You may have wondered, “What is karma, and how karma affects your life?”

Karma is a concept with a few definitions, specifically in Hinduism and Buddhism, and the common sayings “what goes around comes around” and “what you sow is what you reap” are great examples of how karma works.

Hinduism identifies karma as the relationship between a person’s mental or physical action and the consequences following that action. It also signifies the consequences of all the actions of a person in their current and previous lives and the chain of cause and effect in [morality](https://www.webmd.com/mental-health/mental-health-types-illness).