# Karm

## What is Karm?

**Do we have satisfactory answers to questions like these?**

- *Why are some people born healthy and some with severe health problems?*
- *Why do some people live a good life and some a miserable one?*
- *Why do some people die from painful diseases and some naturally?*
- *Why do some children suffer from birth and die at a very young age?*
- *Why is life full of ups and downs? Why are we happy one day and sad the next?*

**The Law of Karm ensures that for every action we take, whether in word, deed or thought, there will be consequences in the future. These consequences could be a few seconds away or 20 years away or in our next incarnations (next lives).**

**If we perform good actions, the fruits of our actions will be good. This may come in the form of good health, wealth or being reborn in a healthy environment, etc. If we perform bad actions, we will face their negative consequences in the future. The bad reactions may come in the form of disease, poverty or rebirth in a miserable environment, etc.**

***Our 'destiny' is in our own hands. Through the law of Karm, we are held responsible for all our actions. Karm is not 'fate' or 'destiny'. We have free will. No God or external force is controlling our life; it is our own karmic creation.***

**Some 'nice' people seem to suffer a lot through their current life; although they are presently 'good', they are facing the negative consequences of wrongdoings committed in their previous lives. However, because they are now performing good actions, they will enjoy positive consequences (be happy) in the future (either in this life or in the next).**

**The reason why some cruel people enjoy a good life despite being bad is that they are now enjoying the fruits of the good actions they performed in their previous lives. However, because they are performing 'bad' actions now, they will face negative consequences in the future (suffer).**

**A person is thus born again and again to reap the fruits of his or her actions. This cycle of birth, death and rebirth continues until the person attains Moksh (freedom from the cycle of birth, death and rebirth).**

## Karm, Yog and Moksh

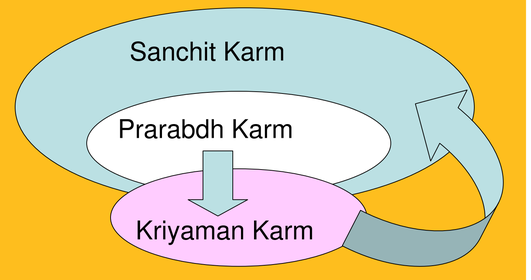
**The Law of Karm is connected to the constantly changing physical world: Samsar, the spinning wheel of life and death. The spokes of this wheel are the types of Karm that bind us and keep Samsar spinning. The goal is to break the spokes of Karm to become liberated from the world of pleasure and pain, joy and sorrow of Samsar.**

**Good Karm is good, bad Karm is bad, but attaining any kind of Karm is undesirable. The goal is to stop the cycle of Karm by ceasing further Karmic accumulation--through the practice of Yog, acting selflessly, without ego, without the desire for any reward.**

**Liberation from Karm and Samsar is Moksh, the spiritual state of liberation.**

## Karm as a teacher

**The Law of Karm governs our life experiences through cause and effect. Through Karm, our thoughts, emotions and deeds (whether good or bad) return to us. Thus, Karm can be seen as a teacher. It imparts us the lessons we need in order to progress spiritually.**




## The 3 types of Karm

**Sanchit Karm, the total of past karms yet to be resolved.**
**Prarabdh Karm, that portion of Sanchit Karm that is to be experienced in the current life.**
**Kriyaman Karm, the karm that we are currently creating, which will bear fruit in the future.**