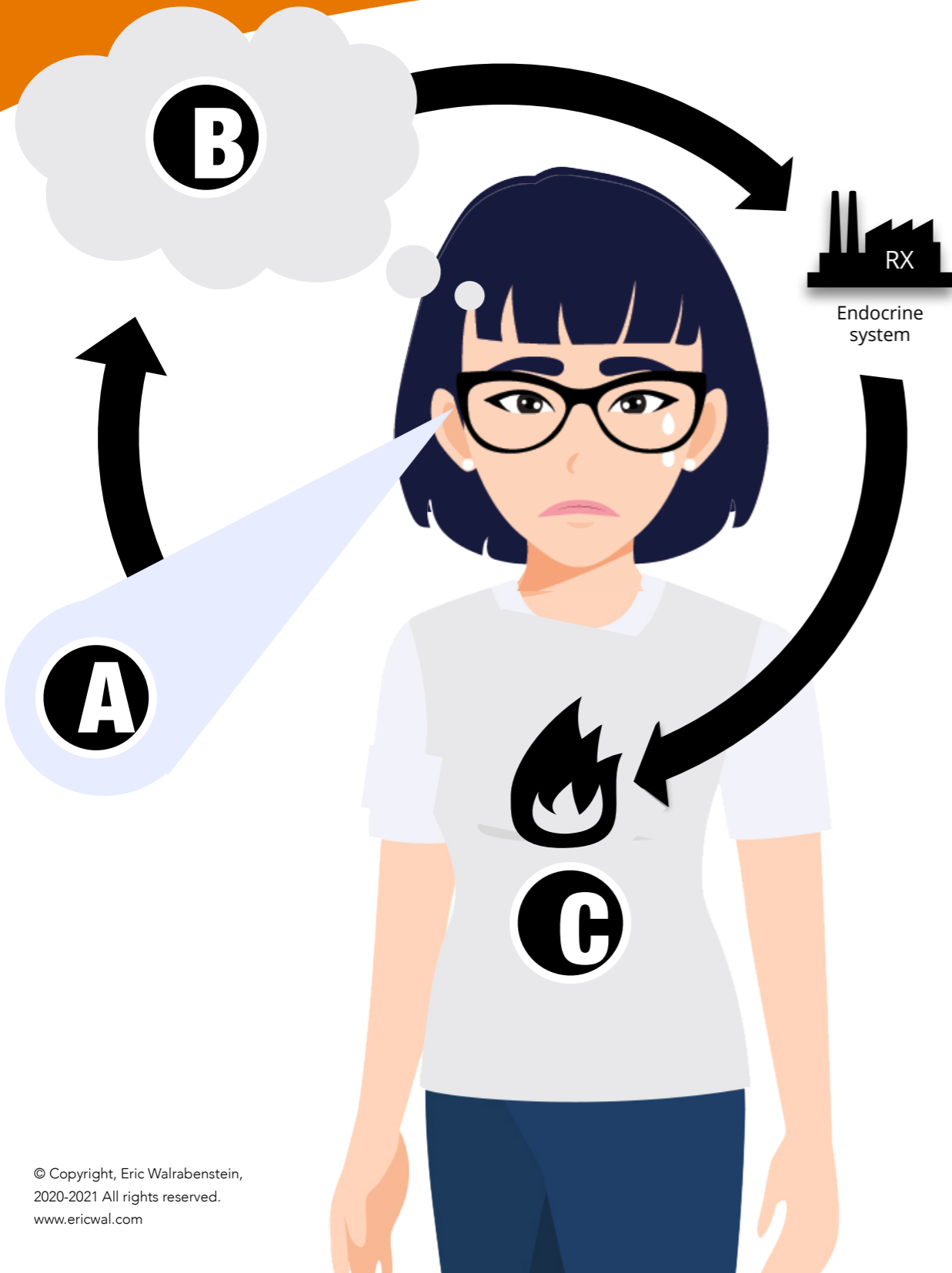




KARMA CALCULATOR

Use the Karma Calculator to visualize the rippling effects of unmanaged attention on your thoughts, emotions, and other areas of your life.



A CAUSE - focus
List something you regularly focus attention on that is negatively affecting your life.

B EFFECT 1 - thoughts
Describe the types of unhelpful thoughts that tend to arise when your attention is focused in this way.

C EFFECT 2 - feelings and emotions
Describe any helpful feelings and emotions that tend to arise when you're thinking those types of unhelpful thoughts.

D EFFECT 3 - rippling consequences
Describe how this emotion, and its accompanying thoughts, words, and tendencies, affect you and those around you in one selected area of life (check one).

- Children Partner Career Happiness Spirituality Other

E EFFECT 4 - the strengthening pattern
Now, consider that each time this cycle is repeated, it becomes more habituated in the brain leading to these and other rippling effects in many areas of your life.

WATCH PART THREE of the Real Yoga Workshop to learn the #1 way to break the cycle.