



# Karma: What It Is, What It Isn't, Why It Matters

*Traleq Kyabgon*

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*Traleg Kyabgon*

**Karma: What It Is, What It Isn't, Why It Matters** Traleg Kyabgon

**A jargon-free explanation of two central teachings of the Buddha: karma and rebirth.**

The Buddha's teaching on karma (literally, "action") is nothing other than his compassionate explanation of the way things are: our thoughts and actions determine our future, and therefore we ourselves are largely responsible for the way our lives unfold. Yet this supremely useful teaching is often ignored due to the misconceptions about it that abound in popular culture, especially oversimplifications that make it seem like something not to be taken seriously. Karma is not simple, as Traleg Kyabgon shows, and it's to be taken very seriously indeed. He cuts through the persistent illusions we cling to about karma to show what it really is—the mechanics of why we suffer and how we can make the suffering end. He explains how a realistic understanding of karma is indispensable to Buddhist practice, how it provides a foundation for a moral life, and how understanding it can have a transformative effect on the way we relate to our thoughts and feelings and to those around us.

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