

RELEASE
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New Book Unveils the Ancient Science of Cause and Effect ***Karma Explains Old Knowledge in Modern Perspective***

(VANCOUVER, British Columbia) – An internationally famous pop star recently had a chart-topping song entitled “What Goes Around Comes Back Around.” This universal principle of “what goes around” is scientifically explained by award winning author and scholar Jeffrey Armstrong in his new book ***Karma: The Ancient Science of Cause and Effect***, published by Mandala.

Karma, which will be released in bookstores June 30, 2007, offers a compelling description of the science behind this ancient wisdom. In simple, easy-to-understand language, Armstrong explains the natural laws derived from the Vedic wisdom of India which govern over our actions and determine the results of those actions.

“Karma is the future we requested yesterday,” said Jeffrey Armstrong. “It explains why bad things happen to good people. It is the spiritual science of cause and effect, the essence of free-will revealing how the Universe keeps score in the game of life. Karma is cosmic justice and there are no victims.”

Karma, from the Sanskrit word “kri,” means “to do.” Armstrong introduces the science of karma, reincarnation and the ways in which cause and effect control our lives. Individuals go through certain processes and accompanying experiences throughout their lives, which they have chosen, and are based on the results of their own creation. Karma is not about retribution, vengeance, punishment or reward; it simply deals with what is brought on by the purposeful action of “devas,” or divine beings. The Law of Karma is central in Eastern religions. Understanding karma broadens our spiritual wisdom and reveals the profound interconnectedness of all life. ***Karma*** is part of the Mandala Wisdom Library. www.mandala.org <<http://www.mandala.org>>.

Armstrong is the author of several books including the acclaimed *God (Goddess) The Astrologer Soul Karma & Reincarnation How We Continually Create Our Own Destiny*, 2002 NEW Age Book of the Year; and *The Night We First Met*, a collection of mystical poetry, which is a finalist for the National Indie Excellence 2007 Book Awards to be awarded in June in New York City.

In addition, Armstrong is an international speaker who brings Western practicality to Eastern teachings on many topics including relationships, sustainability and the philosophy, and lifestyle of yoga. As an acclaimed Vedic Scholar, Armstrong lectures throughout India and to corporate executives at Fortune 500 companies bringing this ancient knowledge to the 21st Century.

“These arts have reached a high degree of refinement and sophistication,” says Armstrong. “This ancient knowledge has numerous applications to our modern day lives.”

Armstrong has been a student and scholar of the Vedic Philosophy for over thirty-five years. He holds degrees in psychology, literature and history and comparative religion and is based in Vancouver, Canada. Armstrong will be in attendance at the New York Book Expo America June 1-3, 2007 to unveil the new Karma book. For more information on Jeffrey Armstrong please visit www.jeffreyarmstrong.com <<http://www.jeffreyarmstrong.com>>.

Jeffrey Armstrong New York City Lecture Schedule:

June 1-3 NY Book Expo

- Mandala Booth # 4182
- Info: www.jeffreyarmstrong.com <<http://www.jeffreyarmstrong.com>>

June 3, 2007 – Understanding Karma Cause and Effect

- Exhale Spa & Yoga Studio – 150 Central Park South, NY
- 2:45-4:45 p.m.
- Cost \$20
- Info: 212-561-7400

June 3, 2007 – Understanding Relationships Through Ayurveda and Vedic Astrology

- Om Factory Yoga –265 W. 37 th St at 8th Ave, NY
- Cost \$20
- Info: 212-616-8662

KEY QUESTIONS:

1. **What are the four kinds of Karma?**
2. **How can we change our Karma?**
3. **What can't we change?**
4. **How is Karma usable in our everyday life?**
5. **How can we get fairness in our lifetime?**
6. **Why do bad things happen to good people?**
7. **Are we victims of Karma?**

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