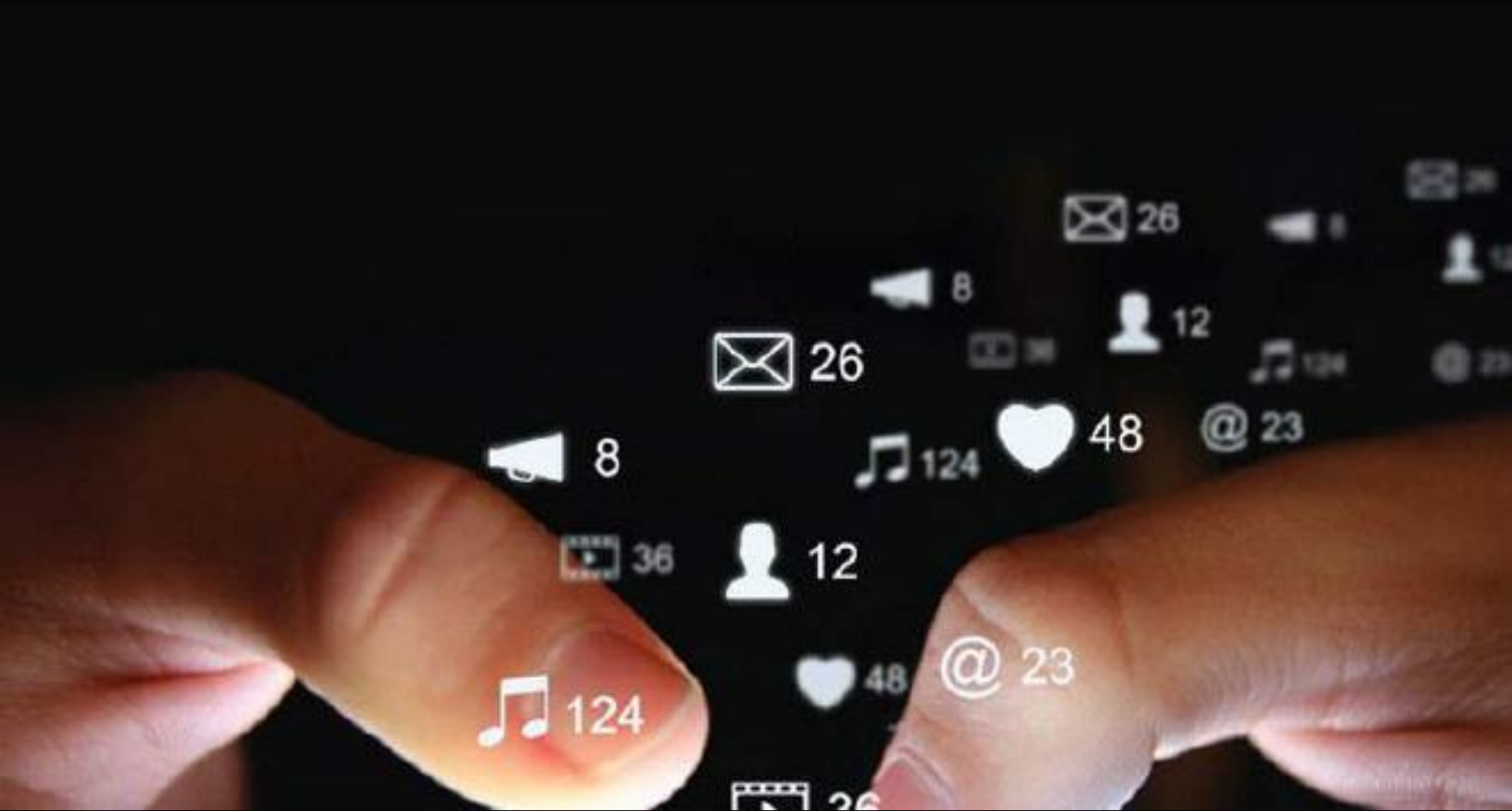


HINDUISM & HINDU WISDOM

Booklet 01

What Is Karma?



VIPUL PATEL

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About Vipul Patel

Vipul Patel holds a Master's degree in Electronics and has spent his career exploring technology, business, in finance, and lifelong learning. After years as an entrepreneur, he now works as a full-time futures trader while actively exploring the rapidly evolving world of artificial intelligence. Through the Booklets series and reelsnode.com website, Vipul combines his passion for learning with a simple mission: to make practical knowledge easy to understand and useful in everyday life. His goal is to help readers think more clearly, make better decisions, and learn the lessons that school often leaves untaught



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In Hindu traditions, karma
has a deeper meaning.

Understanding One of Hinduism's Most Important Ideas

You have probably heard someone say,
"That's karma."

Many people think karma simply means that good things happen to good people and bad things happen to bad people.

But in Hindu traditions, karma has a deeper meaning.

The Sanskrit word karma means action or deed.

It teaches us to think about our actions, intentions, and the consequences they may create.

What Does Karma Mean?

In Hindu traditions, karma is the principle that actions have consequences.

What you say and do can affect yourself and the people around you.

Your intentions can also matter.

Karma is not simply about receiving an immediate reward or punishment.

It is about understanding that our choices matter and that we are responsible for how we act.

Is Karma the Same as Punishment?

No.

Karma should not simply be understood as the universe immediately punishing someone for doing something wrong.

Consequences can be complicated, and Hindu traditions have different interpretations of how karma operates.

We should also be careful not to look at someone who is suffering and say, "They deserved it because of karma."

A better use of the idea is to examine our own behavior rather than judge someone else's life.

Does Karma Mean Your Future Is Fixed?

Karma does not mean you should simply accept everything and believe you have no choices.

You may not control everything that happens to you.

But your actions still matter.

You can change your behavior.

You can correct a mistake.

You can apologize.

You can choose kindness instead of anger.

You can make a better decision today than you made yesterday.

The idea of karma encourages responsibility, not helplessness.

How Can Karma Help in Everyday Life?

You can see a simple version of cause and effect every day.

If you repeatedly lie, people may stop trusting you.

If you treat people with respect, you may build stronger relationships.

If you practice something regularly, your skills may improve.

Your actions become habits.

Your habits influence your character.

And your character can influence the direction of your life.

Five Practical Tips

1. Think before you act.
2. Pay attention to your intentions.
3. Treat people well without expecting immediate rewards.
4. Take responsibility when your actions cause harm.
5. Focus more on your own actions than judging the actions of others.

Final Thoughts

Karma is much deeper than the popular phrase, "What goes around comes around."

In Hindu traditions, it is an important idea about action, consequence, intention, and responsibility.

You cannot control everything that happens in life.

But you can pay attention to what you contribute through your own choices.

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