Karma

What it is, what it's not, and how it works
What Karma Is Not

• Karma is not a “what goes around comes around” ideology (Goldstein, 2008)
• Karma does not cause suffering (Thanissaro, 2016)
• Karma is not alive – it does not make choices
• Karma does not directly influence day to day life (Thanissaro, 2016)
What Karma Is

- Karma is energy (Goldstein, 2008)
- Karma is the result of action and intent (Goldstein, 2008)
- Karma influences the rebirth cycle (Goldstein, 2008)
- Karma influences interpersonal relationships (Thanissaro, 2016)
Conclusion

• You make your karma
• Karma isn’t alive and can’t make choices
• Karma will not punish your enemies for you
• Karma is planted and can take years to mature
References
