

# Download Basic Karma A Practical Guide For Living

The relationship of karma to causality is a central motif in all schools of Hindu, Jain and Buddhist thought. The theory of karma as causality holds that (1) executed actions of an individual affects the individual and the life he or she lives, and (2) the intentions of an individual affects the individual and the life he or she lives. Karma Q & A, compiled by Bhaddanta Nissara Bhikkhu. (revised Dec. 15, 2018) Karma and rebirth are often understood to be teachings of fate and helplessness in the face of unknowable influences from the past. Instead of teaching fate, The Buddha's teachings on karma and rebirth are empowering, showing how people can develop skills in the present that will lead to the end of suffering. Karma (Sanskrit, also karman, Pali: kamma) is a Sanskrit term that literally means "action" or "doing". In the Buddhist tradition, karma refers to action driven by intention which leads to future consequences. Those intentions are considered to be the determining factor in the kind of rebirth in samsara, the cycle of rebirth. The four main spiritual paths for God-realization are Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga. Karma Yoga is suitable for a man of active temperament; Bhakti Yoga for a man of devotional temperament; Raja Yoga for a man of mystic temperament; Jnana Yoga for a man of rational and philosophical temperament or enquiry.