“The Karma Incite”

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Creative Writing
March 25, 2008
People usually talk about karma as a bad thing. In addition, many people are even afraid of karma. Many wonder if it’s real or just a belief, but who really knows? Others have different opinions about karma, but do they really know what it is? Can anyone really define karma? All these questions and theories come up when the word karma is mentioned. All these questions and theories also have answers to them, which are waiting to be discovered.

Basically all the sources that I went to defined karma as a sort of action. For instance, based on the information from the website “The Theory of Karma”, it states that “karma is an intentional action.” The website “Buddhist Karma” similarly states that “karma mainly refers to one's intention or motivation while doing an action.” Is there such thing as good or bad karma? Well according to the Buddhist beliefs good and bad karma is the results of your actions. Your good actions will result in good karma, and your bad actions will result in bad karma. Karma has to do with the mind and your actions. There’s the action of intention and the intended action, and the seeds that are left behind as a result. As a result to your positive and negative actions, seeds stay in your mind until they are taken away or destroyed. They can be destroyed by anger or opponent powers, depending on the action.

Mainly the cause of karma is because of an action. In the same way, you could say that it’s because of a previous action, as so stated from the website Buddhist Karma. According to the website “What is Karma”, it also states that you cause your own karma with the actions that you choose. Of course, nobody likes bad karma, and there are ways to get rid of bad karma. First, you would have to get rid of all your negative thoughts, feelings and actions and put them aside. Then, you would have to think positive and surround yourself in a positive environment. That way only good can come to you. Similar to getting rid of bad karma, you can prevent bad karma
in the same way. Just by staying positive and surrounding yourself in good will prevent bad karma.

Karma is described in Hindu, Jain, Sikh, and Buddhist philosophies. All with an exception of Jainism have and believe the same concept of karma; however, they see some things differently, while Jainism has a whole different meaning to karma. They believe that karma is caused by a karmic field that has to do with the mind. People say that if we ignore the workings of karma that we just cause problems for ourselves. Many religions teach people the consequences of their actions. They believe that the belief of karma will help the teachings and won’t affect them in God’s final judgment. You can actually learn things from karma. For example, it can teach you how to be a better person in this life, and how all your actions have consequences.

Karma isn’t a simple belief. It has so many things to it than you can imagine. For instance, who knew that karma came from so many different religions, and that they all see karma different in a way. It’s also pretty cool knowing that you cause your own karma, and all you have to do to have good karma is stay and be positive. Though that may be pretty hard, it’s a thing that most people should look into. In addition, all karma is, is having to do with your actions, and actions coming back to you in one way or another. Quoted from the website Buddhist Karma "I am the owner of my karma . I inherit my karma. I am born of my karma. I am related to my karma. I live supported by my karma. Whatever karma I create, whether good or evil, that I shall inherit." Now that is true karma.
References Cited


