

## The 12 Laws of Karma

**The Great Law** ~ As you sow, so shall you reap. This is also known as the Law of Cause and Effect. Whatever we put out in the Universe is what comes back to us. If what we want is Happiness, Peace, Friendship, Love... Then we need to BE Happy, Peaceful, Loving and a Friend.

**The Law of Creation** ~ Life doesn't just happen, it requires our participation. We are connected with the Universe both inside and out. Whatever surrounds us gives us clues to our inner state. BE and DO yourself... Do what you want to have in your Life.

**The Law of Humility** ~ What you refuse to accept, will keep following you. If what we perceive is an enemy, or someone with a character trait that we find to be negative, then we ourselves are not focused on a higher level of existence.

**The Law of Growth** ~ Wherever you go, there you are. For us to 'Grow in Spirit' it is WE who must change and not the people, places or things around us. The only given we have in our lives is OURSELVES, and that is the only factor we have control over. When we change who and what our thinking selves and behaviours are, our heart and our life changes too.

**The Law of Responsibility** ~ Whenever there is something wrong, we can find that error within our thinking/perception. We mirror what surrounds us and what surrounds us mirrors us. We must take responsibility for what is in our life.

**The Law of Connection** ~ Even if something we do seems inconsequential, it is very important that it gets done as everything in the Universe is connected. Each step leads to the next step and so forth and so on. Someone must do the initial work to get a job done. Neither the first step nor the last are of greater significance; they are both needed to accomplish the task. Past, Present, Future: They are all connected.

**The Law of Focus** ~ You can't think of two things at the same time. When our focus is on Spiritual Values it is impossible for us to have lower thoughts such as greed or anger.

**The Law of Giving and Hospitality** ~ If you believe something to be true, then sometime in your life you will be called upon to demonstrate that truth. Here is where we put what we SAY that we have learned into practice.

**The Law of Here and Now** ~ Looking back to examine what was, prevents us from being totally in the here and now. Old thoughts, old patterns of behaviour, old dreams... Prevent us from having new ones.

**The Law of Change** ~ History repeats itself until we learn the lessons that we need to change our path.

**The Law of Patience and Reward** ~ All Rewards require initial toil. Rewards of lasting value require patient and persistent toil. True Joy follows doing what we're supposed to be doing and waiting for the reward to come in its own time.

**The Law of Significance and Inspiration** ~ You get back from something whatever you've put into it. The Value of something is a direct result of the energy and intent that is put into it. Every personal contribution is also a contribution to the Whole. Lack lustre contributions have no impact on the Whole - or work to diminish it. Loving contributions lift up and inspire the Whole.