



# Karma

Happiness in Your Life: Book 1 of 12  
By Doe Zantamata

# KARMA

Happiness in Your Life - Book One: Karma

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## **OVERVIEW: WHAT KARMA IS AND WHAT IT IS NOT**

The widest known definition of karma is “What goes around, comes around,” or, what you do and say will come back to you, good or bad. This is actually only one of the twelve laws of karma, The Great Law (As you sow, so shall you reap). People generally use it in reference to someone acting in a really awful or really wonderful way. We let go of some anger towards mean people knowing that their karma will catch up to them. We root for those who always seem to be doing many nice things for others.

However, karma is not a reward and punishment system. Karma has a basis in understanding. If Person A does something good for Person B, they will not suddenly win the lottery. They will, however, be given a situation where they are able to take on the perspective of that person that they did the good thing for. Person B’s karma is also affected, and they will be given a situation where they can choose to take the role that Person A did before. Whether they choose to do something good, or “Pay it forward” or not, is entirely up to them, but will affect both their karma, and the person they choose to do good for or not.

In this way, karma is a completely connected series of events between ever growing numbers of people. If you wanted to start a business when you were 25, and someone lent you money to do so, this would be an example of an event that may not catch up to you until years later. It may be that your business took off and you were very successful, then at the age of 55, someone approached you with their business idea asking for money to help make it happen. This is your turn to have the perspective of the person who helped you 30 years before. Until that point, you may never

have known or even thought about what their thoughts were when you'd asked years earlier. At this point, should you choose to lend them money, you've instantly set the course for them to become you in several years time. Should you choose not to help them, they will remember years later that you chose not to when they are approached. They may then choose to do as you did, or to do as the person before you did.

So from the outside, if a person is expecting to see any kind of punishment in this case, they may be disappointed. By not paying it forward though, Person B has not changed anything for Person C. Person C, years later when in that situation, may even be MORE inclined to help a Person D with their business venture, because they KNOW how much of a struggle they endured without help. Or, they may take on an egotistic attitude that they pulled themselves up by their own bootstraps, so why should they help anyone else.

This is not only in business deals, but in all sorts of relationships. Cycles of parents and children go through this in both positive and negative ways. When a child learns from their parent, they believe 100% that this is how things are. They may grow up believing things that just are not true, and then unknowingly pass those things down to their own children. If this is a bad cycle, such as alcoholism or abuse, the adults always have the choice to break the cycle when it comes to their own children.

Breaking a negative cycle will not just affect those children, but all the next generations to come. What you do today can affect people hundreds of years from now, whether or not they even know of your name or that you ever existed. We're much more powerful than most of us realize, and our choices can affect hundreds, if not thousands

of people.

Have you ever seen a generational photo? Where one set of great grandparents have all around them their children, grandchildren, great grandchildren? If they had 4 children, and each of those children had 3 children, and each of those children had 2 children, there are now 24 people who are affected by the choices they made and the things they taught to their children. We can see how over hundreds of years of family lineages, there is an ever increasing number of people who pass down teachings just like heirlooms to the next generations.

The start of this is awareness. Once an adult begins to think about beliefs they have, and examine what effects they have on themselves and others, they can begin to correct beliefs and actions that give negative results. Often times, parents will be a little shocked to hear themselves say to their children things they used to hear as children. This is awareness of karma, and it is in these moments that people can reevaluate if those words they are passing on to the next generation are true and good or not.

Good karma increases people's connectedness and collective good. Bad karma isolates people and results in a more self centered collective.

Those who are Christians have no doubt heard, "Do unto others, as you'd have done to you." This is also The Great Law of karma, just worded differently. While this statement is generally used to encourage people to be good to others, the other meaning of it is often not realized. It means also to treat yourself as well as you'd treat other people. Don't treat yourself worse than you'd treat anyone else. When you give and do all the time but never accept when others try to give to you or do for you, you're depriving yourself

of good things, and depriving others of being able to feel the great way you do when you give.

