

The force generated by a person's actions held in Hinduism and Buddhism to perpetuate transmigration and its ethical consequences to determine the nature of the person's next existence . Each individual is born with KARMA , The residual from past lives that must be resolved . Karma is of 3 types - Prarabdha , Sanchita and Kriyamana or Agami . The Prarabdha karma is experienced through the present body and is only a part of Sanchita karma which is the sum of one's past karmas, and Agami karma is the result of current decisions and actions.

In Buddhism , karma is understood as the law of cause and effect - every action brings about a corresponding reaction. Just like the law of gravity , Buddhists see karma as a natural force of the universe. According to karmic laws of cause and effect , all of our actions , thoughts and intentions create energy.

There are some rules of Karma - 1) The law of cause and effect , 2) The law of creation , 3) The law of humanity , 4) The law of growth , 5) The law of responsibility , 6) The law of connection , 7) The law of focus , 8) The law of giving , 9) The law of here and now , 10) The law of change , 11) The law of patience and reward , 12) The law of significance and inspiration . These laws of karma can serve as a guideline or road map to follow as you go through your daily life. These laws can help you understand how karma really works, and the effect that your thoughts and actions can have on you and the world around you.

I know this is not everything about KARMA but I think it can help you understand even a little bit about it .

(Good deeds create good Karma and Bad ones create bad Karma).

THANK YOU