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Foreword

When unexplainable things happen most people claim it to be karma, destiny or fate. These things supposedly happen at random and have no real tangible connections, or so it is popularly believed.

However from time beginning this theory has been proven to be untrue. Everything and everyone is intimately and intricately linked one way or another. Those lucky few who are able to attain a level of oneness are able to discern this phenomenon.



Karma Crash Course

Simple Techniques For Maintaining Good Karma And Living A
Happy Life

Chapter 1:

All About Good Karma

Synopsis

Basically the karma of an individual is linked to the emotional resonance which is either consciously or unconsciously projected or attracted. Literally speaking one attracts what one gives out.

The way this individual response and attraction works is the frequency it draws from to form the balance of energies on a spiritual level.



What's Behind It

Every emotional state dictates the people and energies drawn to it. If the positive energy is strong and inviting then it in turn will attract like minded individuals with the same positive energy.

It's also probably one of the reasons that people are attracted to powerful and capable individual rather than timid and tepid personalities. The vibrancy of the karma is the pulling factor and those who have this are never short of positive out looks in life.

Sometimes people will give up easily on things with the essence of defeated thinking, that it's was just not meant to be, not in their karma, but this train of thought is really unfounded. Karma is not an unchangeable destiny or fact. Karma is not something to resign to and certainly never out of an individual's control.

Karma can be changed by altering the cosmic signature of an individual. This cosmic signature is literally the resonance frequency of energy attraction that the individual is either putting out or attracting.

By making the concentrated effort to always learning to focus on the positive, the energy harnessed from this train of thought is eventually yield what is termed as good karma.

Chapter 2:

How Good Karma Can Benefit You

Synopsis

Good karma can be incorporated into an individual's life with a little or in some cases a lot of conscious effort. Good karma gives out good positive energy which in turn attracts good energy. In order to create or attract good karma here are a few tips and how it can be of great benefit.



The Advantages

Being generous is a positive quality that most people can relate to. Generally people like being around generous individuals as opposed to selfish and self centered individuals.

The positive energy surrounding this quality is very attractive and will inadvertently draw the outside positive elements into the immediate circle of the individual's life. With so much positive energy now in the "circle" there will probably be instances where this energy is able to ward off or change any negative energy.

As mentioned good karma often attracts the same, hence by smiling and keeping a good attitude towards all outside elements, the same will be returned in the "what goes around comes around" scenario.

Having this disposition allows the positive surrounding karma to shine out and touch others in a positive way and thus unlikely to cause a negative reaction from any unpleasant situation. By this simple sunny disposition an individual learns to adopt on a daily basis will create the positive karma aura needed to carry through any trying times.

There is even a probability that good karma can help steer good things into the circle of an individual's life whose karma is strong and positive. This is on the basis that good attracts good.

When the positive disposition of an individual shines through, it is more than likely that opportunities will present themselves at every turn and also at the most opportune times.

Good karma also translates into good health. When an individual has a happy and contented outlook in life, this will only add to the betterment of his or her health condition.



Chapter 3:

How Good Karma Can Benefit The World

Synopsis

Good karma does not just exist out of thin air; it is created by forces that are constantly changing. These changing forces can be manipulated to a certain extent for good or bad, thus the term good karma and bad karma. Good karma creates, attracts, and emits good positive vibes, frequencies, or auras as they are variously termed.



Helping The World

The world can benefit greatly from good karma. If people around the world develop this good karma in the lives, plainly put the world will be full of positive energy and be a better place to exist in.

Perhaps the following examples would better explain how better karma is produced and the benefits in can have to the world.

As previously explained, karma can be good or bad. The repeated good actions done at random are where good karma begins. If every human being rises to greet a new day, with the intention of doing good, then this positive energy, element, or perception is multiplied many fold and thus encompasses everything around.

With the literal positive energy in the surroundings it would be hard to feel negative and so everyone benefits. The benefits can range from having peace of mind to wanting to be helpful to all around.

Living with the mind set of trying to be always alert to the needs of others is another way the world can benefit from good karma. When a random act of kindness is shown it is usually well received and passes on.

The domino effect of one kind gesture is the first step to implanting this selflessness in everyone until it manifests itself automatically in everyone lives. Practicing kindness in the world today is often looked

upon as a weakness, and this mind set is what causes many to experience bad karma. The need now is to replace it with good karma done through many, many selfless acts.



Chapter 4:

Change Karma By Being Positive

Synopsis

It has already been established that karma can be changed and it is not something that has to be accepted or taken for granted. The energies that are surrounding an individual's karma is not preordained.



Be Favorable

There are many ways to change or manipulate the karmatic conditions without being too legalistic about it. The following are some very practical changes, which if attempted with a sincere heart should bring about the desired results.

