WORKSHEET 2

A BRIEF EXPLANATION OF KARMA - CAUSE AND EFFECT

Karma translated means deed, activity or action (involving body, speech and mind).
Karma is the doctrine of cause and effect. From a Buddhist perspective, everything we think, say or do leaves an impression on our mind. It is from these impressions that the world we experience is created. Negative actions, words, and thoughts lead to difficult or unpleasant situations; positive thoughts, words, and actions, on the other hand, lead us to have pleasant experiences.

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

No one would expect to sow cacti, for example, and then harvest sunflowers from that field. A wise gardener purposefully selects the seeds and nurtures the plants until he can harvest the fruit. He provides good growing conditions.

This example from the plant world shows that a long time can pass before a seed develops into fruit. It is comparable with the impressions in the mind. Sometimes it even takes longer than a lifetime for an impression to develop its effect in the mind.
For this reason, one does not always recognize to which causes what we experience is due. Thus, one sometimes asks oneself: "Why me?" One is not aware that through one's own actions, words and thoughts in earlier times, one has oneself laid the causes for these experiences.

When a Buddhist is confronted with unpleasant situations, he accepts the challenge in order to improve the situation if possible. This can also be done through the inner attitude, when nothing can be changed on the outside. He takes responsibility because he has understood that he is now planting the seeds for the future.



The basic attitude and motivation is very important, benevolence and compassion are the basis of action. To experience happiness and bring it into the world, one consciously decides to act positively and avoid harmful things. In Buddhism, one is very mindful of one's words, actions and thoughts, because every moment is consciously shaping future experiences.

As a Buddhist, one also uses the effective means of meditation to specifically remove negative impressions in the mind and build up positive ones. Through the resulting peace of mind, one gets the necessary distance from disturbing feelings and gains more clarity. Increasingly, one becomes more aware and can decide to leave out suffering and to behave in a happy way. One no longer takes things personally and through the resulting freedom is able to act meaningfully and powerfully for the best of all beings. One behaves like a Buddha until one has become a Buddha.

Think about the following statements.
1. What I am experiencing now may be related to the old impressions in my store consciousness.
2. I can decide responsibly how I react to certain situations.
3. I can consciously decide which new impressions I put into my store consciousness.