Receiving good with gratitude is not selfish at all when in balance with giving with an open heart. Not receiving good can also cause resentment.

For example, if you don't have much money but loan someone money to pay their rent, and then they do not pay you back but go out and buy a new sportscar, chances are you'll resent them for that. But it has nothing to do with them. To them, you're a very kind and giving person. They would be shocked to hear any negative comment come from you, and may even ask why you loaned money to them when you didn't have enough for yourself.

Then, what was thought to be "good" turns out to be a negative experience for both you and that person. This is doing unto yourself less than what you do for others. Eventually, you'll wonder why you do so much but have nothing to show for it, when truth is, you've done that to yourself. You wouldn't wish that on any person you care about, so do not treat yourself so poorly.

Keeping the flow of giving and receiving good is essential to building good karma, both for yourself, and for all those you come into contact with, and all those they, in turn, contact.

Let's move on to the 12 Laws of Karma. These Laws have been formed and passed down over thousands of years, and are thought to be of ancient Hindu origin. If you are of one particular religion and are hesitant to read further, there is nothing to fear. Each of the religions makes many hundreds of mentions to these Laws of Karma, even if they do not separate them into any set of Laws or call them by that name. You may be reminded of certain passages from

religious scriptures when reading the Laws. Karma is discussed in many religious and spiritual texts, including The Bible, The Qu'ran, Hindu and Buddhist writings. These passages are not “copying” Hindu texts; they are just another way to communicate the Universal Laws to all people. The Hindus did not make them up either. They were just the earliest known who have documented them.

## THE TWELVE LAWS OF KARMA – 1- THE GREAT LAW

The Great Law of Karma is the one that all of the others basically boil down to. If you know no others but this one, it can guide you to a better life through building good karma. The others are situations or circumstances which may interfere with this Law in its' interpretation. If the other Laws are not known or are misunderstood, people may believe they are acting toward building good karma, when in fact they are not.

The Great Law states, "As you sow, so shall you reap."

You have complete control over all of your actions, and absolutely no control over many of the consequences. Eventually, however all of your good actions will lead to good consequences.

Let's say you're a farmer, and you've bought a giant parcel of land. You work the land every day, planting seeds, watering, fertilizing, and of course waiting. The crops look fantastic. The day before the harvest comes in, a tornado flies through town and wipes them all out.

Your first reaction may be that you did all that work for nothing. You may think that life is unfair, or that this whole karma thing must be broken. This is because your expectation of that particular circumstance was that you would be rewarded with a bountiful crop for all of your hard work. The important thing to do here is to get out of that angry victim state of mind as soon as possible. Know that karma does always come through. You may not be able to see it today, you may not be able to realize it even in a few months, but one day, you will know why something that appeared terrible happened after you did everything

right. It will have sent you down a different path than the one that you expected, and if you stay positive and believe in the Law, your results will be even better than you could have ever imagined.

So in the farmer story then, that the crops were destroyed. Insurance paid the farmer 80% of what his crop would have been worth at market value that day. Immediately, he's saved an awful lot of time harvesting and transporting the crops to take to sell.

Now he's probably a little disappointed he's only received 80%. He may feel he earned 100% and this is unfair.

Fast forward one week when he would have been at the mill with all his crops. Little did he know, the day before, another country reported enormous output of the same crop, and the market value suddenly dropped to 50% of what it was the week before.

You see in this scenario, the tornado ended up getting him an extra 30% from insurance than what he would have received in sale. The other farmers in the other country still made lots of money from their crops as they were so plentiful, so people still had more than enough to eat, and the insurance company still got their premiums from all the farmers, so the payout to the farmer with the tornado damage did not hurt them at all.

If you do all you can, and think positively, know that your good is on its way. If something doesn't seem good at all, do not let it bring you down or convince you to do bad instead. It may not come in the form, at the time, or from the person you expected, but it will always come.

Sometimes, the only thing in your control is the way you react to something. There was a story in the paper about a man in Orlando who had been fired from a job five years