

# KARMA IS EASY, IT'S A CHOICE

A gift from H.E. Tsem Tulku Rinpoche

**SUPPORTIVE FACTORS:**

- > Samaya
- > Guru
- > Friends
- > Environment
- > Sadhana
- > Making your space conducive
- > Teachings
- > Initiatives
- > Dharma work
- > Vows
- > Retreat
- > Centre
- > Continuity
- > Retreat place

Study Knowledge → Practice → Habituation → Wisdom

Defining factor = **MOTIVATION**

NEGATIVE KARMA  
GOOD KARMA / MERITS  
NEUTRAL / NEGATIVE

**YOU**

