

# WHAT IS KARMA

by  
AiR







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# PREFACE

It is your Karma that is the cause of your destiny. It is very common to hear people question about Karma: “Why are we in such a circumstance?” or “Why we are so happy or unhappy?”

What is Karma all about?

Karma by itself means action. But Karma is also a law – this law states that whatever you give, you shall get. For instance, if you plant tomatoes, you will get only tomatoes. So is this Law of Cause and Effect. It is just like the law of gravity. It is a universal law. It is a law

established by the Creator, and it works for everyone around the world. Not many people understand the Law of Karma and not everybody accepts it. But whether we accept or understand it or not, the law prevails.

The whole universe, as we see, is governed by the Law of Karma. So, whatever good we do, we will get back the results of the deeds – either in this life time or the next life or in our future lives. Our good deeds will never go waste, and so it is with our bad deeds. We may escape our bad deeds in this lifetime, but we can be sure that the results will come back to us. Therefore,

if today, something unpleasant is happening in your life, relax! Realize that it is your own Karmas that are coming back to you. Instead of regretting something bad that is happening, rejoice! Because you are negating your own past Karma and until you completely negate your past Karmas, you will not be able to achieve the true goal of life: the goal of being liberated.

Continue to do good deeds. Continue to build good Karmas so that your life is blessed with the results of your Karmas, which are also going to be good and positive!



# WHAT IS KARMA?

“We have to go back to philosophy to treat things as they are. We are suffering from our own karma. It is not the fault of God. What we do is our own fault, nothing else. Why should God be blamed?” – Swami Vivekananda

Mostly people think that God keeps an account of our actions and accordingly He is the one who punishes us for our sins and rewards us for our good deeds.

However, in reality whatever happens to us is governed by a deeper law which is called Karma.



The word Karma means 'Action'. In the spiritual context, the word 'Karma' is referred for the Law of Cause and Effect.

**“As you sow so shall you reap”**

The law of Karma governs the events and situations in one's life. This law is based on the good and bad actions performed by us. We reap the good fruits of good actions and we suffer due to our bad actions in the past. This law resolves some difficult questions as - Why an innocent child is born handicapped? Why do good things happen to bad people? Why good people suffer?

One who understands the working of Karma realizes that it is only due to our own past actions that we are rewarded or punished. We are responsible for these actions which in turn lead to the cause and effect or the Law of Karma. Therefore, we are responsible for our good or bad actions.

### **The law of Karma is profound...**

There was an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically.

"Maybe," the farmer replied. The next

morning the horse returned, bringing with it three other wild horses. "How wonderful," the neighbors exclaimed.

"Maybe," replied the old man. The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune. "Maybe," answered the farmer. The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out. "Maybe," said the farmer.

How a certain situation turns into a

good or bad situation depends on Karmas and this is so profound that one cannot determine the consequence of the events in life. A favorable situation can turn out to be a miserable one just as an unfavorable situation can turn out to be a fortune. It all depends on Karma, our past actions! Good or bad, it all comes back to us.

### **How does this law govern?**

Actions create karmas. It is the sense of 'doership' that binds us to our actions. Actions give results. The doer then becomes the enjoyer of the fruits of action. This chain of 'doership' and 'enjoyership' is bondage.

The law of Karma is based on reincarnation. It is because of the ego that we perform actions, and the actions create Karmas. The Karmas have to be fulfilled and for the fulfillment of Karmas, reincarnation is the way. Reincarnation is essential to equate one's Karmas to get back all the good or bad they have, since it might not be possible to receive the rewards or punishment in the same lifetime. Our physical body dies, but our Karmas are carried forward to the next life and several lifetimes ahead.

The doctrine of Karma or the law of Karma is not punitive. It is reformative which means that God never punishes

us for our bad actions. But the consequences of our bad actions are circumstances which help us reform to be better human beings, to learn, to improve, to evolve and to grow.

Once we understand that it is our own actions for which we are suffering, we are able to justify our suffering and we no longer need to hold a grudge or hold anyone else responsible for the same. The law of Karma helps us to accept the situation in life with ease after we understand the simple fact that no other but we ourselves are responsible for the same. Understanding the same, does not let us lose our peace over circumstances and situations in life.

