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In this 90-page treatment of karma, Armstrong explains its history and why the idea isn't more popular in today's culture.

By Joy Held



Karma: The Ancient Science of Cause and Effect, by Jeffrey Armstrong. Mandala Publishing; mandala.org

Who are we? Where did we come from? What happens when we die? Vedic philosopher and mystic poet Jeffrey Armstrong examines these big questions (and more) in this small but profound study of karma. He begins by laying out the

framework of a life that requires you to be ever-vigilant about the choices you make and the consequences of your actions.

Armstrong uses his background as a published poet to depict karma in terms that will be palatable to most readers. Karma flows like a narrative poem in which metaphors condense the abstract principles of such a system. His poetic abilities allow him to take complicated issues and pack integral facts into a tiny lyrical package in order to explain vast concepts in the simplest of terms.

In this 90-page treatment of karma, Armstrong explains its history and why the idea isn't more popular in today's culture. He provides answers to those people who may be unsure of karma's validity. Armstrong's brief but bountiful work tells us that time is too valuable to waste pondering big questions. Instead, time can be better spent making good choices that will determine your reflection in the eyes of karmic law.

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