similarly on account of this karma, the soul forgets itself and becomes attached to transient enjoyments. This karma has 28 varieties.

How is this Karma formed ?

Mohaniya karma is accumulated by outburst of too much anger, pride, deceit and greed; by practising irreligion in the name of religion, by following bad conduct, by committing adultery etc.

Fruits of this Karma

Because of this karma, the soul becomes deluded, excessively attached and passionate. It becomes jealous, quarrelsome, deceitful and hypocritical. It becomes frightened without reason or with reason and full of sorrow, etc.

5. Ayusya Karma :

The matter which creates life is called Ayusya Karma. This karma resembles a prison. A man imprisoned in a

jail cannot go or come according to his desire. Similarly, the soul remains imprisoned in the prison in the form of the body on account of this karma.

This karma has 4 types.

How is this Karma formed ?

1. By taking those professions wherein living beings are killed every moment; 2. By hoarding; 3. By meat-eating; 4. A soul goes to the hell by killing a living being having 5. Senses.

2. A living being goes to the **tiryanka** birth i.e. gets the birth of an animal or a bird by 1. telling lies deceitfully 2. by treachery 3. by telling lies; 4. by using wrong scales.

3. A living being, who is (1) naturally free from fraud, (2) who is courteous by nature, (3) merciful and free from jealousy, gets the birth of a human being.

4. A living being gets the birth of a god i.e. he becomes a god, a goddess, an Indra or an Indrani by 1. observing self-control after initiation, 2. by observing the 12 vows as a house holder, 3. by performing penances and 4. by enduring pain with quanimity.

The fruits of this karma

With the accumulation of karma as said above, the soul enjoys various kinds of fruits.

6. Namakarma :

That matter (pudgala) on account of which various materials of life become available, is called 'Namakaram'. This karma is like a painter. Just as a painter paints various types of pictures with a pencil or a brush, so the soul assumes bodies of various forms and shapes. This karma has 103 varieties.

How is this Karma formed ?

Good 'Namakarmas' are accumulated by keeping the mind, speech and body straightforward and pure and by behaving with love and friendliness with all. Bad

‘namakarmas’ are formed by keeping the mind, words and body crooked and by quarrelling.

The Fruits of this Karma

By good namakarma, one gets desired enjoyments, fame, beauty, happiness, health, etc.

By bad namakarma, scarcity, bad feelings and pain are suffered. It also results in ill-fame, diseases, etc.

7. Gotra Karma :

This Karma has two types - higher and lower.

That pudgala (matter) by the power of which, one attains to a higher family is higher ‘gotra karma’ and that pudgala (matter) by the power of which, one is condemned to a lower family is called lower ‘gotra karma’.

This Karma is like a potter. Just as a potter makes utensils of various types from the same lump of clay, similarly only one body (i.e. the same body) has experience of various types on account of this karma.

How is this Karma formed ?

Lower ‘Gotra Karma’ is bound by showing pride and vanity in any one or more of these eight - caste, fruit, strength, beauty, penances, knowledge, gain and lordliness.

By not showing pride in all these things, higher ‘Gotra Karma’ is formed.

The fruits of this Karma are as follows :

By higher ‘Gotra Karma’ one reaps good things. He gets birth in a happy, prosperous and cultured family. He acquires beauty, strength and wealth. By lower ‘Gotra Karma’, he gets the opposite of the above, viz., he gets birth in a lower caste and family. He also suffers poverty, disease, ugliness etc.

8. Antaraya Karma :

The pudgala (matter) creating obstruction to active power is called 'Antaraya' (Obstacle) Karma'. This Karma is like a treasurer. The institution or the owner may have sanctioned the amount to be given, but that amount can be collected only when the treasurer gives it. Similarly, the soul has infinite powers and qualities, but they are obstructed by this karma. This karma has 5 varieties.

How is this Karma formed ?

This Antaraya Karma is bound (1) by becoming an obstacle, when somebody is giving charitable gifts, (2) by coming in the way of somebody's gain; (3) by stopping somebody's food and drink; and (4) by stopping somebody from performance of religious mediation, etc.

The fruits of this karma

On account of this Karma, the person cannot give charitable gifts, cannot make gains, cannot enjoy various enjoyments and cannot worship god.

As long as the soul is concerned and connected with these eight karmas and their sub-divisions, the rebirth connected with these eight karmas and their sub-divisions, the rebirth of the soul goes on.

Rebirth means constant movement of the cycle of life and death.

JUDAISM:

A bird that you set free may be caught again, but a word that escapes your lips will not return.

Jewish Proverb

As he thinks in his heart, so he is.

Jewish Proverb

As you teach, you learn.

Jewish Proverb

Do not be wise in words - be wise in deeds.

Jewish Proverb

Don't look for more honour than your learning merits.

Jewish Proverb

First mend yourself, and then mend others.

Jewish Proverb

He that can't endure the bad, will not live to see the good.

Jewish Proverb

If not for fear, sin would be sweet.

Jewish Proverb

What you don't see with your eyes, don't invent with your mouth.

Jewish Proverb

SIKHISM:

Give up your selfishness, and you shall find peace; like water mingling with water, you shall merge in absorption.
Sri Guru Granth Sahib

The person who is basically evil by nature will always be averse to virtuous deeds. He is always engaged in bad karma.

Sri Guru Granth Sahib

People are entangled in the enjoyment of fine clothes, but gold and silver are only dust. They acquire beautiful horses and elephants, and ornate carriages of many kinds. They think of nothing else, and they forget all their relatives. They ignore their Creator; without the Name, they are impure.

Sri Guru Granth Sahib

VARIOUS/MODERN:

"The centre of the soul is God; and, when the soul has attained to Him according to the whole capacity of its being, which is the strength and virtue of the soul, it will have reached the last and the deep centre of the soul, which will be when with all its powers it loves and understands and enjoys God."
- *St. John of the Cross (Living Flame of Love)*

"God says to man: 'Be thou thyself, and I shall be thine.'"
- *Nicolaus of Cusa*

"Yet through all, we know this tangled skein is in the hands of One,
Who sees the end from the beginning: He shall unravel all."
- *Alexander Smith*

"...each human being is the center of the universe, for God lives equally in all."
- *Irving S. Cooper (Reincarnation: A Hope of the World)*

"Eternity is not something that begins after you are dead.
It is going on all the time."

- *Charlotte Perkins Gilman*

"Love - is anterior to Life - Posterior - to Death - Initial
of Creation, and The Exponent of Earth."

- *Emily Dickinson*

"What thou seest, that thou be'st: dust if thou seest dust,
God if thou seest God."

- *Edgar Cayce*

"...a healer's heritage is as much Christ and Krishna as it
is Freud and Jung... therefore a healer's capacity to help
is limited only by his spirit which is limitless..."

- *Krishan Bir MA PhD*

"The journey of Soul... by the lessons gained in the
physical experience... it may take (its) place in the
realms of soul activity in an infinite world among others
that have passed through the various realms... which first
called every soul and body into experience."

- *Edgar Cayce*

"For we have come by different ways to this place... I
can tell by the natural ease with which you wear fine
clothes and the way your mouth moves when you speak
with waiters in good restaurants. You have come the way
of castles and cathedrals, of elegance and empire."

- *Robert James Waller*

"Karma is not something pessimistic. If you think of
karma as something wrong, you are seeing karma only
according to what happened in the past... So you should

also look at karma in the present and future. Then karma becomes something very wide and really alive. Through karma you can understand what your destiny is... it's something you can create. You can create your life. That is why we study karma."
- *Dainin Katagiri (Each Moment Is the Universe)*

"Many times man lives and dies between his two eternities:
that of race and that of Soul...
A brief parting from those dear is the worst man has to fear...
Though gravediggers' toil is long...
They but thrust their buried men back in the human mind again."
- *W. B. Yeats*

"World War II showed it was not gods that must be placated, but something inside the heart of man that lets him to destroy with savage intensity and on a grand scale those of his own kind who have offended him."
- *Helen Wambach (Life Before Life)*

"It is not enough to know about reincarnation; we must live it."
- *Guenther Wachsmuth*

"When we cross the gates of death, our karma is all we take with us. Everything else that we enjoyed in this life we leave behind... Our karma is the only thing that will count in determining our rebirth, for our next life is nothing but the effects of our karmic tendencies that materialize in our perception."
- *Tulku Thondup (Peaceful Death, Joyful Rebirth)*

"Once I leave this earth, I know I've done something that continues to help others."

