Reading

The Six Karmic Laws to Guide Your Life

Read the text and match 1-6 to (A-H). There are 2 extra options you don't need to use.

Karma is often misunderstood as something that happens to us, but it's actually about the choices we make and the energy we put into the world.

1. _____ **The Law of Cause and Effect**

This law teaches that every choice you make results in a consequence. It suggests that whatever energy you send out—positive or negative—will find its way back to you over time.The energy you send out into the world, through your thoughts, words, and actions, sets the tone for what you will experience. Helping someone in need, even with something as simple as offering to review their project, plants a seed of kindness that can grow into future support for you. Imagine sharing your time to explain a concept to a friend who's struggling in class. Later, when you're feeling stuck, someone else might step up to help you, not because they owe you, but because the energy you've put out has created a ripple effect.

2. _____ **The Law of Creation**

This law teaches that life doesn't just happen to you—you are actively creating it through your choices, intentions, and actions. You're the artist of your life, and every thought, decision, and habit adds a brushstroke to your canvas. If you've always dreamed of becoming more confident, waiting for confidence to arrive won't work. Instead, taking small steps—like contributing to discussions, practicing speaking in front of a mirror, or even just preparing a strong point for a meeting—creates the environment for confidence to grow. Think of it like building a puzzle: each small action you take adds another piece, eventually revealing the bigger picture of your potential.

3. _____ **The Law of Humility**

To change your reality, you must first accept it as it is. This law teaches that denial and blame keep you stuck, while honesty about your circumstances opens the door to growth. Imagine failing a test and blaming the teacher for being too strict. It might feel satisfying in the moment, but it doesn't change the result. When you accept that you didn't study enough or misunderstood the material, you gain the power to improve. Facing the truth about where you are isn't about being hard on yourself—it's about creating a start for meaningful change.

4. _____ **The Law of Growth**

This law explains that real change begins within. You can't force others to grow, but you can focus on becoming your better self. When you do, the world around you often shifts in response. Think of being stuck in repetitive arguments with someone close to you. Wishing they'd change won't solve anything, but working on your own response—whether it's staying calm, listening more, or expressing yourself more clearly—can transform the dynamic. Growth doesn't mean waiting for others to meet your expectations; it means taking steps to become a better version of yourself, which naturally influences your environment and relationships.

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5. _____ **The Law of Patience and Reward**

Good things take time. This law reminds us that the most meaningful results come from consistent effort over a period of time. Instant gratification might be tempting, but lasting success requires patience. Learning to play a musical instrument is a great example. At first, it's frustrating—you make mistakes, your fingers hurt, and progress feels slow. But over weeks and months, you start to improve, and eventually, you can play with confidence and joy. This law encourages you to trust the process and recognize that small, consistent actions add up to big results.

6. _____ **The Law of Connection**

This law teaches that everything in life is interconnected. Every action, thought, and decision contributes to a larger web of experiences. Your present is shaped by your past, and your future is being built right now. Imagine holding the door open for someone. That small act of kindness might make their day better, and in turn, they pass that positivity along to someone else. Similarly, reconnecting with an old friend over a coffee might lead to an opportunity or insight that changes your life.

Which law:

A *reveals that true progress happens gradually through regular and focused work?*

B *reminds us that every action we take creates a corresponding outcome?*

C *explains that change happens when you focus on fixing other people?*

D *highlights that personal improvement leads to shifts in your surroundings?*

E *teaches that waiting for things to happen on their own will lead us nowhere?*

F *states that success comes from occasional bursts of energy rather than consistent work?*

G *explains that acknowledging a situation is the first step toward making changes?*

H *tells us that every moment builds on the past and contributes to the future?*

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