

## **What is Karma?**

Karma is a Sanskrit word that means action. It refers to internal causes residing in the depths of life that manifest themselves as conspicuous effects when external causes or conditions are encountered. All people possess both positive and negative karma. The practice of true Buddhism implants tremendous good karma (fortune) in one's life, and lessens one's retribution for negative karma from causes made in this and previous lifetimes.

If we believe in the true Buddhism of Nichiren Daishonin and chant Nam-Myoho-Renge-Kyo, we can observe our lives, change our karma, and build a strong life force that will enable us to overcome any difficulty and establish a truly happy life.