- Jackie Joyner-Kersey

"The most important thing in the world is to hold your soul aloft."

- Gustave Flaubert

"Karma is the destiny man weaves for himself."

- L. H. Leslie-Smith (*Karma, Rhythmic Return to Harmony*)

"If the karma of man has brought him nothing more than a capacity to love, then he has not lived in vain for a thousand past lives. It is this love which makes the most humble of Souls so great that it lifts him beyond all life into the worlds of God."

- *Shariyat-Ki-Sugmad* ([Eckankar: Book 2](#))

"Karma applies itself in the most exacting and clever of ways. If we deprived another human being of freedom in a previous life, we'd have our freedom curtailed in this life. This experience would give us time to... learn the Law of Love."

- *Eckankar: Ancient Wisdom for Today*

"Karma differs from fate or destiny because it encourages us to take an active role in life. The Law of Karma requires the seeker to follow the highest code of ethics."

- *Eckankar: Ancient Wisdom for Today*

"God is immanent in every atom, all-pervading, all-sustaining, all-evolving; He is its source and its end, its cause and its object, its centre and circumference; it is

built on Him as its sure foundation, it breathes in Him as its encircling space; He is in everything and everything in Him."

- *Annie Besant (The Ancient Wisdom)*

"The Soul which is approaching its' liberation, as it looks back over past lives... down the vistas of the centuries along which it has slowly been climbing,... is able to see there the way in which the bonds were made, the causes which set it in motion. It is able to see how many of those causes have worked themselves out and... how many... are still working themselves out."

- *Annie Besant*

"Karma brings us ever back to rebirth, binds us to the wheel of births and deaths. Good karma drags us back as relentlessly as bad, and the chain which is wrought out of our virtues holds us as firmly and as closely as that forged from our vices."

- *Annie Besant*

"Nature is conquered by obedience' - and her resistless energies are at our bidding, as soon as we, by knowledge, work with them and not against them. We can choose out of her boundless stores the forces that serve our purpose in momentum, in direction, and so on, and their very invariability becomes the guarantee of our success."

- *Annie Besant*

"Belief in karma ought to make the life pure, strong, serene, and glad. Only our own deeds can hinder us; only our own will can fetter us. Once let men recognize this truth, and the hour of their liberation has struck. Nature cannot enslave the soul that by wisdom has gained power

and uses both in love."
- *Annie Besant*

"Man peoples his current living space with a world of his own, crowded with the offspring of his fancies, desires, impulses, and passions."
- *Annie Besant*

"As no cause remains without its due effect from greatest to least, from a cosmic disturbance down to the movement of your hand, and as like produces like, Karma is that unseen and unknown law which adjusts wisely, intelligently, and equitably each effect to its cause, tracing the latter back to its producer."
- *Helena Blavatsky (Key to Theosophy)*

"Karma is not fate, for man acts with free will, creating his own destiny. The Vedas tell us, if we sow goodness, we will reap goodness; if we sow evil, we will reap evil. Karma refers to the totality of our actions and their concomitant reactions in this and previous lives, all of which determines our future."
- *Sivaya Subramuniyaswami (Dancing With Siva)*

"One has to reap the fruits of his karma. The law of karma is inevitable and is accepted by all the great philosophies of the world: 'As you sow, so shall you reap.'"
- *Rama (Living with the Himalayan Masters)*

"Everyone is engaged in action. The law of karma means that there are reactions to every action and that a person must endure the reactions to his actions."
- [\(Siddhaswarupananda "Sayings"\)](#)

"A person may desire to live for hundreds of years if he works according to this truth (karma yoga: devotional service) because that sort of work will not bind him to the law of karma. And there is no alternative to this way for man."

- (*Ishopanishad, Mantra Two*)

"Those who cannot remember the past are condemned to repeat it."

- *George Santayana*

"...as I apprehend the Buddhist doctrine of karma, I agree in principle with that."

- *William James*

"Just as an age was ready to receive the Copernican theory of the universe, so is our own age ready for the ideas of reincarnation and karma to be brought into the general consciousness of humanity. And what is destined to happen in the course of evolution will happen no matter what powers rise up against it."

- *Rudolf Steiner*

"Once the game is over, the king and the pawn go back in the same box."

- *Italian Proverb*

"Forgetfulness of the past may be one of the conditions of an entrance upon a new stage of existence. The body, which is the organ of sense-perception, may be quite as much a hindrance, as a help to remembrance. In that case, casual gleams of memory, giving us sudden, abrupt, momentary revelations of the past, are precisely the

phenomena we would expect to meet with."
- **William Knight**

"There is no argument so cogent not only in demonstrating, the indestructibility of the soul, but also in showing that it always preserves in its nature traces of all its preceding states with a practical remembrance which can always be aroused. Since it has the consciousness of or knows in itself what each one calls his me. This renders it open to moral qualities, to chastisement and to recompense even after this life, for immortality without remembrance would be of no value."
- **Gottfried Wilhelm Leibniz**

"You are everything you have ever been - right now."
- **Hazel Denning, Association for Past Life Research and Therapy**

"You have inherited (the) most from yourself, not from your family! The family is only a river through which Soul flows."
- **Edgar Cayce**

"We meet no Stranger, but Ourselves."
- **Emily Dickinson**

"The endless legacy of the past to the present is the secret source of human genius."
- **Honore de Balzac**

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
- **Oliver Wendell Holmes**

"Still seems it strange, that thou shouldst live forever?
Is it less strange, that thou shouldst live at all?
This is a miracle; and that no more."
- *Edward Young*

"Karma chameleon: we come and go, we come and go..."
- *Boy George*

"God is in the details... and it's all details."
- *Anonymo us*

"Though the mills of the God grind slowly, yet they grind
exceedingly small: though with patience He stands
waiting, with exactness He grinds them all."
- *Friedrich von Logan*

"...the counsels of the Divine Mind had some glimpse of
truth when they said that men are born in order to suffer
the penalty for sins committed in a former life."
- *Cicero (Treatise on Glory)*

"A dogma recognized throughout antiquity... (that) the
soul expiates its sins in the darkness of the infernal
regions and... afterwards ... passes into new bodies, there
to undergo new trials."
- *Plotinus (Second Ennead)*

"O youth or young man, who fancy that you are neglected
by the Gods, know that if you become worse, you shall
go to worse souls, or if better to the better... In every
succession of life and death, you will do and suffer what
like may fitly suffer at the hands of like. This is the
justice of heaven."
- *Plato*

"Since karma is meeting self, we acquire karma as we meet self in our many attitudes and emotions; when we serve in loving kindness and patience or hold resentful malicious thoughts... What we do to our fellow man we do to our Maker... our karma or problem is within self."
- *Edgar Cayce*

"Our deeds determine us as much as we determine our deeds."
- *George Eliot*

"There is a destiny, that makes us brothers: none goes his way alone,
All that we send into the lives of others comes back into our own."
- *Edwin Markham*

"Men's minds do not die with their bodies but are made more happy or miserable after this life according to their actions."
- *Benjamin Franklin*

"I believe ... that the soul of man is immortal and will be treated with justice in another life, respecting its conduct in this."
- *Benjamin Franklin*

"Sin makes its own hell, and goodness its own heaven."
- *Mary Baker Eddy*

"Thus the whirligig of time brings in his revenges."
- *William Shakespeare (Twelfth Night)*

"Are not all things which have opposites generated out of their opposites?"

- **Socrates**

"Every action of our lives touches on some chord that will vibrate in eternity."

- **Edwin Hubbel Chapin**

"Who hath a prospect of the different state of perfect happiness or misery that attends all men after this life, depending on their behaviour, the measures of good and evil that govern his choice are mightily changed."

- **John Locke**

"I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought, throughout our lifetime."

- **Dr. Elizabeth Kübler-Ross**

"Nobody is ever a victim without cause."

- **Dr. Edith Fiore**

"Many people think there's nothing they can do to change their karma - it's preordained so why bother trying to change their situation? This is what scares people. These folks think that to accept the reality of karma one must be passive. It simply isn't true. Karma is active. We can - in the blink of an eye - make decisions that will shape our futures and transform the parts of our lives that are causing us unhappiness."

