

Karma and rebirth

Karma is used both for

- an action, performed by the “doer”
- consequence of an action: experienced by the “enjoyer/sufferer”

Law of Karma: Tight (cause-effect) connection between
the doer ↔ the experiencer
past or current actions ↔ current or future results

Not fatalistic; not pre-deterministic

Full accountability; incentive to choose well

Mechanisms involved

Vasana: Collection of impressions on the **mind** that create habits and become an impetus for action

Sanchita Karma: warehouse of past actions

Prarabdha Karma: packet to be lived through in the current life

Ishwara manages the whole process: designs life in each birth to provide best opportunity for spiritual growth

Our Goal: minimize negative karma and eventually to burn all of *sanchita* karma; this journey is of the mind and not the body