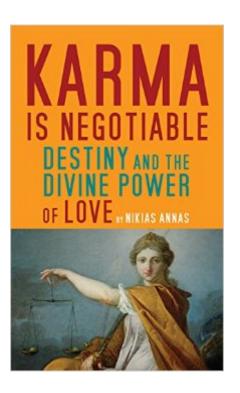
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Karma Is Negotiable: Destiny And The Divine Power Of Love





Synopsis

Although the word "karma" is Sanskrit and is associated with Eastern religions, it simply refers to the law of cause and effect. Karma is not blind destiny or divine judgment, but is the principle the describes the natural reverberation that emerges from every action, whether that action is physical, emotion, mental, or spiritual. Suffering and pain are not punishment from a tyrant God, nor are they "normal" or mere "coincidence." When we truly understand the law of action and consequence, we can see that our lives are a result of our own moment to moment ignorance of the effects of our actions. We create our own suffering, therefore, we can create our own happiness instead, if we know how. No matter what religion or background we come from, through conscious action from moment to moment, we can originate a new set of causes, which in turn will generate a new set of results. This is how we can revolutionize our life. The power to change is in our hands.

Book Information

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Customer Reviews

This book does a very good job of synthesizing a lot of teachings about karma in a way that is easy for a beginner to understand and relate to. It's very easy to read (written in simple language), and the examples it gives are geared towards helping an ordinary person to see firsthand how karma is acting in his or her life, and how to use that understanding to stop suffering. It utilizes scriptures and teachings from many different spiritual traditions (not just the Eastern ones), as well as plain old-fashioned common sense to help make its points, so I feel this book would be easily accessible to people from any spiritual background. Although the book is geared towards those who have no

prior knowledge of the teachings on karma, I think even those who have some learning in this area would benefit from reading this book, since it provides helpful examples and thought experiments that could be useful in their own expositions on this subject. One more important note: This book is very practical. Although it does a good job at explaining the theory of Karma, the focus of the book is on helping the reader to change his or her life for the better. So a scholar looking for some grand intellectual commentary may walk away from this book disappointed, but a regular person should find it to be very beneficial. Chapters include: Introduction Cause and Effect The Origin Affects the Outcome Everything is Karmic How we know Karma is real Our present reality The Power of Generosity Stop Harmful Actions Develop Virtue What is Happiness? What is Suffering? How suffering is created Who is the cause of suffering?

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