- **Mary T. Browne** (*The Power of Karma*)

"In America, karma is best expressed in popular phrases like, "what goes around, comes around" and "what you

sow, so you will reap." Karma has also been referred to as having a "boomerang effect", where the thoughts and actions that you send out into the world turn around and come back at you... Jesus says, "Do unto others as you would have them do unto you." Karma goes a step further and dictates that "What you do unto others will come back to you." I think Jesus and the Hindus really had the same idea. Think about that the next time you want to say or do something nasty to someone else!"
- *Carmen Harra (Everyday Karma)*

"Karma moves in two directions. If we act virtuously, the seed we plant will result in happiness. If we act non-virtuously, suffering results."
- *Sakyong Mipham*

"Karma, ahhh. We sow what we reap... We reap what we sow! The law of cause and effect. And we are all under this law. As long as karma exists, the world changes. There will always be karma to be taken care of."
- *Nina Hagen*

"How people treat you is their karma; how you react is yours."
"Maxim for life: You get treated in life the way you teach people to treat you."
"If you change the way you look at things, the things you look at change."
"When you judge another, you do not define them, you define yourself."
- *Wayne Dyer*

"I'm a true believer in karma. You get what you give, whether it's bad or good."

- *Sandra Bullock*

"I believe in Karma. If the good is sown, the good is collected. When positive things are made, that returns well."

- *Yannick Noah*

"Karma is not just about the troubles, but also about surmounting them."

- *Rick Springfield*

"According to the karma of past actions, one's destiny unfolds... As one has planted, so does one harvest; such is the field of karma."

- *Granth Sahib*

Those who "commit all sorts of evil deeds, claim karma does not exist. They erroneously maintain that since everything is empty, committing evil is not wrong. Such persons fall into a hell of endless darkness with no hope of release. Those who are wise hold no such conception."

- *Bohidharma*

"Such is the moral construction of the world that no national crime passes unpunished in the long run... Were present oppressors to reflect on the same truth, they would spare to their own countries the penalties on their present wrongs which will be inflicted on them in future times. The seeds of hatred and revenge which they sow with a large hand will not fail to produce their fruits in time. Like their brother robbers on the highway, they suppose the escape of the moment a final escape and

deem infamy and future risk countervailed by present gain."

- *Thomas Jefferson*

"Karma is the universal law of cause and effect. You reap what you sow. You get what you earn... If you give love, you get love. Revenge returns itself upon the avenger. What goes around comes around... Karma is justice. It does not reward or punish. It shows no favoritism because we have to earn all that we receive. Karma doesn't predestine anyone or anything. We create our own causes, and karma adjusts the effects with perfect balance."

- *Mary T. Browne (The Power of Karma)*

"The law of karma is neither fatalistic nor punitive; nor is man a hapless, helpless victim in its bonds. God has blessed each one of us with reason, intellect and discrimination, as well as the sovereign free will. Even when our past karma inclines us toward evil, we can consciously tune our inclination towards detachment and ego-free action, thus lightening the karmic load... When we begin to understand the concept of Karma we will never ever blame God for anything that happens to us. We will realise that we are responsible for all that happens to us. As we sow, so shall we reap. Rich or poor, saint or sinner, miser or philanthropist, learned or illiterate... This is the Universal Law that applies to individuals, to whole communities, societies, nations and races. As we sow, so shall we reap."

- *J. P. Vaswani (About Karma)*

"Karma directly demonstrates God, for it can but be the eternal expression of infinite Will: and through this: a

revealed aspect of the divine... Karma, or the law of Cause and Effect; for this is all that Karma is... that each cause is inevitably followed by its appropriate effect. Our very familiarity with this law has blinded us to its majesty; we lightly assign it as an explanation for the most inscrutable mysteries, because it is such an absolutely necessary corollary to all we conceive of life or nature, without recognizing that it itself is beyond all comprehension. Yet it contains the beginning and the end of all philosophical speculation; it demonstrates a causal relation between the Infinite and the finite, for Karma is that Infinite Power which adjusts each effect to its originating cause."

- *Jerome A. Anderson (Law of Cause and Effect)*

"There is good Karma, there is bad Karma, and as the wheel of life moves on, old Karma is exhausted and again fresh Karma is accumulated... Karma is twofold, hidden and manifest, Karma is the man that is, Karma is his action. True that each action is a cause from which evolves the countless ramifications of effect in time and space... To the worldly man Karma is a stern Nemesis, to the spiritual man Karma unfolds itself in harmony with his highest aspirations."

- *William Q. Judge (The Path)*

"There is a wonderful mythical law of nature [karma] that the three things we crave most in life - happiness, freedom, and peace - are always attained by giving them to someone else."

- *Peyton Conway March*

"Act so as to elicit the best in others and thereby in thyself."

- *Felix Adler*

"The conscious process is reflected in the imagination; the unconscious process is expressed as karma, the generation of actions divorced from thinking and alienated from feeling."

- *William Irwin Thompson*

"Men are not punished for their sins, but by them."

- *Elbert Hubbard*

"Everybody comes from the same source. If you hate another human being, you are hating part of yourself."

- *Elvis Presley*

"Karma is intricate, too vast. You would, with your limited human senses, consider it too unfair. But you have tools to really, truly love. ...love everyone as you would love your children."

- *Kuan Yin*

"Realize that everything connects to everything else."

- *Leonardo DaVinci*

"Men may not get all they pay for in this world; but they must certainly pay for all they get."

- *Frederick Douglas*

"People pay for what they do, and still more, for what they have allowed themselves to become. And they pay

for it simply: by the lives they lead."
- *Edith Wharton*

"Do good with what thou hast, or it will do thee no good."
- *William Penn*

"Your believing or not believing in karma has no effect on its existence, nor on its consequences to you. Just as a refusal to believe in the ocean would not prevent you from drowning."
- *F. Paul Wilson (The Tomb)*

"For the keynote of the law of Karma is equilibrium, and nature is always working to restore that equilibrium whenever through man's acts it is disturbed."
- *Christmas Humphreys (Karma and Rebirth)*

"Karma isn't fate. Nor is it a punishment imposed on us by some external agent. We create our own karma. Karma is the result of the choices that we make every moment of every day."
- *Tulku Thondup (Peaceful Death, Joyful Rebirth)*

"You can't escape karma ... It is what it is. It doesn't judge, it's neither good nor bad like most people think. It's the result of all the actions, positive and negative - a constant balancing act of events - cause and effect - tit for tat - reaping and sowing - what goes around comes around..."
- *Alyson Noel (Shadowland)*

"The law of karma basically states that every action has a reaction and whatever you do to others will later return to

you, either in this life or a future life... ignorance of the law is no excuse. We are still accountable for everything we do, regardless of whether we understand it or not. We cannot escape it, even if we do not believe it. Therefore, the best thing is to learn how it works. If everyone understood the law of karma, we would all be living a happier life in a brighter world."
- *Stephen Knapp (Reincarnation and Karma)*

"Debts that must be paid ... that sums up the concept of karma. But I would add that karma is not a burden that you have to carry. It is also an opportunity to learn, a chance to practice love and forgiveness, a chance to learn lessons that are valuable to us. Karma offers us the chance to wipe our dirty slate clean, to erase the wrong doings of the past."
- *J. P. Vaswani (About Karma)*

"Karma is the record of services. Karma is the term used in Buddhist teaching. Taoists use the term te. Christians use the term "deed." Many other spiritual beings use the term "virtue." Karma, te, deed, and virtue are the same thing but in different words. To understand karma is to understand all of these words... Karma is the root cause of success and failure in every aspect of life."
- *Zhi Gang Sha (The Power of Soul)*

"Karma is like the vine that gathers strength through uninterrupted years, and which fastens its tendrils so closely that it is as strong as the structure to which it adheres. There is no way to destroy its power except by the separation of the parts, these parts renew themselves in other forms of life, but the structure is freed when its

root is destroyed."
- William Q. Judge (*The Path*)

"Karma is not simply the belief that everyone should get an equal taste of the hardships and enjoyments of life. It also has to do with cosmic punishment and reward for good and evil actions... A deeper purpose of karma is to give people the opportunity to develop spiritual mastery of the pains and pleasures involved with life. Once you come to terms with what life has to offer and grow to see things as they are, then you're ready to move on to a higher level of existence."
- Jay Stevenson (*Guide to Eastern Philosophy*)

