

Types and effects of merits and demerits

Preface

Life is full of *karma* (Action which gives rise to destiny). Consequence of karma is inevitable. The consequence of a virtuous *karma* is merit, which in turn brings happiness; whereas, consequence of a bad *karma* is demerit, which in turn brings sorrow. We see virtuous people undergoing many sufferings, whereas, criminals, corrupt people, etc. performing many sinful acts and yet enjoying the luxuries of life. Why do these people not get punished for their sins, is a question that perturbs many. These people are happy because of the merits of their previous birth; however, once the stock of their merits is over, they have to face the consequences of their sinful acts in the form of diseases, poverty, suffering in Hell after death, etc. In short, no one can escape their consequences. Hence, it is essential to take atonement for the sins. Individuals repeatedly commit sinful acts unknowingly, such as killing of spiders, insects etc. while sweeping the floor with a broom, envying others, etc. In short, it is impossible to avoid sinful acts completely. Regretting the sins committed and therefore facing punishment prescribed by Dharma (Righteousness), to cleanse the resulting demerit is termed as atonement. This Text provides valuable guidance on various reasons for incurring and not incurring demerits, atonement *karma*, importance of increasing merits and *karma* that generate merit.

We pray unto the Holy feet of Shrī Guru that after reading this Text, may the readers benefit from the fresh perspective, presented in this Text. - **Compilers**

Contents (Special sub points under the main point are given here)

• Preface	8
1. Effects of <i>karma</i>	9
2. Merit	11
2H. Effect of merits	18
2J. How do negative energies take away merits ?	19
2K. Indicators of depletion of merit	20
2L. Importance of increasing merits by performing	20
2O. Meritorious <i>karmās</i> performed should be kept secret	23
3. Demerit	24
3A. Definition	24
3E. Causes of sin	25
3G. Effect of sin (<i>Karmavipāk</i>)	37
3G 6. Ailments arising out of demeritorious <i>karmās</i> of the previous birth and their remedies	42
3I. Effect of demerit on other	67
• Understand the uniqueness of this Text	70
• Scientific perspective of Compilers	73