ANSWERS TO WS 2

A BRIEF EXPLANATION OF KARMA - CAUSE AND EFFECT

Consider the following statements

1. What I am experiencing now may be related to the old impressions in my store consciousness.

    - These impressions are like seeds that are stored in consciousness and which, when the conditions for them are present, produce a fruit corresponding to them.

2. I can decide responsibly how I react to certain situations.

    - I develop mindfulness, accept challenges and take responsibility. This allows me to decide what the best possible course of action is instead of reacting reflexively and habitually.

3. I can consciously decide which new impressions I put into my store consciousness.

    - I can act mindfully with words, actions and thoughts, because every moment is consciously shaping future experiences.