**Appendix Lesson 4:**

**Exploring the concept of karma from a Buddhist perspective.**

Karma, or ‘action’ (in the Sanskrit language), means that all actions have consequences. For example, seeds that are planted now will grow into plants in the future, and actions in the present will have positive or negative outcomes in the future. Negative consequences created through negative actions can have effects in this life or future lives.

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| --- | --- | --- |
| **Action**  | **What might the consequence be?** | **Do you think this action leads to good or bad karma? Explain your answer.** |
| Inviting someone to join your friendship group. |  |  |
| Taking time to listen to someone who is has had an argument with a friend. |  |  |
| Lying to your parent or the person that looks after you about where you were last night. |  |  |
| Giving a percentage of your money each month, to charity. |  |  |
| Stealing from the local sweet shop. |  |  |
| Always putting others before yourself. |  |  |
| Working in a job where not everyone is treated fairly |  |  |

**Write your answers in your RE book:**

* What do you think a Buddhist would say would be the most important thing they should aim to do in life in order to reach enlightenment? Explain and give reasons for your view point.
* For you, what is the most important thing you should try and do to live life well? Explain and give reasons for your view point.