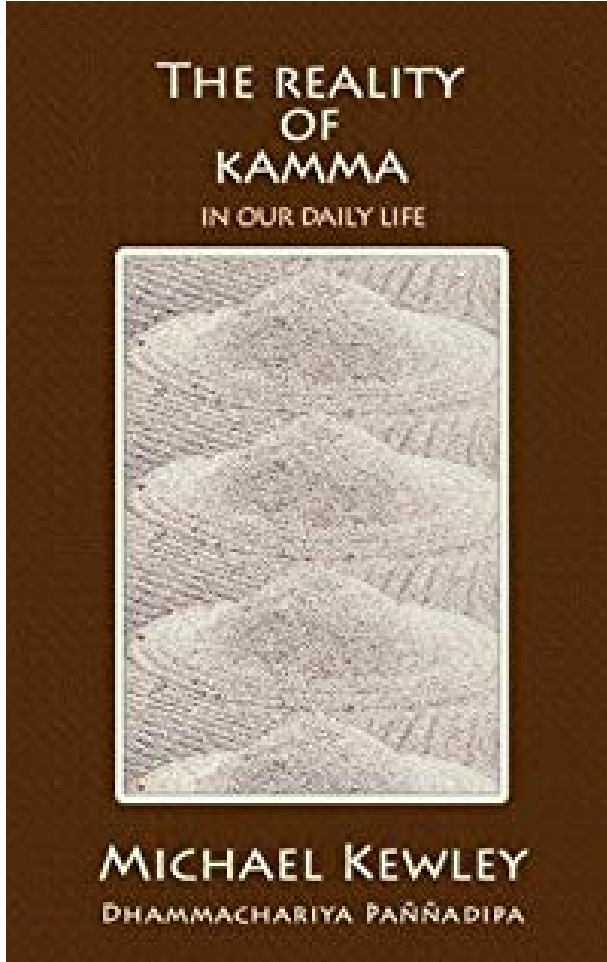


The reality of Kamma



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'Living with the law of cause and effect.' Kamma (or Karma in Sanskrit) is a reality, a universal truth in our lives. According to Buddhist teaching, to know, understand and harmonise with the profound truth of kamma is essential to our lasting peace and happiness. Through the use of short stories and simple images former Theravada Buddhist monk Michael Kewley gives clear explanations of the real and living truth of kamma as it manifests moment after moment in our daily lives.