



Understanding Karma and Rebirth: A Buddhist Perspective

By Diana St Ruth

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0.7in. Understanding Karma and Rebirth A Buddhist Perspective
Rebirth and reincarnation are generally accepted realities in the East and have been since ancient times. What the next life will be is usually the question rather than whether it will be. In the West, on the other hand, we have our own religious and secular beliefs which usually do not include living another life, or at least not in this world or in this way. A common idea amongst Westerners is that annihilation is an unavoidable fact: When you're dead you're dead! But unless one wakes up to the truth of it - East or West - one is caught in cultural conditioning and personal beliefs. Buddhism is about becoming aware of what life actually is rather than being blinded by beliefs and conditioning. The Buddha saw life as a changing procession of conditions, events, and circumstances, one thing leading to another without beginning or end, timeless and limitless. And he recognised that the part of ourselves which is aware, which sees and knows, is never born and never dies. He spoke of a direct seeing into...



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