Perhaps the most important ingredient to having peace and happiness which is the prerequisite to good karma is the ability to forgive. Forgiveness is a great mind set to practice both for the well being of the mind and body.

When the mind and body are at peace, then the spirit will be too, and the results will be good karma. Even the slightest element of negativity derived from the inability to forgive shifts the energy force of good karma. This then becomes mirrored very clearly in the individual's life.

Taking a step back and examining life and its challenges is also one way of gauging and manipulating karma. If a certain routine or environment is causing constant negative feelings, results or just a total sense of unease, then consciously changing the routine or environment or even making a few subtle shifts can affect the poor or negative karma conditions for the better.

Certain quarters recommend reading the horoscope on a daily basis to help the individual avoid or change the circumstances that may or may not cause a negative impact for the day.

It would seem that this is a great way to create good karma energy daily. By avoiding any possible obstacles and making wise decisions, good results are hoped for.

In this rush and hurried world, sometimes negative reoccurring events is nature's way of alerting the mind, body and spirit to slow down and enjoy its gifts. Perhaps the lesson needed to be learnt could be as simple as having more patience.



Chapter 5:

Learn The Lesson That Is Being Shown

Synopsis

Understanding the karma force of each individual, is the first step in learning to work around it in order to be able to alter the karmic force if it is negative.



What You're Being Shown

Most people perceive the expression of love, acceptance, and unconditional love to be the hardest karmic lessons to experience and grow from.

The concept of love transcends all negatives and thus gives the freedom to the individual to create the desired positive karma aura. Often the inner fear, stubbornness, and uncompromising levels are what causes the soul's development to be blocked and thus the inability to learn from previous negative karma conditions.

When the human body starts to manifest symptoms of illness, ailments or even diseases, the implications that the karmatic forces have been disturbed is evident. By not addressing the underlying clues to the problem the negative karma cannot be changed for good. Making these changes is what the body is "crying out" for as it is the only way to restore the balance of good karma again.

Most negative karma is present for the only reason of trying to teach the individual to deal with the consistent negative behavior, habit, lifestyle, and other damaging elements present in their lives.

The negative elements or situations will continue to manifest itself until the individual is ready to take responsibility and address and make the effort to change.

It is not unusual for confusion and questions to arise with the big question of "why is this always happening to me?" The popular assumption is that all the negativity will cease once the lesson has been learnt.

Some of the different karmic lessons that need to be learnt are:

- **The value of independence**
- **Understanding of finance**
- **Limitations of the individual**
- **Cooperation from within and with others**
- **Self expression**
- **Laziness towards working**



Chapter 6:

Have Compassion

Synopsis

Karma and compassion – at first there does not seem to be any link between the two because of the paradox attached to the combination.

The concept that good karma can be realized by enhancing the good elements that surround and individual, thus the thinking that if compassion is shown then good karma is harnessed both for the giver and receiver of compassion.

Therein lies the paradox. The intention behind the act is not absolutely pure and selfless and therefore does not qualify as a selfless act of good.



Be Caring

There are still a lot of doubts as to the authenticity of the compassionate act if the intention is dubious. With the addition of the compassionate element into the equation the giver and receiver does not or need not take direct responsibility for the actions done as it will just be blamed of karma for better or worse.

Compassion however is still a very important element which is rather lacking in the world today. Everyone is so caught up in the own little selfish worlds that little thought is given to others. The general understanding of karma is there seems to be an absence of mercy.

However if the balance of the soul needs to be addressed then mercy is hardly what it needs, as the lesson however hard needs to be taught over and over again till learnt, thus the seemingly compassionate element is missing.

To confuse things further, compassion is a very positive and important instinct to develop in life. Facing life with a measure of compassion helps an individual to empathize with those going through tough times. This then brings out the good karma energy which is paramount in achieving a deeper meaning in life.

With the presence of a higher positive karmatic force, an individual is able to attain the much needed compassionate foundation in the face of adversities.

Chapter 7:

Get Your Anger Under Control

Synopsis

Anger a very powerful force and never a good thing to get into the habit of. Every time anger is built up, thought of or expressed, it actually acts like a huge storage box of negatives being added into an individual's life.

Anger should be an emotion that one practices to control and eventually not resort to when the negative situation of feelings call on it to manifest. Anger never solves anything and almost always makes things even worse.



Calm

In understanding the fundamentals of karma and the aura of it in a person's life, one should also begin to learn that anger should not be a part of it. Anger is a negative producing energy and too much constant negative energy gives bad karma.

All the bad energy built up eventually leads to bad things happening in and around an individual's life. If not consciously checked, this bad karma will be the dominant factor being emitted and received daily, which is not a good thing at all.

