

KARMA AND REBIRTH IN A NUTSHELL

Written and read by **Jinananda**

Karma and rebirth are words used by many but properly understood by few. In his accessible introduction, Jinananda explains that although these are concepts presumed to be principally from the East they have in fact been part of the life-view of societies all over the world, from the Ancient Greeks and Gnostics to African and Aboriginal tribal communities. However, it is the cultures of India, Tibet and China that colour the contemporary understanding of karma and rebirth, and Jinanada looks at these concepts principally through the Buddhist tradition, showing that although 'actions have consequences' it is erroneous to believe that all misfortune stems from a past cause, in this or previous lifetimes.



Jinananda (aka Duncan Steen) was born in Bedford in 1952 and was ordained into the Western Buddhist Order in 1986. He is the author of *The Middle Way* (Naxos AudioBooks), *Meditating* and *Warrior of Peace* (both Windhorse Publications).

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