"The holistic doctrine of Karma gives us a reason for everything and everything for a reason. Karma, as a philosophy, maintains hope in the midst of hopelessness and provides us with the courage to continue our personal evolution... Karma is a key that we may use to organize our lives, rather than endlessly agonizing over the seemingly unexplainable and often unexpected events forming the fabric of our lives... Karma is not about fate, fatalism, or destiny; nothing is pre-ordained - rather everything is a sequential happening emerging logically from antecedents. Karma is a way of viewing existence that brings about a harmony of fatalism and free will."
- Jonn Mumford (*Karma Manual*)

"The view that retiring from the world amounts to renouncing Karma is also wrong. Karma is not an overt act, it is the inner intention. When the desire to act exists, lack of overt activity is not Sanyasa but hypocrisy. The classification of Karma should be based not on the overt

act, but on the doer's state of mind."
- *Sriranga (Quest for Wisdom)*

"Contrary to popular misconception, karma has nothing to do with punishment and reward. It exists as part of our holographic universe's binary or dualistic operating system only to teach us responsibility for our creations - and all things we experience are our creations."
- *Sol Luckman*

"Perfect justice rules the world' for the Powers that are superior to us know the whole life of the Soul and all its former lives."
- *Iamblichus*

"The law of karma, blessed ones, is not intended to act as a lash, to tear apart the souls of men. The law of karma is intended to instruct and to cause mankind to approach the throne of grace without fear, with the clearness of mind and being that will render them able to receive the pure vibratory action of Almighty God."
- *Annic Booth (Path to Your Ascension)*

"We are where centuries only count as seconds, and after a thousand lives, our eyes begin to open."
- *Eugene O'Neill*

"Or ever the knightly years were gone, with the old world to the grave,
I was a King in Babylon and you were a Christian Slave.
I saw, I took, I cast you by, I bent and broke your pride...
And a myriad suns have set and shone, since then upon the grave,
Decreed by the King in Babylon, to her that had been his

slave.

The pride I trampled is now my scathe, for it tramples me again.

The old remnant lasts like death for you love, yet you refrain.

I break my heart on your hard unfaith, and I break my heart in vain."

- *William Ernest Henley*

"Actually, we have no problems: we have opportunities for which we should give thanks... An error we refuse to correct has many lives. It takes courage to face one's own shortcomings and wisdom to do something about them."

- *Edgar Cayce*

"There is an inmost center in us all, where truth abides in fullness."

- *Rudolf Steiner*

"If the soul be pure, then shall she obtain favor and rejoice in the latter day; but if she hath been defiled, then shall she wander for a time in pain and despair."

- *Josephus*

"The virtues we acquire, which develop slowly within us, are the invisible links that bind each one of our existences to the others - existences which the spirit alone remembers, for Matter has no memory for spiritual things."

- *Honore Balzac*

"The past situation has just occurred and the future situation has not yet manifested itself so there is a gap between the two. This is basically the bardo (life between

life) experience." [This is the place where your life is reviewed - where you get another chance to let life teach you and end the cycle of pain. -EM]
- *Chogyam Trungpa*

"There is none that is more powerful in leading feeble minds astray from the straight path of virtue than the supposition that the soul of the brutes is of the same nature with our own. And consequently that after this life we have nothing to hope for or fear, more than flies and ants. In place of which, when we know how far they differ we much better comprehend the reasons which establish that the soul is of a nature wholly independent of the body. And that consequently it is not liable to die with the latter; and, finally, because no other causes are observed capable of destroying it, we are naturally led thence to judge that it is immortal."
- *Rene Descartes*

"God does not deal our karma to us as a punishment. Karma is a manifestation of an impersonal law as well as a personal one. The purpose of our bearing our karma is that karma is our teacher. We must learn the lessons of how and why we misused the energy of life. Until that day comes when we recognize the Law of God as a Law of Love, we will probably encounter difficulties. But if we will only hasten that day's coming into our own life, we will recognize that karma is actually grace and beauty and joy." [and love and awareness and hope! -EM]
- *Mark & Elizabeth Clare Prophet (Path to Attainment)*

"Karma is not punishment or retribution but simply an extended expression or consequence of natural acts. The effects experienced are also able to be mitigated by

actions and are not necessarily fated. That is to say, a particular action now is not binding to some particular, pre-determined future experience or reaction; it is not a simple, one-to-one correspondence of reward or punishment... Karma is not a theory that says you do this, you will get that, whether good or bad. It says do good work, I'll decide when you'll get good results, when you need it, and not when you want it." [but when it is in your highest good. - EM]
- Parvesh Singla (*The Manual of Life*)

"What brings the karmic result from the patterns of our actions is not our action alone. As we intend and then act, we create [our] karma: so another key to understanding the creation of karma is becoming aware of intention. The heart is our garden, and along with each action there is an intention that is planted like a seed. The result of the patterns of our karma is the fruit of these seeds."
- Jack Kornfield (*A Path with Heart*)

"While we may judge things as good or bad, karma doesn't. It's a simple case of like gets like, the ultimate balancing act, nothing more, nothing less. And if you're determined to fix every situation you deem as bad, or difficult, or somehow unsavory, then you rob the person of their own chance to fix it, learn from it, or even grow from it. Some things, no matter how painful, happen for a reason. A reason you or I may not be able to grasp at first sight, not without knowing a person's entire life story - their cumulative past. And to just barge in and interfere, no matter how well-intentioned, would be akin to robbing them of their journey. Something that's better not done."
- Alyson Noel (*Shadowland*)

There is a "...point in the path where one develops a direct knowledge of the workings of karma... At this level, one achieves a definitive realization of the single nature of all phenomena beyond good and bad. At the same time, as a result of that realization, there is also a direct perception of the working of karma, which is called 'the manifestation of interdependence.'" - *Khenpo Karthar Rinpoche (Karma Chakme's Mountain Dharma)*

"There is no such thing as chance; and what seem to us merest accident springs from the deepest source of destiny."
- *Friedrich Schiller*

"Live your life as if the maxim of your actions were to become universal law."
- *Immanuel Kant*

"If the only prayer you said in your whole life was, 'thank you,' that would suffice..." (to reduce karma!)
- *Meister Eckhart*

"The centre of the soul is God; and, when the soul has attained to Him according to the whole capacity of its being, which is the strength and virtue of the soul, it will have reached the last and the deep centre of the soul, which will be when with all its powers it loves and understands and enjoys God."
- *St. John of the Cross (Living Flame of Love)*

"God says to man: 'Be thou thyself, and I shall be thine.'"
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"...a healer's heritage is as much Christ and Krishna as it is Freud and Jung... therefore a healer's capacity to help is limited only by his spirit which is limitless..."

- *Krishan Bir MA PhD*

"The journey of Soul... by the lessons gained in the physical experience... it may take (its) place in the realms of soul activity in an infinite world among others that have passed through the various realms... which first called every soul and body into experience."

- *Edgar Cayce*

"For we have come by different ways to this place... I can tell by the natural ease with which you wear fine clothes and the way your mouth moves when you speak with waiters in good restaurants. You have come the way of castles and cathedrals, of elegance and empire."
- **Robert James Waller**

"Karma is not something pessimistic. If you think of karma as something wrong, you are seeing karma only according to what happened in the past... So you should also look at karma in the present and future. Then karma becomes something very wide and really alive. Through karma you can understand what your destiny is... it's something you can create. You can create your life. That is why we study karma."
- **Dainin Katagiri** (*Each Moment Is the Universe*)

"Many times man lives and dies between his two eternities:
that of race and that of Soul...
A brief parting from those dear is the worst man has to fear...
Though grave diggers' toil is long...
They but thrust their buried men back in the human mind again."
- **W. B. Yeats**

"World War II showed it was not gods that must be placated, but something inside the heart of man that lets him to destroy with savage intensity and on a grand scale those of his own kind who have offended him."
- **Helen Wambach** (*Life Before Life*)

"It is not enough to know about reincarnation; we must live it."

- ***Guenter Wachsmuth***

"When we cross the gates of death, our karma is all we take with us. Everything else that we enjoyed in this life we leave behind... Our karma is the only thing that will count in determining our rebirth, for our next life is nothing but the effects of our karmic tendencies that materialize in our perception."

- *Tulku Thondup (Peaceful Death, Joyful Rebirth)*

"Once I leave this earth, I know I've done something that continues to help others."

