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Practical Buddhism for Karma Healing: How to Use Buddhist Principles to Repay Your Karmic Debts and Change Your Future

Jill OBrien

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Karma is the cosmic law that ensures all good deeds are rewarded, while bad deeds receive an equally deserving punishment. The concept of karma was first expressed in the ancient Hindu writings, known as the Vedas. Due to increase awareness and acceptance of eastern spiritual practices and philosophies worldwide these days, the concept of karma has become a widely accepted. It is a safe bet to say that almost the majority of us – regardless of culture, creed and religion – do believe in some form of universal law that calls for us to act morally lest we will be faced with the repercussions. However, very few of us would take care not to violate this cosmic law.

Consider this: have you ever feel like you are often at the wrong place, at the wrong time and surrounded by the wrong people?

It is as if the universe is conspiring against you. This is karma in motion. But if you often feel like a hopeless victim of fate, and believe that life can never go your way just like it had for everyone else, you could not have been more wrong.

The karmic blueprint of your life is your own creation, and as such, you have the power within yourself to change it – for better or worse.

Practical Buddhism for Karma Healing is a guide that will arm you with the right knowledge and practical tools to nurture your spiritual side and be free from the shackles of past 'karmic debt'. Using the principles and teachings of Buddhism, you will be guided towards fostering the right attitude that will have a profound positive effect on your daily life, and also help you attain inner peace. Before you know it, you will be attracting all the right people and circumstances into your life that will propel you to where we want to be. **You owe it to yourself to take back the reigns of your destiny!**

You do not have to study and understand complex esoteric ideas in order to benefit from the teachings of Buddhism. What makes the religious philosophy so widely accepted worldwide is its flexible belief system. Indeed, various parts of Buddhism, such as the practice of ethical living, meditation for mindfulness, and cultivating a compassionate attitude, can be adopted and adapted to suit anyone, regardless of spiritual leaning and faith.

Do you want to take control of your own destiny?

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