

Biography

Karen Reed Hadalski was born in California and lived many years in the Pittsburgh and Philadelphia areas of Pennsylvania. She holds a Bachelor of Arts degree (*Magna Cum Laude, Phi Beta Kappa*) from Temple University and a Master of Arts degree in English and American Language and Letters from Boston College. She also did post-Master studies in the Ph.D. program at Boston University where she was awarded both a scholastic scholarship and teaching fellowship.



In addition to teaching literature, research and critical thinking, and expository writing at the college, adult, and preparatory school levels, Karen served as a VISTA volunteer in an Athabascan Indian village in pre-pipeline Alaska; did research and program development for both environmental health and educational software projects; social work with abused and neglected inner-city children; and

was appointed to Philadelphia's Mayor's Commission on Literacy where she coordinated their city-wide Family Literacy program.

Karen has traveled extensively; her most memorable adventures being: The exploration of favorite writers' homes and haunts in England and New England; as well as the many museums housing paintings and sculpture of favorite artists in Florence, New York City, and Paris; whale watch excursions conducted by famed naturalists and marine biologists; traveling by dogsled to a frozen, desolate region of Alaska in order to fully experience the magnificence of the Northern Lights; meandering through the Petrified Forest, Grand Canyon, and Muir Woods; riding-out turbulent Caribbean waves during a tropical storm; making a pilgrimage to the Holy Land, where every Sunday School story and picture came to life; moving above, behind, and around Niagara Falls; and investigating the pyramids, temples, sphinx, necropolises and other ancient sites of Egypt. She still dreams of taking a "safari" trip to Africa. In addition to travel, Karen enjoys classical music and singing; nature and animals; the study of world religions, metaphysics and philosophy; and reading, especially biographies.

Her favorite literary genre is the essay and her favorite writers are Ralph Waldo Emerson and William Shakespeare. In addition to her books, Karen has also published articles in

various journals, newspapers, and magazines and authors the animal advocacy and education column, "Perspectives," for *Pet Tails Magazine*. She currently lives in Virginia Beach with her husband, John, whom she met when he was a student at the University of Pittsburgh's Graduate School of Public and International Affairs, along with their two dogs, Odin & Serena, and two cats, Lily & Chance.

Summary: Content/Marketing

Karma: How To View It, Use It, and Lose It

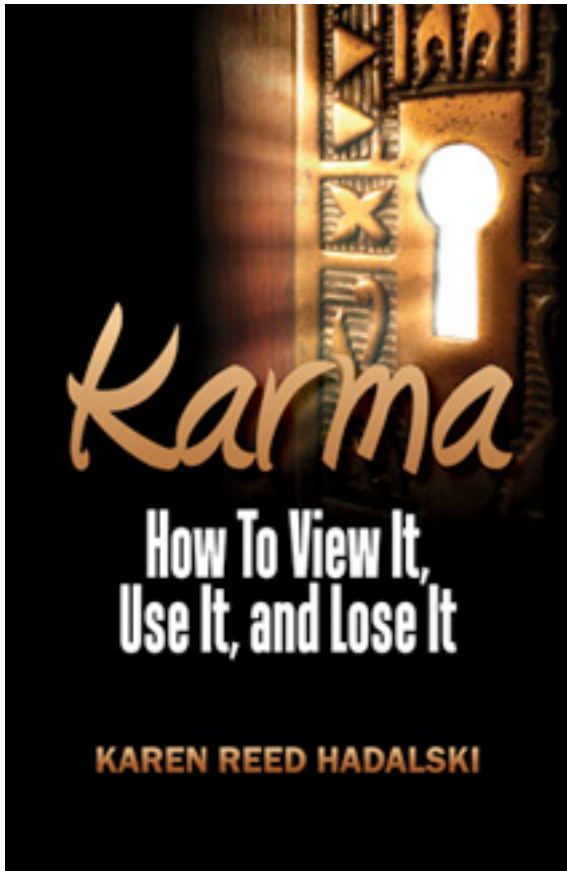
Karen Reed Hadalski

The purpose of *Karma: How To View it, Use It, and Lose It* is to encourage readers to understand their life circumstances through the prism of being "at cause" and responsible for their lives--the negative aspects as well as the positive--and to provide a method ("life anatomy") for discovering and analyzing what lessons, attitudes, and skills need to be worked on in order to make spiritual progress and resolve karmic debts incurred through previous, free-willed actions. Examples of work being done in the fields of past-life regression, hypnosis, and therapy; near death (NDE) experiences; and spontaneous past-life memories in young children are provided, as well as examples of individuals who have successfully incorporated the law of cause and effect (karma) and a clear comprehension of the theory of reincarnation into their lives and works --from Ben Franklin, General George Patton, and Richard Wagner through people living happy, successful lives, today, in fields as diverse as art, education, business, and government.

The work breaks human life down into categories of: Physical/Material, Mental/Psychological, Social/Anti-Social, Religious/Spiritual, and the Human-Environment/Human-Animal connection to discuss world and individual karmic patterns and to suggest positive methods for resolving/balancing these. Positive possibilities for

individual and world progress, once the law of cause and effect is thoroughly understood and ethically acted upon, are presented.

Karma



Endorsements

There is no greater gift to all living beings, both now and in the future, than actively helping those in need. If reading this book makes anyone a kinder person in this life, karma or no, it has done a great service.

Ingrid E. Newkirk, president and co-founder of People for the Ethical Treatment of Animals (PETA)

Ignorance is the refusal to accept facts. Those who refuse to accept the overwhelming evidence of reincarnation, as noted in the works of the researchers referenced in this book, are doomed to make the same old mistakes over and over, life after life. For those who realize how critical completion of karmic relations is, *now* is the time to use this opportunity—or—to lose it. *Karma: How To View It, Use It, and Lose It* is your key to overcoming ignorance and enjoying the fruits of karma.

C. Norman Shealy, M.D., Ph.D, Eminent physician, author, and founder of the American Holistic Medical Association

FIRST EDITION

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Author: Karen Reed Hadalski

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***Karma: How to View It, Use It, and Lose It* by Karen Reed Hadalski**

Suggestions for Interview Q's & A's

Q. What prompted you to write a book on the subject of Karma when there are so many out there already?

A. Will discuss how my content and approach are unique, including instructions for performing a "life anatomy" and interviews with people from various backgrounds and faith expressions who understand and incorporate the law of cause and effect into their personal lives and careers.

Q. What is your religious affiliation and background?

A. I was raised Methodist and converted to Roman Catholicism in adulthood. I see no conflict between Christianity and the concepts/belief in karma and reincarnation.

Q. You write about spontaneous, past life recall when you were a child. Do you still experience these? Why do you suppose some of us have these and others don't?

A. Will share personal experiences and offer opinions.

Q. You seem to posit that Karma is the explanation for every bad thing that occurs--personally and globally. Isn't it possible that bad things just *do* "happen" to good people; and, that evil really does exist and accounts for events like the Holocaust and 9/11?

A. Will explain how, if Karma really is an impersonal, natural law--the law of cause and effect--it must, like all natural laws, apply in every case--not just a select few.

Q. If a belief in Karma and Reincarnation really is, or could be, as transformative as you assert, why is it that the many societies and religions that have lived with this world view for centuries are, essentially, no better off than those of us with a Judeo-Christian orientation?

A. Will explain my understanding of the purpose for being in the world and the ultimate goal of human life. And, how a recognition of the continuity of life and taking personal responsibility for one's life experiences--good and bad--are imperative in reaching that goal.

Am open to being asked any other question relating to the topic(s) covered in my work.