- ***Jackie Joyner-Kersey***

"The most important thing in the world is to hold your soul aloft."

- *Gustave Flaubert*

"Karma is the destiny man weaves for himself."

- *L. H. Leslie-Smith (Karma, Rhythmic Return to Harmony)*

Karma by itself is a religion. Your intentions mostly guide your actions and words which transforms into karma. If your intention is good and noble, your karma is positive, while bad intentions generate negative karmas. Let us take an example, as a teacher or a coach you let your pupil repeat an exercise several times, which is painful and hard, yet you ignore the trauma, mental and physical that your pupil undergoes during the sessions;

your pupil succeeds in his efforts with flying colours, this was a good karma. In the same way, you establish a charitable unit for the poor and the downtrodden, you show to help them, but your intentions is to exploit their poverty and take advantage of the situation. This is bad and a negative karma. Religion, therefore, is built within us and we need not necessarily confuse ourselves with the choice of religions available to us today in the supermarket of spiritualism. We need to first audit our intentions which branches off to thoughts, actions and words. All those which our conscious really allow and all those which we would like to be subjected to are all good karmas while those which we detest and find inappropriate and resentful are bad karmas and we should, therefore, desist from performing those in our lifetime.

Karmic actions are regarded as good or evil by all religions and non-religious people too. Karmic actions by itself is autonomous and rewarding. Whether you worship one god or many or do not worship any, the karmic actions that you perform in your lifetime is sufficient to bestow upon you good as well as bad rewards, almost proportionate to the positive and negative karmas you performed in your lifetime.

Karma in our actions.

It is simple to see someone in action and then await the results of such an action. We anxiously await the results of actions that also sometimes excite us. Results of a school examination, thief caught in action and an accident of a reckless motorcyclist, are all examples of actions that will provide results almost immediately.

Actions definitely create results. Good actions are good karmas while bad actions are bad karmas, the results are always obvious. Even a child will be able to provide a definite answer to this. Complexity arises when good actions create bad karma, while bad actions create good karma. It is strange but true. Actions itself does not necessarily show man's personal views and intentions. As said earlier, intentions in actions are important and only intentions generate good or bad karma, no matter how much the action is noble or criminal. Ultimately, man rules his mind and karma with his intentions and not necessarily by his actions, which may be misleading to all. Therefore, actions do not necessarily show man's hidden intentions and therefore, actions do not show man's karma good or bad. How much man tries to camouflage his intentions in his otherwise noble actions, the bad karma is stuck to him, which will eventually punish him sometime in life.

Karma and nature.

It is strange, nature has made us an autonomous body which commits karmas and binds us with its results. We are freehand into our deeds. Nature lets us move around with our good or bad results throughout our lives. It matters little to nature, if you are the king of any country or a roadside beggar. Actions in the form of physical activities, thoughts, foods and lifestyle, are all within your jurisdiction and control. All that goodness and wellness, that you exude, are the results of your good karma and those which put you in misery, suffering and malady are the results of your bad karma. Man therefore, habitually performs both kinds of karmas. You will never find one person since time immemorial who only suffered or one who only found peace and happiness. Each man is a bundle of so many karmas that puts him in the positions, good, as well as bad.

By nature, in our lifetime, we shall perform both kinds of karmas and be rewarded with both good and bad consequences. However, it is imperative; we try to perform as little bad karma as possible in our lifetime so that our life is free of too many negative consequences. When we are rewarded with mostly good consequences, our life is filled with bliss and peace.

Karma and death.

Since the time we step into this world as an adult or as a responsible person, who contribute his time, energy and wealth in shaping this world, in whatever infinitesimal way, we start the wheel of karma rolling for ourselves and for all those attached to us. We struggle to survive and when we achieve this, we go further in improving our living conditions. We keep striving to do better until we die. Between this period of living and contributing to this world, we create millions of karmas. Our karmas could be broadly categorized as follows:

1. Those which directly affect us only.
2. Those which affect our dependents.
3. Those which affect the world.

When we do things, such as excessive smoking, drinking and voracious eating, we only hurt ourselves. We fall sick and we may even die. When we are sick we feel miserable and so burdened. This karma therefore, directly affects our person.

When we gamble and with wrong lifestyle squander our wealth, we not only hurt ourselves, but our dependents too. With such bad karmas, even after our death our dependents will suffer for a very long time, until such time they become independent or be able to find an alternative source of income for survival. Such bad karmas are tenacious and stick to the loved ones and the dependents even after the death of the person.

When we are terrorists, traitors, bank robbers, large-scale aggressors, or polluters of the environment, or irresponsible citizens, we hurt the country and its people. Our actions affect the world and its people. Our karma, even though, we may be dead, leaves a mark on this world. We may have put so many people in misery and misfortune due to our own deeds. Our actions may have adversely effected the environment and what not.

Karma, when bad and injurious is detrimental to the health of the person, his people, and the world at large.

It is wrong to say that with the death of the person, his karma goes with him and the chapter closes. Far from this, after his death, he may open up a new chapter of malady, misery, misfortune and suffering for those who depended upon him or those he killed or maimed and the dependents of such victims. He may have left the bad effect of his karma to be borne by others in this world; if his deeds were injurious to the country. Even to wipe out such misdeeds, the country or the public may have to spend their time, money and effort to neutralize the effect of the bad karma. The vicious circle goes on-the bad karmas of others forever, eats into your peace and harmony, subtly, but surely.

Karma and destruction.

Destruction seems to be a word connected with gloom, dismay, and loss. Karma is a great player in destruction. Karma rules the destruction for good or for bad. All destructions are not to be associated with gloom and loss because some destruction allows constructing and

renewing material objects and products in our favor. Karma of mankind first takes its command from the intentions in the mind, if the intentions are good the destruction is for a good cause, while, if the intentions are unhealthy, the destruction how much noble and progressive, may not be all healthy and it will show up in course of time. Destructions, as in demolitions of old houses for new constructions are healthy.

Destructions as in war, even though, each of the personnel involved in fighting the war, from the defense ministry down to the lowest rank soldiers claim to be doing their duty; saving the country from the enemy fire. Such people somewhere forget that the war and destruction is the doing of the people at the top level and has nothing to do with the common majority of the defense personnel. The war is generally based upon self-interest and not on any specific aggression. Killing and destruction then becomes bad karma and the countries going into war suffers. Loss of land, money, life, economy, power and sometimes independence too, becomes a reality. The aftermath gloom lingers for centuries and those who directly suffered the consequences may not be people, who were anyway connected with the war, or maybe they were much against any kind of violence and war, but since their countries were locked horn into it, they had to bear the brunt anyway. Such destructions, due to war, goes to show who was stronger of the two, but never, who was on the right path.

Destruction of old theories, obsolete and injurious, destructions of injurious medicines and practices, destructions of obsolete products are all good karma and when replaced with newer and better alternatives, may bring relief and respite to its people. However, newer not necessarily will be better, provided those are tried, tested and confirmed.

As said, karmas are always based upon intentions. So, destructions too should be based upon intentions of the destructor. When done for a good cause, the karma is good. When the cause is bad, the destruction is bad karma. This is simple and logical.

Karma and medicines.

Medicines; all the time there is research going on all over the world, yet we find, with newer medicines there are newer diseases, more potent and life threatening. Therefore, we are a confused lot, when it comes to modernization in so many newer fields. Foremost is medicine which is being challenged by newer diseases all the time. The proof is in the wellness centers and the advanced disease management centers all over the world. They are mushrooming rapidly and fast turning into a major money making industry. Why is this so? If our medicines could control all the illnesses all over the world all the time with utmost sincerity, we would have diseases and illnesses within our control, but this is not so, the race between medicine and malady continues, one inching forward than the other all the time all over the world. It is time, someone, somewhere and somehow took stock of this situation and primarily took stock of the diseases since a century ago. Then analyze the diseases and its cures. When the analysis is sincere and complete, we may be able to find the answers to stop the malady in our lives. This would be the day of good karma and all will benefit from this. Now we are into a whirlpool of diagnostics, therapies, disease management, and what not. The cure of one leads us into another disease; the cause could be the branching off the disease or the side effect of the medicines, we take to cure ourselves. Whatever it may be; there is always a loss of health and wealth in this system of practice, which needs to be

redefined from its roots. This may not be very healthy for the wellness industries which thrive upon ill and diseased nations. So, maybe such a noble cause may not be funded appropriately to see the light of the day. The good karma is to find ways to reduce diseases and illnesses keeping in view our lifestyle, what we eat and how we lead our lives and under what conditions. First, this has to be analyzed with the patterns that existed when man did not have so many diseases, then analyzing the properties of the medicines, which has serious side effect in the short as well as in long term uses. If man could control the onset of the diseases there would be little or no need for potent and hazardous medicines in our lives. Once the nations learn what is good or bad for them, they will stick on to it slowly and steadily. In earlier days fewer people had colas as a thirst quencher, but today the cola industries have expanded world wide to become giant business. We have thriving tobacco and alcohol industries, the consumption of which is increasing by leaps and bounds , firstly with the multiplying population, secondly with more consumption per head and thirdly with the boom in the economy of most countries. With more money in hand, we are killing ourselves, man, as well as women.