**There are 3 types of Karmas.**

- 1. Agami Karma**
- 2. Sanchita Karma**
- 3. Prarabdha Karma**

**Agami karmas are the karmas performed in our current life journey.**

**Sanchita karmas are the karmas that are accumulated karmas of all previous births.**

**Prarabdha karmas are those karmas that we have brought of the Sanchita karma in this present birth. It is the Prarabdha karma that causes the experiences in this birth.**

**One who realizes, “I am not the body**

and the mind, I am the soul” is relieved from all Karmas as Karmas do not belong to the soul. At death, the gross body disintegrates. The subtle body, propelled by the causal body is said to take up a new body and carries with it the karmas. But one who has knowledge of his true self, is free from these karmas. The Agami Karma is also destroyed just as the Sanchita Karma is destroyed.

On realization, one knows I am not the doer – akarta, nor the enjoyer – abhokta and is liberated from karma and from the cycle of death and rebirth.



## **How to be liberated from Karma?**

One can purify one's Karmas by selfless actions, by doing seva and through Yoga (union with God).

And being liberated from the cycle of death and rebirth finally leads the Atman or the Soul to merge with the Paramatman or the Supreme Soul. This is being totally liberated from Karma.

When a bird is alive... it eats ants. When the bird has died... ants eat it. One tree can be made into a million matchsticks... but only one match is needed to burn a million trees! Circumstances can change at any time... Don't devalue or hurt anyone in

**this life... You may be powerful today  
but time is more powerful than you!" -  
UNKNOWN**

## **About AiR**

While the dictionary may define air as an invisible gaseous substance surrounding the Earth, AiR – the author of this booklet – is spiritual seeker who has set out to find the truth about life. The name AiR came about because AiR transformed from Ravi V. Melwani to RVM and then metamorphosed into “Atman in RVM”. The acronym of Atman in RVM is AiR, and thus he is called AiR.

Born as Ravi V. Melwani, he was a very successful businessman who revolutionized retailing in India with the stores – Kids Kemp, Big Kids Kemp

and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business, transformed his life to RVM and started making a difference with H.I.S work – Humanitarian, Inspirational and Spiritual work.

His objective was to “Make a Difference” in this world before his journey was over. He was the happiest man on Earth living the RVM Philosophy of “To Rejoice, Value Life and Make a Difference”.

However, one day, several questions and thoughts flashed in his mind: What is the purpose of life? Is life just meant

to seek happiness and to live and die without any purpose? What happens after death? Will we be reborn? Where is God? Where is Heaven? Are we the Soul? What is Enlightenment? Several questions like these took him on a Talaash, or a search for the truth.

After a few years of intense search in silence, deep in the mountains, he realized that we are not this body, but we are the Atman, the Soul. Thus he changed his name for the second time from RVM to AiR – the Atman in RVM (the Soul in RVM) – as realization dawned upon him that we are not this physical body, but we are the Atman. He metamorphosed to AiR and gave up

his entire life of RVM. He started the study of Atman, God and life. This led to several realizations that formed the mission of life – to realize God and to help Seekers realize God.

As RVM, AiR had built a Shiva Temple in the year 1995, which attracts millions of visitors all around the year. As AiR, he now believes that Lord Shiva lives in the temple of our heart. The temple in Bangalore is now called Shivoham Shiva Temple. Being a devotee believer in Lord Shiva for long, he now believes that religion is just a kindergarten of spirituality, and we all have to go beyond religion to truly realize God.

## **AiR BOOKLETS**

**AiR booklets are small, easy-to-read booklets for Seekers who want to realize the truth about God, life and themselves.**

**Who are we? Where did we come from? What is the purpose of life? Where is God? Where is Heaven? Is Rebirth real? Does the Law of Karma exist? What about the Soul? What is Enlightenment?**

**These AiR booklets attempt to clear such doubts and answer questions about God and life that many people have in their mind and also help Seekers to move forward on the path of self-realization.**


**What is Karma? Does it really exist? Is it a law?**

**Is it true that this entire world is governed by the law of Karma?**

**How does this law work?**

**How is it possible for every action of mine to get an equal reaction?**

**Well, such is this Divine law of Karma. Living without understanding this law of Karma is been blind to the reality of the truth of life. The sooner we realize the law of Karma, the sooner we will be on the path to joy, bliss and liberation.**

**For more information on AiR booklets and AiR, please visit [www.air.ind.in](http://www.air.ind.in) or  9739522222.**