

Super English



Level 7 - Unit 2
Lesson 1
How Karma Works



What is Karma?



Read the text and explain the words in bold.

Have you ever heard someone say, "**What goes around comes around**"? That's the idea of karma, a concept that's become super popular in songs, headlines, and even **tip jars**. It's such a big deal that "Karma" even became a baby name! But where does karma come from, and what does it really mean? The word has roots in Eastern religions like Hinduism and Buddhism, and its true meaning goes deeper than just luck. Karma is about how your actions—good or bad—shape what happens to you, either in this life or even in future ones. Let's learn more!



Do you believe in karma? Why or why not?

Karma in Eastern Religions



Read the text and explain the words in bold.

If karma really affected what you are reborn as, would you change the way you have been acting?



In Hinduism, Buddhism, Sikhism, and Jainism, karma is a spiritual law that connects actions with **consequences**. The word comes from the Sanskrit "karman," meaning "act." It's believed that good actions create positive karma, while bad actions bring negative karma, affecting not just this life but future ones too. For example, Hindus believe karma influences whether someone is reborn into a better or worse life. Buddhists focus on breaking free from this cycle of rebirth by following the Eightfold Path. While the religions have slightly different views, they all agree: what you do matters, and it shapes your **destiny**.

How Karma Works



Read the text and explain the words in bold.

Here's the interesting part: karma isn't about a god deciding your fate. Instead, think of it like Newton's law of motion—"Every action has an equal and opposite reaction." If you do something kind, positive effects will naturally follow, just like **a ripple in a pond**. Similarly, harmful actions bring negative outcomes. It's all automatic and doesn't need **divine** interference. In Jainism, karma is even thought of as a kind of sticky substance that **clings to your soul**. To clear this "karma dust," Jains believe in living a calm, pure life. No matter the belief system, karma is all about balance.



Why do you think the idea of karma being automatic, rather than decided by a god, makes it appealing to some people?

Idioms



Match the idioms to their meanings.

1. What goes around comes around
2. You reap what you sow
3. Face the music
4. Throw caution to the wind
5. The chickens have come home to roost
6. A taste of your own medicine

- Experiencing the same unpleasant treatment you've given to others.
- To act recklessly, without thinking about the potential consequences.
- Actions have consequences, and what you do to others will eventually happen to you.
- Bad actions or mistakes eventually come back to cause trouble.
- The outcomes you face are directly related to the effort or choices you've made.
- To accept the consequences of your actions, especially when they are unpleasant.

Types of Karma



Read about different types of karma.

Instant Karma - A person is rude to someone then immediately slips and falls on a wet floor.



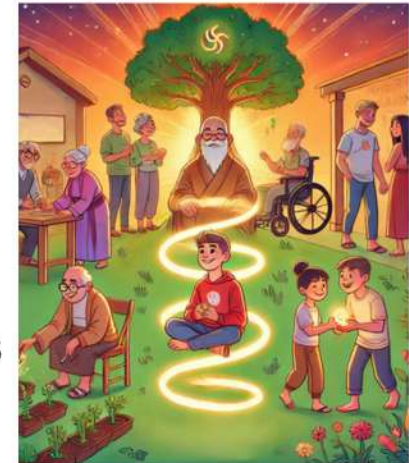
Delayed Karma - A dishonest act in youth might result in a loss of trust decades later.



Accumulated Karma - A person's current wealth or health may be the result of accumulated karma.



Inherited Karma - A family with a history of generosity may build goodwill in their community that benefits future members.



Karma



Read the dialogue and choose the karma.

Dialogue:

- Person A: Excuse me, I think you dropped this. (Holds up the wallet)
- Person B: Oh my gosh, yes! That's my wallet. Thank you so much!
- Person A: You're welcome. I'm glad I found it.
- Person B: I really appreciate it.
- Person A: No problem! Have a good day.
- Person B: You too! Thanks again.

What good karma might Person A receive?

- He wins \$1 million in the lottery a week later.
- He unexpectedly finds a \$20 bill in his pocket that he'd forgotten about.
- He gets a flat tire on his way to work.
- He gets offered a free coffee at the coffee shop.

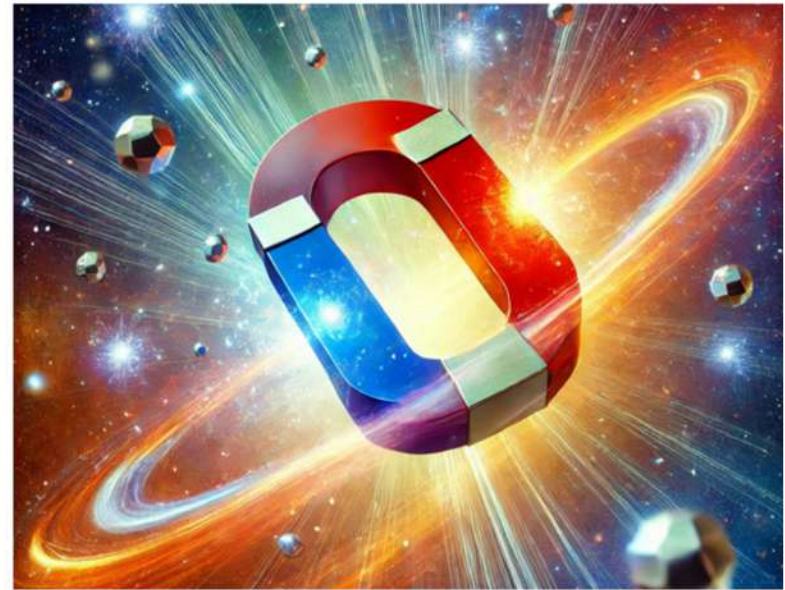
How Karma Works



Read possible explanations about karma.

Magnetic Attraction

- **How it works:** Energy from actions might create a kind of magnetic field around a person. This field could attract similar energies from the universe. Positive actions create a “positive magnetic field” that draws good outcomes, while negative actions attract bad outcomes.
- **Example:** Smiling at someone might attract kindness in return because your positive energy draws more positivity.
- **Analogy:** Think of yourself as a magnet—your actions determine what kind of energy sticks to you.



On a scale of 1 to 10, how likely do you think this idea is true? (1 = Not likely at all, 10 = Very likely).

1 2 3 4 5 6 7 8 9 0

See you next time!