Karma and enlightenment

Only with the right combination of thoughts, actions and food, man can achieve what each one of us needs to achieve in his lifetime, enlightenment!

Enlightenment is achieved by self-realization and in finding ultimate truth in all what we see and even cannot see in the world of ours. Once we learn to see things from a different perspective, meaning not superficially, we learn to see the truth in it. For instance, we can spend hours worshipping any god and in whichever way we desire, this is not enlightenment. When we learn to respect time, which we spend in unnecessary worshipping and instead use that much time in helping and teaching others, we tread the road to enlightenment. Similarly, praising any god and thanking him for all the food on the table for oneself and one's family, is no enlightenment. Instead, when the thought of those hungry children all over the world, who do not even get a morsel of boiled rice or those roadside animals, who cannot even beg or express their hunger, comes into our mind then, is a step to enlightenment. Sometimes, a glass of milk awaits us on the table. We lift the glass and gulp down the milk in a routine way. If we are enlightened, we will have difficulty in gulping down that glass of milk, for the thought of that calf that was deprived of the glass of milk will definitely disturb the mind. People feast and celebrate with the flesh food of the dead animals; enlightened ones or those into the road of enlightenment, are disturbed by the very thought of celebrating at the

cost of the lives of those innocent creatures which withered in pain a little while ago, before its flesh found its way on the banquet table for the celebration.

Enlightenment is a definite road to good karma. Unfortunately, people who are extremely religious and call themselves pious and holy are in fact not enlightened; they are misguided and lean on hypothesis of their own religion and their own world. They see everything from their own perspective and find their god in everything they see. What they cannot see is the similarity of their philosophy that exists in other religions as well; like praising gods for good things in life, blaming luck and misfortune or punishment for sinning attributed to all losses and disasters. Happenings of miracles are coincidence, similar to finding prayers being answered. Praying their gods to pardon the sins of even a hard-core criminal, on his death, hanging of religious charms and pages from scriptures and imaginary pictures of gods and saints, for prosperity and to ward off evil spirits, are all delusions. Celebrating religious festivals and sacrificing animals to please gods. Religious people see and identify others only by their religion, unless they have to get their work done by the people from other religions. They detest and look down upon people from all other religions except their own. They are the epitome of bad karma. They misinterpret the meaning of enlightenment and claim themselves to be enlightened; far from it, they are hypocrites, they misinterpret their own religious scriptures, kill each other in the name of religion and they can even join hands with folks from other religions if

their purpose has to be achieved. Once over, they will turn their face and walk away. These people are dangerous and harmful to the society.

True enlightenment and self-realization will automatically filter out the bad karma in a man. Being human, one cannot be hundred percent perfect. Enlightened ones are sensitive to their surroundings and to their words and actions. Even if they make mistakes and offend others, they will definitely seek pardon and will defuse any ill feelings, for humility is at their core.

Enlightened people do not go out of the way in pleasing any god; they are true to themselves and their surroundings consisting of the environment, fellow beings, the natural surroundings, other sentient beings, and all which touches their lives. When you are true and sincere in every step of your life, you do not need to please anyone; most everyone is pleased with you. This is the true philosophy of enlightenment.

Enlightenment and self-realization teaches you to be upright and true, it does not teach you to please specific people or power. Only those who cannot bend the enlightened ones are displeased with them, for they are unable to dominate or make them believe in hypothesis and fables.

The true test of enlightenment is in the control of passion, expectation, desire, ambition, and greed and the detachment from worldly pleasures, indifferent to

worldly fame and fortunes. Giving a fair and correct view or opinion on any subject without the intention of pleasing anyone in particular is also an approach towards enlightenment, as being neutral to religions, politics, and all those partisan-*ism*. Compassion, love, and kindness towards all living beings and the environment in general are observed by them.

Most people around the world would seek material benefit in return, for the job done. This is their way to survival. Most people would only do a very small favor without seeking any benefit in return, unless it is their pet or some close relative or loved ones. It is only when someone goes out of their way to help people in distress or organize helping hands on regular basis to help others without seeking any benefit in return, are enlightened. Such people know the universal truth of survival. No religion or god will ever come to help people, unless people themselves help each other.

Enlightenment is found in self-realization. Seeking to unlock the universal truth in our existence and the existence of the universe and all that in it will one day open up the truth to the seeker. This will definitely change the views and divert the mind to only live and believe in the truth of our existence, turning away from the myths, fables, fairytales, illogical and whimsical ideologies called religions. The basis to the road of enlightenment is to believe in ***birth, growth, death and in between the pleasures and sufferings***. This is common to all of us and when the first man or any living being set

its foot on this earth, he must have experienced all of these five pillars of lives. The last living being to survive on this planet, will face the same five pillars of life until he dies. Whether you follow religion A, B or C, these religions will only let you live in a world of imagination and hope, it will never allow you to cultivate your own inner power, for, with religion your power of thinking and self-realization, are limited to what you are taught and made to believe in.

Finally, for a healthy death experience, one need to lighten one's burden of the bad karmas that one did during one's lifetime. It is only when, we self-realize and bring our mind and all the attractions of this world into our control can we steer ourselves away from the consequences of any bad karma. For this, we need to exercise our mind and develop and succeed in keeping our mind and body in strict control from the worldly pleasures and treasures. This is enlightenment and only enlightenment will enable us to find a peaceful death experience, which happens only once during one's lifetime.

Karma and fables

Fables are myths and tales, which means, fabricated, distorted and exaggerated stories made up to impress and dominate people. Why do some people want to get high on alcohol, drugs or any such agent, which could temporarily transport them to another world of dreams? This is only to please their minds and to take away the boredom of reality from their lives for a little while. In the same way fables help people to cling on to the untrue larger than life images of people and other living beings and of events that never was or exaggerated and blown out of proportion for people to worship such super humans or beings. So as not to hurt the sentiment of people who profess different religions of this world in the present time, the best examples comes from the Greek mythology; strange stories about Gods looking from the heaven and the war of the hydras. Another good example is the Sphinx, when in those days the Egyptians believed that the pharaohs would resurrect one day and use the food and ornaments. All these were fables and people of those times believed in it and its legends. With time, those fables became obsolete and newer and better fables replaced it. For instance, the fables in religions, practiced now, would one day lose its popularity with better and superior minds, with the passing of time.

Fables being based upon fallacy and untrue stories cannot withstand the test of time. Since time immemorial, you will observe religious and legendary tales ruled for some time, only to be forgotten by the people in due course.

This is because with the passing of time people get smarter and wiser, they can see through the untrue tales and in a few centuries or millenniums when the force and passion of the followers of those religions and legends dies down, it is substituted by another religion and legends. This cycle continues. It continues because this behavior is inherent to mankind. Mankind is always eager to hear and believe in stories of superhuman feats and legends. When faced with a barrage of questions on, why he should at all believe such tales, such people will accept their ignorance and confirm the questionable episodes, but would nevertheless follow and believe in the tradition of believing the religious tales and its legends. Since the practice continues from their great grandfathers, it is better for them to observe and have faith in whatever exists, since the ancient times. Disturbing the beliefs, already in motion since the past so many years, they assume, would only disturb the peace of the society and bring discontentment amongst their people. So the religious practice continues with new religions and beliefs sprouting from time to time. Even such religions split to form smaller groups or sects, opinions and the beliefs of each one divided and different from one another. The karma in such divided opinions over already concocted fables, are always bad and unhealthy. Firstly, people who believe in such tales believe in stories which never existed or exaggerated. Secondly, splitting and resentments amongst otherwise good and innocent people takes its toll. Animosity rules and with divided beliefs, people narrow down their

choice of well-wishers. Brotherhood mostly dies while enmity lives. Enmity can only beget bad karma and misery.

