



1. What is the law of karam based on? (1)

***The law of karam (deeds) is based on cause and effect. Every action that is performed, whether it is good or bad, has a consequence.***

2. How can we escape suffering? (1)

***Gurbani tells us that we can escape suffering by turning to God and following the Gurus' teachings.***

3. Why do people spend their time following the world instead of following God? (3)

***It is easier to succumb to the mind than it is to give in to the soul's desire. By following the world, you are not doing yourself any favors in terms of gathering good karams and purifying the soul. It is more beneficial to follow God, even if the path is more difficult.***

4. Why was Ratna a thief, even after his situation had improved? (1)

***He became practiced at thieving and because it was easier than working, he continued to steal from honest travelers. Through his acts, he is gathering more bad karams for Him-self.***

5. Explain the statement "Just as our present karams shape our future, our past karams shape our present." (2)

***Our present condition is the exact reflection of past deeds. Those deeds shaped the rewards and consequences we encounter in this life. Similarly, the actions of this life will help to shape future existences.***

6. Why would your simran go onto another person when you think negatively about them? (3)

***It is a form of punishment for your karams. You gather bad karams by thinking negatively of someone else, and instead of paying for these karams in another life; you repent for the sins right away by losing your hard-earned and powerful simran.***

7. How is it that the wandering souls were not reincarnated? (3)

***Wandering souls have good karams, so they are not forced to go through the cycle of births and deaths again, but they do not have enough good karams to attain God. They travel around to gather more good karams, and when they have enough, they are able to attain God.***

8. Why are the wandering souls afraid to approach you if the Guru is near you? (2)

***There is nothing stronger in the world than the Guru's protection. Anyone who opposes the Sikhs is afraid of facing the Guru's strength. Therefore, the wandering souls do not even attempt to approach the Sikhs.***

9. What is the point of doing simran when the five evils will just steal the benefits from you? (2)

***It is true that some of your simran's benefit will go toward the five evils, but a lot of it will go toward purifying and strengthening the soul. As the soul becomes more pure, the five evils lose strength. In the future, more of the simran will go to the soul and less will go to the five evils.***

10. List five ways to increase your good karams. (4)

***Answers may vary:***

- ***Give a donation to the gurdwara or to a charity***
- ***Do seva of others, especially those people who are less fortunate than you are***
- ***Help all of God's creatures (plants, animals), not just humans***
- ***Do simran to purify your soul***
- ***Clean up litter and beautify God's creation to its original glory***