

Karma in Hindus:

Karma, a Sanskrit word roughly translates to "action," is a core concept in Hinduism. **Karma** is regarded as a concept that explains causality through a system where good is earned from good thoughts and actions and harmful effects encountered from bad thoughts and actions. **Karma is** the principle of cause and effect that can continue over many lifetimes. Any thought or action, good or bad, contributes to **Karma**.

Karma, generally denotes the cycle of cause and effect — each action a person takes will affect him or her at some time in the future. This rule also applies to a person's thoughts and words, and the actions other people take under that individual's instructions. Today, people use the word **Karma** in ways that are not wholly consistent with its traditional meaning. For example, **Karma** is often misused to denote luck, destiny or fate. **Karma** is also misused as a way to explain sudden hardships. **Bad Karma** is simply bad thoughts and actions that result in negative outcomes in one's life. Hindus believe in "DHARMA" (duty) which aims to make morally right decisions in order to achieve good **Karma**.

Importantly, **Karma** is wrapped up with the concept of reincarnation or rebirth, in which a person is born in a new human (or nonhuman) body after death. The effects of an action can therefore be visited upon a person in a future life, and the good or bad fortune someone experiences may be the result of actions performed in past lives. What's more, a person's karmic sum will decide the form he or she takes in the next life.

There are phrases from other religions or faiths, similar to **Karma**, including "what goes around comes around" and "violence begets violence."

Laws of Karma:

Karma is simply the actions and thoughts that have either a positive or negative impact on ones' life. The impacts as a result of one's karma are not meant to be a punishment but instead a way that will make someone learn or get educated from their own thoughts and actions. There are laws that guide one's karma, these laws are referred to as the Karmic laws. They include:

1. The great law

It states "whatever you sow, so shall you reap". This simply means our actions are the true reflection of what we get in return. If we want to be loved then we must first love others.

2. The law of creation

The law guides on the following:

- Life requires our participation for it to happen.
- We are part of the universe both inside and outside the universe.
- Be real or true with yourself and surround yourself with what you want to have in your present life.

3. The law of humility

It says "what you refuse to accept will continue for you". This simply means what we see or think is negative then we won't focus on a higher level of existence.

4. The law of growth

The law states that "wherever you go, there you are". It simply means change starts with yourself. All we are given is control over ourselves.

5. The law of responsibility

The law states "whenever there is something wrong in my life, there is something wrong in me". This simply means we are the mirror of what surrounds us, what surrounds you is mirrored by oneself.

6. The law of connection

This law explains our interconnection to the universe. How our actions and thoughts are consequentially connected to the universe. Each step results in the next step. Actions and thoughts are interconnected.