Fables, therefore, can never generate good karma for anyone. One must always discourage fables, from one's life to break free from the chain of distress, stress, misery, suffering and malady during one's lifetime.

Karma and country and its people.

At times, you wonder why in spite of all the honesty, sincerity, and hard work you have not been able to wipe out the misery and sufferings in your life. If you analyze your situation you will divide the karma into your very own and those of the country and its people that effect you and others.

Foremost is the infrastructure of the country, you live in. Sometimes you do feel that, it would have been better had you migrated to another prosperous country, where your hard work, sincerity and honest would have paid you off. What makes you think this way? Again, it is the infrastructure of the country. Your sincerity, honesty and hard work remaining constant, what would make the difference in your life is the ability of your preferred country in harnessing and recognizing your qualities. You can think of migrating for better life, when you only know that the other country has better infrastructure for its citizens, than the country you live in. Again, why does another country have better infrastructure, than your country of origin? The karma of your country people and the government that run the country is responsible for most misery in the lives of its people. If the quality of the citizens is good, the government is good, adversely, if the quality of the citizens is poor, the government is bad. This is why, around the world, we have “developed countries”, “developing countries”, and “underdeveloped countries”. If you check out the quality of the citizens and the quality of the governments and make a

comparative statement of its style of functioning, economy, policies and public facilities, you will get firsthand information of, what I want to tell you. In underdeveloped and so-called developing countries, you have mostly uneducated and irresponsible masses, which are lazy and live off charity, begging and casual income with rising population, misery, suffering, malady and unrest in most part of the country. Facilities are so bare that, even thinking of coming close to any developed country is far beyond one's imagination in these parts of the world. These countries and its people ultimately become staunch politically and religiously. They have all sorts of religious rituals, even for a small occasion for prosperity and wealth. Much time and wealth are wasted on political, religious and mass celebrations. Logic and morality are lost words and people mostly guide their lives with their religious dictum. The country folks are divided fiercely over religious and political ideologies. There is always breach of peace and religious and political fronts are exploited by active participants to harbor criminal and illegal activities and extort money from its citizens. Goons and hoodlums are employed with arms and ammunitions, to protect their religions and political factions. With rising unemployment, such religious and political groups offer protection service to its patrons. Patrons in return also get facility for arm-twisting their opponents. The country is alive and people live within, but lives are wasted and from their citizens a very small percentage of lifetime contribution is derived as compared to developed countries, where citizens are

responsible and contribute to their work full scale with healthy return and living facilities. Here, karma of the citizens and their countries or government plays an important role in utilizing the ability of its country people.

Even though you may be a very honest, sincere and hard working person, if the karma of your country people and the government, that runs the country, is unhealthy and pitiable, you and others like you, who form a very small percentage of the total population of the country, run the risk of wasting your and their lives. This prompts you and them in seeking to migrate to another country for personal qualities to be recognized and utilized. In the same way, people who are otherwise useless, lazy and insincere in their work, form a very small percentage of the population, lives in a country, which cares for its citizens and with responsible country people, will enjoy much better facilities and remain happy in spite of all their anomaly and adverse qualities as citizens. Since they form a very small percentage of the country's population, they are parasites on the country people and the contributions towards them, are negligible and therefore, do not affect the economy of the country.

It is unfortunate that people who perform good karma in a country with bad karmic citizens and its government, have to suffer for no fault of theirs. They form a small percentage and put in all their sincerity for the masses that are useless and undisciplined lots living off the exchequer. Most citizens in these countries have political

affinity and while away their time in their place of work. They do not deserve the money; they are paid for the job badly done. Such people also form a part of the bureaucracy; naturally, the formation and running of the government and its policies are also defective and unprogressive. So, the bad karma of the majority country people ruins and keeps the country behind in spite of a handful of people, who are all out to see the development and progress of the country and its people. Unfortunately, this is the prevailing rule world over and all of us have to accept and recognize this inherent phenomenon.

Did you ever stop and think why some people are fortunate while some are unfortunate? People from the same country with similar background are different and enjoy different living conditions. This is because so many karmic consequences influence their lives. How each one is influenced by their country's environment, their near and dear ones, their friends, and neighbors? Every little things matter, the karmic consequences of all these people are partly responsible, for the living conditions of each one of us. This is why, it is mandatory for each one of us to ensure good karma towards our country and our people. When we throw garbage in open areas, spit on the road, let dying dogs and rodents decompose in the open roadsides and in general maintain a careless attitude towards hygiene and cleanliness of our streets and country in particular, we are only inviting trouble for our posterity. Children born and brought up in such environment will surely find these unhygienic

ways, a way of life and contribute in further deteriorating the living conditions. The country will have diseased citizens with unfortunate living conditions. Since the country is made up of people like you and me, naturally our karmic consequences are responsible for our misery, malady and suffering. People like you and me again are diverse, consisting of different religious groups, castes, sects, region, language, race and origin. With such diverse people in one nation, the karmic actions are bound to be diverse and negative most of the time. It is imperative, therefore, for everyone, for one's own sake and for the sake of one's children to harmonize one's actions to a single melting pot. Diversity will only generate bad and negative karmas and generations after generations will be chained to the negative consequences fired by our arrogance, passion, and pride. Only a deep analysis can enlighten us of this karmic truth.

The people of the world at large have abused the earth in different ways at different times. We have abused the earth, sky, water, air and natural resources. We have abused animals, humans, aqua life, birds, greeneries and vegetation. We have disharmonized the earth and its living beings. The consequences of the negative karmic actions have produced innumerable unfavorable conditions in which we live and thrive today. Where is happiness gone? What you see, of the modern technologies are only pleasures; Flat screen TV, air-conditioned limousines, state of the art cell phones, laptops and electronic gadgets. These are all pleasure providing, with the passing of time the pleasure will wear

out and the newer ones will replace and provide new pleasure to the user. This is not happiness. Happiness comes from small things in life. Wishing someone on birthdays, anniversaries, surprises, words of care and moments of thoughtfulness and showering love in general are all little examples of love and care, leading to some happiness. In the earlier times, people carved out time to meet with each other and spend time together. You can still find this type of behavior amongst people in small towns and villages. Togetherness in communities and among near and dear ones goes a long way in providing security for each other. These positive karmas produce positive consequences.

Karmic actions of the country's government and the majority of its people including our own near and dear ones, therefore, go to make or break the country and its people. It is unfortunate; most of us do not recognize this individually and continue to abuse our home, streets, society and the country by using slipshod methods in conducting our lives.

Karma and trade

Trade and commerce are based upon trust and goodwill. This is why it takes a long time for a new business house to establish its reputation while equally it takes a long time for an established business house to lose its goodwill for poor supplies and bad business practice. Reputation in business takes long to establish and once established, in spite of poor business policy, the company still remain in business for a long time before it can shut shop due to lack of patronage.

Karma in business as well as in profession plays a very important role. Materially the most important ingredient that is at stake in business is money and goods. The business house and the customer, both rely on each other while transacting business. Each one has faith on the other and expects the other to deliver his side of the values honestly. When each one responsibly closes the transaction honestly and sincerely, the karma is good and healthy. Both parties to the transaction prosper and continue doing business until such time they are able to make profit and prosper. But unfortunately, when one or both sides hoodwink the other, either or both parties run a loss in the business and prosperity and the trust is lost. This is bad karma in the part of the one with bad intentions, actions and practice.

People performing bad karma in business at the end, land up losing much and are caught in the whirlpool of complex situations from which it becomes very difficult

for them to escape. This happens, because they get into the habit of cheating and hoodwinking people all the time. When they lose control at any time, the aggrieved parties try to punish him one by one. He finds no escape. Such people are later in the news for committing suicide, homicide, murder, being in prison or losing control over their business. They are in the news for wrong reasons. Bad karma in business is never rewarding. Business being a serious matter, the repercussion of the aggrieved, is equally potent and harmful. The victims of bad karma are sometimes compelled to perform bad karma, themselves, by punishing their counterparts in business. So the chain of bad karmas continues with the enmity and animosity of both parties in the business.

