

Karma - Law and Living

Life is NOT predestined as many of us believe. Instead one shapes his future by his own deeds (karma).

Karma is our actions, whatever we do with our organs, even what we think in our mind is a Subtle form of Karma. As our thoughts are, so as our actions. Karma can be understood as a cycle of action and re-action.

Why am I here? Why was I born here in this family? Why is she beautiful and me ugly? Why someone attain outstanding worldly success? Why is one person extremely rich and many are poor those does not have food enough to even survive? Why did he do that to me? Why this or that? Does God decide the life for everyone? No.

The answers lie in one eternal truth – based on the **Law of Karma** or the Karma Philosophy – that no one can escape the result of his karma. Depending on the bad or good karma or action or deeds, one will suffer or enjoy, either in this or the next life. There is no end to life. We souls are on an unlimited journey and will take the next birth according to the Karma we performed in present life. No one can escape the result of karma. The law of Karma is inviolable.

Hence everyone must act with a sense of consciousness. We must acquire right knowledge of what is the good and what is the bad action.

The right Karma:

The actions which is done with a pure intention, which first benefits the self and it benefits the other/s and it gives happiness to the world, which pleases the God is certainly the righteous deed.

The wrong Karma:

If someone under the influence of body consciousness (5 vices) acts and gives the sorrow to the self or to others, or if even he polutes the atmosphe with negative thought, he is doing the action which is opposite to the nature of soul.

The morale of the story – I have to do right karma for my benefit; it is not for showing it to anyone outside. Whatever is done in this world, the result will be got here only, whether in this birth or the next.

Every human action has a moral aspect. If a person's certain act is morally good, the person gets ultimately benefited. If, on the other hand, his acts are morally bad, he suffers. This way the world runs. Every person (soul) understands what is the right and wrong.

It would require a lot of space to express what is morally good and bad. But **in one sentence**, it may be said that, if a person acts under the influence of hatred, anger, lies, prejudice, greed, ego, partiality, lust and such other acts under the influence of body-consciousness, then his actions are bad or negative. These create disharmony and conflict and sufferings in the society.

On the other hand, if a person has a balanced judgment, stability of mind, peace of the spirit and acts with the feeling of love, justice, sympathy, humility and the such other actions in soul-consciousness, then his acts are noble because such acts promote harmony, peace and unity in the world.

Thoughts and Karma

Every action is preceded by thoughts. The most powerful instrument that mankind possesses is thought power. Thoughts build our consciousness and shape our attitude. One needs to know how important thoughts are. Every human creation we see in this world is due to powerful thoughts in human minds. Thoughts shape our world. Thoughts are fertilized by knowledge. A person with a certain kind of knowledge usually creates thoughts in harmony with that knowledge. Knowledge gives wisdom; a person without knowledge is a person whose thoughts will be formed in ignorance.

The quality of thoughts determines the quality of our karma. The karma in turn has good or bad effect on us. This again influences our thinking. So right thinking based on right knowledge is essential for leading a peaceful and contented life. Raja Yoga meditation helps us in doing the right thinking that leads to righteous actions. This also helps in remaining mentally strong amidst turbulent situations

In essence, those deeds which give happiness and peace of mind, are good karma and the opposite is the wrong karma. That must be understood by everyone.

Source: <https://www.brahma-kumaris.com/karma> (Day 5 of Raja Yog course in English)