

The Karmic Connection: Do We Expect Good Fortune After Helping Others?

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The Huffington Post:

In general, what goes around comes around. If you're nice to people, good things come your way, but if you're jagoff, look out (or, as I like to say, "don't put shit on a boomerang.") These expectations make sense in social situations, where people can retaliate or return favors, and where reputation matters. But, as I explain in chapter 7 of my new book, *The 7 Laws of Magical Thinking*, we expect the universe to play by the same rules — to manifest karma. And new research indicates that when we want something from the universe, we'll invest in karma by doing a good deed.

People learn from an early age that good deeds are rewarded and bad deeds are punished. If you help your mom, you get a hug, and if you steal a cookie, you go to your room. This is objective pattern recognition. And we're also *motivated* to believe in comeuppance.

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