

**Twelve Laws of Karma** (adopted from Sacred Wisdom Helion Publishing) Human endeavors with the hope for peace and joy. Doing good brings good; likewise for bad.

### **Cause and Effect**

1. **As you sow, so shall you reap.** The great law of Karma. You get what you give.
2. **You attract what you are, not what you want.** Law of Creation. Your participation affects the outcome. Your surroundings are clues to inner nature.
3. **What you resist, persists for you.** Law of Humility. What you object to reflects who you are inside. Are you lost in the illusion and deny who you are?
4. **Wherever you go, there you are.** Law of Growth. If you don't change, nothing is changed. Slowly learned changes, made in the heart, are the ones that last.

### **Personal Action**

1. **Whenever there is something wrong, there is something wrong in us.** Law of Mirrors. Are you contributing and making a difference in a loving way?
2. **Whatever you do maybe insignificant, but it very important that you do it.** Law of Synchronicity. Learn discipline & humility. We all count and we are one.
3. **You can't think of two things at the same time.** Law of Direction & Motives. Do you foster hidden agendas for personal gain or think beyond yourself?
4. **If you believe something to be true, then sometime in life, you must demonstrate that truth.** Law of Willingness. Afraid of hard work? Put up or shut up.

### **History and Results**

1. **You can't go home again but you must try.** Law of Be Here Now. Let go of the past and move on.
2. **The more things change, the more they stay the same.** Law of change. History repeats itself until you learn the lessons that change your path.
3. **When you focus on your life, good things happen.** Law of Patience and Reward. Do you focus on what you don't have? Do you seek the flashy instead of the basics? Joy comes from doing what you're supposed to do no matter how simple or grand.
4. **What you put in, you get back.** Law of Value & Upliftment. Whatever you contribute will uplift or decrease the whole. The value is the energy extended.

### **The 4 Givens**

Life is Cyclical  
We are One  
Balance  
Change

Life is a series of cycles. Nature & time goes round and round.  
Nature is one. The yin & yang, up & down, front & back, etc.  
Nature seeks balance. Balance brings peace.  
We are a dynamic state. Things not ready to change will be forced.

**Letting go** When we give away money-help-love, we prove that we have the power to get more, or we don't need it. The ultimate power of the universe gave us free will, proving it is the ultimate power.