Anger patterns in life can affect the future of an individual just as it had an impact on the past. It is believed that karma is a result of all these elements working intricately in each individual world, all of which results from the positive or negative energy dominance.

It is with justification that this line of thought has become somewhat accepted; the current choices or elements in an individual's life stem from the results of past thoughts, words and actions, and the future stems from the present choices, thoughts and actions.

Therefore if anger is dominant always then it is more than likely, this negative state will always be present and eventually attract only the negative elements as a result.

Thus by taking full responsibility, in controlling the anger, and eventually being able to attain the peace needed, will help in the overall good karmatic conditions of an individual.

Chapter 8:

Be Kind Daily

Synopsis

The development of one own karma brings about many good changes in the individual's life. These good vibes can and will affect other positively too.

Good karma always follows in the wake of good hearted random acts both for the doer and the receiver. Therefore consciously practicing doing a good act a day or being kind to someone or something daily can indeed increase the aura of good karma for all those around.



This Is Important

Here are some random acts of kindness that anyone can carry out either daily or as often as possible.

- Greeting people with a bright sunny smile and a wish for a good day upon people.
- Asking about the person in general, such as in regards to health.
- Extending a hand to someone in need either financially or physically
- Visiting the sick or senior citizens and sharing in the old stories and tales. This usually makes them feel important and worthy
- Offer to stand in as a caretaker for someone who needs some time to relax away from the stress of being a prime care giver.
- Be a friendly shoulder for someone who needs mental release
- Bake cookies or prepare a meal for neglected and orphaned kids
- Offer a ride to a co worker who is in need
- Mow an elderly person's lawn for free
- Help out as a volunteer to organizations that are always in need of an extra set of hands

The list goes on. There is always an opportunity to be kind at every turn in life, and a person who is at peace and harmony with nature and within will be able to sense these needs acutely. When one is aligned with good karma practices then the energy and joy exuded from being kind is very rewarding indeed.

Chapter 9:

Be Creative

Synopsis

Karma is purported touted as an element in life that can be manipulated and changed based on many factors. Karma is not fate, or the be all and end all of everything, however popular this notion maybe.

All too often this is simply dismissed as fate and therein lies the folly. Giving up or simply giving the excuse that its preordained by some external phenomenon is not what karma is all about.

Furthermore sitting back and not taking control of life's direction does not help either.



Get The Juices Going

Finding ways to alter one's karma can indeed be an interesting adventure if looked upon and a challenge. This challenge can be fruitful and positive if the right tools are used. Being creative is one way to go, on the road to changing one's karma from negative to positive.

In the attainment of good karma the individual can use the natural creative instincts from within to manipulate or direct the path of life chosen. When one is conscious of using creativity to an advantage then a lot of good can be harnessed and applied into the cycle of life.

In some ways karma emphasizes the efficacy of human activity in bringing about the desired results for better or worse. Thus the element of creativity helps in learning how to get the best out of any situation or how to go around any negative situation for the better outcome results.

Creativity has a lot to do with the element of motivation. The motivating factor must be correct, or the end results may be shallow and attract all the negative energy. When creativity is exploded upon any given situation the inner man gets to develop with the simple motivation of giving and pleasing. Doing this with the purest of intentions, will bring about the contentment, in knowing that the creativity used was for the best reasons.

Chapter 10:

The Trouble With Not Adjusting Your Karma

Synopsis

The idea that karma is random should have been dispelled by now. At this point an individual would realize that his or her own karma can be changed, manipulated or simply ignored (to dire consequences of course).



What You Need To Know

Therefore in understanding this basic concept, one is able to do something about one's own karma direction. Taking life by the horns so to speak is one way to go, and perhaps the only way to dictate the desired outcome of each situation, decision, or consequence.

Rather than simply trying to diminish the bad karma surrounding an individual by paying off the karmic debt with good works, one should address the mind set and how to face adversity with a positive twist.

Try to adjust the individual's karma with the wrong intention in mind will lead to using the wrong or questionable means in doing so, thus still causing the karmic forces to remain negative.

Strange as it may sound, any action done without the purity elements both in action and thought actually negates the chance of injecting some degree of positive karma into the equation.



Wrapping Up

By consciously making the effort everyday to face any challenges with the best possible frame of mind, based on pure intentions and not to gain positive recognition then the idea of achieving good karma is possible.

Taking the time to step back and look at a situation objectively and not jumping to immediate conclusion invites the process of not feeding on impulses to develop itself. This good and wise style will yield great rewards as the calm approach to anything is worthwhile.

When no conscious effort is taken to adjust one's own karma then the ability to be mindful cannot transcend into the chain of actions and consequences that have the potential to open up new links in life.

