

20 Ways to Get Good Karma

by HH The 14th Dalai Lama
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Figure 1 My Religion is Kindness



- ❖ Take into account that great love and great achievements involve great risk.
- ❖ When you lose do not lose the lesson.
- ❖ Follow the three R's—
 - Respect for self
 - Respect for others
 - Responsibility for all your actions.
- ❖ Remember that not getting what you want is sometimes a wonderful stroke of luck.
- ❖ Learn the rules so that you know how to break them properly.
- ❖ Do not let a little dispute injure a great relationship.
- ❖ When you realize you have made a mistake, take immediate steps to correct it.
- ❖ Spend some time alone every day.
- ❖ Open your arms to change, but do not let go of your values.
- ❖ Remember that silence is sometimes the best answer.
- ❖ Live a good, honorable life. Then, when you get old and think back, you will be able to enjoy it a second time.
- ❖ A loving atmosphere in your home is the foundation for your life. In disagreements with loved ones, only deal with the current situation. Do not bring up the past.
- ❖ Share your knowledge. It is a way to achieve immortality.

- ❖ Remember that the best relationship is one in which your love for each other exceeds your need for each other.
- ❖ Be gentle with the earth.
- ❖ Once a year, go someplace you have never been before.

- ❖ Judge your success by what you had to give up to get it.
- ❖ If you want others to be happy, practice compassion.

Karma, the concept of "action" or "deed", understood as that which causes the entire cycle of cause and effect (*i.e.*, the cycle called samsāra).