Karma and victory

Victories are of many types, victory over your opponents in sports, victory over your enemy in legal battles, victory in battles and in politics. There is no end to the different kinds of victories achieved and celebrated by the victorious people. Victory is one word with complex winning styles and methods. Each different type of victory is achieved differently. Sometimes victories are with sincere efforts while at other times victories are matters of fluke or chance. Victory is sometimes vague and not necessarily, the victorious is always the best, or always right in their views.

Positive karma in victory, is not achieved by the use of swords and guns, blows and fists, lowering the dignity and breaking the morals of others, but only by winning the heart of others and victory by making your opponent understand and follow your way of correct and upright thoughts. Good and positive karma is achieved only, while you do not let the other suffer in any way. Your opponent must understand that you mean no harm to him, while at the same time; you are putting across your point of view, which is correct and logical. This way you win over your opponent as well as find a friend in him.

In sports and other activities like examinations and competitions, positive karma is by sincerity in bracing yourself with the correct preparation and mindset for the achievement of victory in whatever you do.

Victory is a bad word when it is associated with forceful imposition of policies and ideologies on other people and countries; for instance, forcefully acquiring the lands of weaker people, cunning and shrewd ways in finding victory, over gullible and innocent people, are all bad and evil karma.

Karma and chance.

Karma produces consequences and is the direct result of your deeds, but a chance is a fluke and has nothing to do with one's karma. Sometimes a good person faces misfortune or bad person strikes gold from nowhere.

Chance is a matter of probability and it could greet anyone anytime, it has nothing to do with one's karma. People invariably equate chance happenings with the will of god or good or bad deeds. This is ignorance and people like to believe what they want to. Fact is, chance happening could strike anyone any time. One could win a lottery, or die in a plane crash, find gold bar in a heap of garbage or be blown up in a coffee bar explosion. Those, he helped and was loved by, will find the will of god unjust or blame it on luck for his premature death, and those he antagonized and was unpopular with, will point finger at his deeds. These are all myths which people like believing in, to sooth themselves. In reality, it is chance only which could change your destiny unknowingly. Therefore, chance which could turn you rich overnight has nothing to do with your karma, in the same way; an accident which could devastate you overnight also has nothing to do with your karma. This chance happening in your life is the beginning of a new set of karma that you will go about to perform. If you win a lottery and come across a lot of money, your karma begins then. It is how you spend that money. If you rolled the green currency with tobacco and burnt it like a cigarette or spend it on your friends and family merry making and partying, the

result is your new karma will gradually drown you and maybe leave you in a worst state that you were in, before you won that lottery. Alternative, if you cautiously guarded and invested that money, as if you never won it, it is likely you will multiply the amount and see better days ahead of you.

Chance happenings, therefore, sometimes changes a life but should never be seen as a part of our karma, this is ignorance and a myth.

Karma and science

What connection does science have with the spirituality of karma of mankind? I would say nothing! However, if you ask me what connection does karma have with science? I would say much.

Today science is busy with health, wellness, and anti-ageing. Worldwide, five-star wellness centers, hospitals and anti-ageing projects are mushrooming. It has become a major industry having a worldwide turnover of billions of dollars. Yet, with such advance technologies, sophisticated equipment, latest medicines and well trained physicians there is no slowing down of diseases and the admission of patients all over the world in all these hospitals and health centers. Since science has nothing to do with karma and its consequences, it can never combat the diseases nor can it ever eradicate the malady that ails mankind.

Karma of mankind has everything to do with science and the welfare of mankind. Diseases in people are either transmitted through their gene (DNA) or invited in our lives by our negative karmas. Most of us today are a victim of our own anger, stress, frustration, complex and calculating thoughts, cunning plotting and planning, competitive spirits and always the hurry in whatever we do. These ways for mankind is no less than suicidal. Such behaviors and ways only releases adrenalin into our blood stream due to which we have elevated heart beats and a rise in the blood pressure, in return it may be the

cause of a heart attack or in younger people it may raise the ageing process. In time, we will find ourselves with minor health issues. These minor health issues hide serious, if not, terminal diseases. As we age our immunity is weakened and the serious or terminal diseases lying dormant within us slowly wakes up to threaten our lives. We suddenly find ourselves seeking the help of different physicians for different types of ailments. With a very small percentage of progress in the diseases, sometimes it seem to be a part of our physiology and we try and get used to it until one day these diseases manifests themselves in a very imposing way. With CT scan, X-Ray and MRI and what not, we are handed over reports of the impending danger in our lives. There is no turning back. These maladies in our lives are the sum products of all the consequences of our karmas during our lifetime. If science takes recourse to the spiritual aspects of these karmic laws, it will definitely benefit in eradicating most diseases from our lives. The karmic laws are responsible for harmony, peace, forgiveness, equality, discipline and above all the broadened and elated mental capability of mankind. It teaches you how to have quality thoughts, words, actions and behaviors all the time to ultimately harvest within your very own selves the healthy ways which will reward you with benefits all the time instead of punishing you with the negative consequences.

Commentary on karma

"You deserve it," told your parents to you when you were young and your principal reprimanded you in the school. *"He was rightly paid back in his own coin,"* someone says about a nasty man who was punished for his deeds, or incurred a loss. What they meant was the result of one's karma. Even from religious point of view, those buried beneath the earth have to answer for their deeds while they were alive. Those burnt to ashes will return as man or animal depending upon their deeds. No religion, unfortunately says that you can commit sin and get away with it by worshipping the gods and by prayer for pardon by the loved ones after one's demise. No amount of wealth, prayer, or making gods happy can relieve anyone of their deeds or karma saves and except one's very own doings in this world. This is why karma of humankind remains at its helm from birth until death. The key to all happiness, peace, smooth and healthy lifestyle and all the good (or bad) things that may happen to man is only by his karma(s).

As a fetus, the unborn child is the product of all the karma that touches his unborn life. First, how his mother is being treated by others, her stress, malady and chain of thoughts and lifestyle, all goes into affecting the unborn child. Healthy pregnancy and caring husband and environment will all go into giving a healthy and happy baby, while living in an unhealthy environment with polluted air and food, uncaring husband and stressful living conditions will definitely give birth to an unhealthy

baby. Sometimes the child seems to be healthy but as he grows up the mind of the child shows signs of disturbance and he is regarded as a difficult baby. As the child grows up his parents, relatives, society, government and the entire environment keeps influencing the child all the time. In the same way, if the child experienced healthy and positive surroundings all his life, he turns out to be good and successful otherwise he suffers and remains unable to tap his potentials. The karma of parents, relatives, environment, the government, and all those that touches his life is responsible for his birth, growth, education, and career. When he becomes independent and takes decisions on his own, he then becomes responsible for his own karma and that is when he brings about the results of the chain of endless karma for himself and his loved ones.

Someone told me if he did nothing, then he would not be committing any karma and therefore, he would be absolved of any good or bad doings. This is absurd, unpractical, and negative. One has to do some form of karma otherwise one is dead anyway. One has to eat and live at least. This eating and living itself will make one to perform so many karmas in his lifetime. One has to steal and survive or work, earn and survive. Therefore, movements are compulsory as a living being and with movement come the karma. Karma in man's life is unstoppable and with each such movement, we commit karma that binds us to this worldly treasures and pleasures or frees us from the unseen fire and whirlpool of misery, sufferings and malady of this mortal life.

Lastly, karma always produces consequences, good, or bad- even infinitesimal karma like washing your hand or killing an ant too produces karmas, good or bad. The consequences of karmas are unstoppable. The entire world and its population are creating karmas and its resulting consequences, which is visible to all of us all the time. Man had been creating karmas since he first set foot on this earth with its resulting consequences, good or bad. The chain of this good as well as bad karmas today is responsible for all that touches our lives. We alter the prevailing chain of past karmas of others by creating our own karmas and its resulting consequences, which in turn directly affects the person and his family creating the karma, while it indirectly affects the world now and later.

After reading this book, if you resolve to perform good karmas for yourself, your loved ones, your country and the world in general, you will contribute goodness to this world for which you will be rewarded with peace of mind, happiness, lower incidence of diseases and reversing of your ageing and ailing process. Even a peaceful and dignified death is not rule out. Your children and their children will see better days ahead of them, which comes with the efforts of all of us and not with the slipshod methods for quick everything and selfish motives of *“I, me, and myself”*.

