

# Karma is a bitch!

By Heiné de Waal – 29 October 2014

In context of the events that surround the death of Reeva Steenkamp and Anni Dewani (Hindocha), I would like to say a few words about karma. These are two extreme examples of how someone's actions can affect others. How often do we think about how our actions or thoughts might affect others?

We hear people say "Oh boy, can you imagine the drama when the karma bus stops in front of that person!" or "I hope I did not create some bad karma for myself..." and of course, my personal favourite, "Karma is a bitch!"

What does Karma really mean? In Hinduism and Buddhism it is defined as the total effect of a person's actions and conduct during the successive phases of the person's existence, regarded as determining the person's destiny. Karma could therefore be defined as the consequences of our actions and our actions are determined by our thoughts.

So, does it then mean that our thoughts can create consequences? I would say 'yes' and the most important determining factor is our intention. The intention with which we do things, will determine how our reality will manifest...and hence the karma we create.

We are not always aware of our intention when we do things and it is not always easy to establish WHAT our intention is. Sometimes we need to peel off some layers to get to it.

When a guy buys some flowers for his girl friend it might seem his intention is that he loves her. However, it could be that he feels guilty or wants to ask her a favour. That is more of an "outention" rather than an "intention". If he loves her and had wanted to express his love by giving her flowers – unconditionally and without expectations - then his intention is pure. If we do stuff with a hidden agenda, but on the surface it looks like a pure intention, it will come back to us in unpleasant ways.

Karma is neither bad nor good; it is just a balance of energy. That what we put out into the world will come back to us in the same way. This is profound and powerful.

To put it in a nutshell, whatever you do onto someone else, you've already done to yourself...that is karma!

I am ending this writing with this beautiful quote by Gary Zukav. "This is how to avoid re-creating painful situations: Take the time to discover your real intention before you act. If it is to change someone or the world so that you will feel safe or

better about yourself, don't act on it, because it is an intention of fear and can create only painful consequences.”

So, next time when you struggle with making a decision, check you intention and, if it is pure, then I am sure only good will come of it.