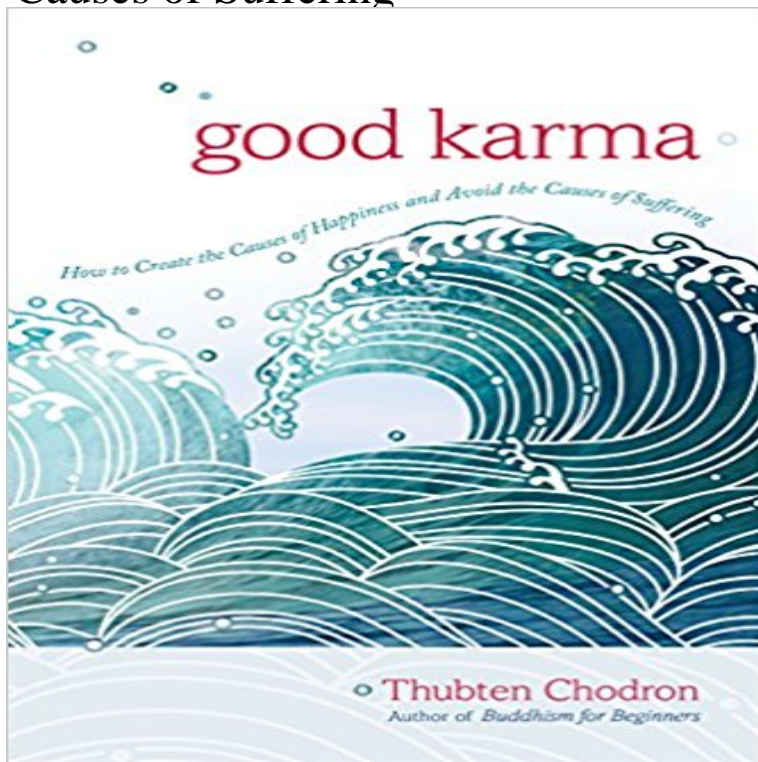


# Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering



Why do things happen the way they do in our lives? How do we create the causes for a happy life? The Buddhist practice of mind training gives us the answer to these questions: it involves overcoming our self-centered attitude and replacing it with an attitude that cherishes others. This, in turn, leads us to act in ways that naturally lead away from suffering and toward happiness in short, to create good karma. Thubten Chodron offers a commentary on one of the great Tibetan Buddhist poems, The Wheel of Sharp Weapons, which shows, clearly and practically, how to eliminate the causes of anxiety, fear, and depression and to create the causes of joyful liberation for oneself and all others.

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