



## Freedom From the Bondage of Karma

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#### **About the Author**

Swami Rama founded the Himalayan International Institute of Yoga Science and Philosophy, the Himalayan Institute Hospital Trust in India, and many centers throughout the world. A student of both Himalayan cave monasteries and European universities, he founded the Himalayan Institute to create a bridge between the ancient teachings of the East and modern scientific approaches of the West.

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Excerpt "There is nothing in our destiny which we ourselves did not create. The results of actions we preformed long ago have manifested as our current destiny. We must never forget as humans we have a great degree of freedom of choice. With effort we can focus our scattered mind momentarily and make a decision to involve ourselves only in wholesome actions."

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