

THREE KINDS OF KARMA

In [Hinduism](#), **sañcita karma** (heaped together) is one of the three kinds of [karma](#). It is the sum of one's past karmas – all actions, good and bad, from one's [past lives](#) follow through to the next life. Out of this, each lifetime, we choose [prarabdha karma](#), a collection of past karmas, which are ready to be experienced through the present [incarnation](#).

1. **Sañcita** is all the accumulated karmas of the past. Part of it is seen in a person's character, in their tendencies and aptitudes, capacities, inclinations and desires, etc. Tendencies (samskāras) come from this.
 2. **Prārabdha** is that portion of the past Karma which is responsible for the present body. It is selected out of the mass of the Sanchita Karma, and once we come into this world it cannot be avoided or changed. It is only exhausted by being experienced, i.e., you have to pay your past Karmic debts. Prarabdha Karma is that which has begun and is actually bearing fruit in this life.
 3. **Kriyamāṇa, Āgami or Vartamāna**, is that Karma which is now being created, or sown, for the future by our present actions.
-