



American Expression E0865 What goes around comes around

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The phrase "What goes around comes around" is a popular idiom that encapsulates the concept of karma or the law of cause and effect. It suggests that the actions we take, whether positive or negative, will eventually come back to us in some form. This principle implies that our behavior and choices have consequences, and the energy we put into the world will eventually find its way back to us.

The phrase can be traced back to various cultures and belief systems, including Hinduism and Buddhism, where the concept of karma is deeply ingrained. In these traditions, karma is seen as the accumulation of one's actions and intentions, shaping the individual's future experiences and circumstances. Positive actions lead to positive outcomes, while negative actions lead to negative consequences.

In a broader context, "What goes around comes around" is also prevalent in various moral and ethical teachings across different cultures. The idea is not limited to religious or spiritual beliefs but is often embraced as a universal principle of cause and effect. This perspective highlights the interconnectedness of all things and the ripple effects of our actions on the world around us.

When we treat others with kindness, respect, and empathy, we create a positive impact on their lives and, in turn, contribute to fostering a more compassionate and harmonious society. Conversely, when we act with hostility, dishonesty, or selfishness, we generate negative energy that may lead to discord and disharmony.

The concept of "What goes around comes around" can also be applied to personal development and growth. By being mindful of our actions and their potential repercussions, we can make more conscious choices that align with our values and aspirations. Taking responsibility for our actions empowers us to learn from mistakes, make amends, and strive for personal improvement.

Furthermore, this principle can be seen in the realm of relationships. Treating others with love and care often results in reciprocated affection and stronger bonds. Conversely, mistreating or betraying others may lead to the erosion of trust and damaged relationships.

On a larger scale, this principle extends to societal and environmental aspects. For instance, the way we treat the planet and its resources will eventually affect the quality of life for future generations. Positive efforts to protect and preserve the environment can lead to a sustainable future, while neglect and exploitation may have severe consequences for the planet and its inhabitants.

In essence, "What goes around comes around" serves as a reminder of the power of our actions and intentions. It encourages us to be mindful of the choices we make, understanding that they shape not only our own lives but also the world we live in. Embracing this principle can lead to a more compassionate, responsible, and fulfilling existence, where we contribute positively to our own well-being and the well-being of others. By striving to create a positive ripple effect, we can cultivate a better future for ourselves and those around us.

Questions for Discussion

1. What are your thoughts on the concept of "What goes around comes around" or karma? Do you believe that our actions have consequences, and if so, how do you think this principle manifests in your life or in the world around you?
 2. In your experience, can you share a personal example of a situation where you witnessed the principle of cause and effect in action? How did it impact your perception of the interconnectedness of actions and outcomes?
 3. How does the idea of "What goes around comes around" relate to ethical decision-making and moral responsibility? Do you think considering the potential consequences of our actions can influence the choices we make?
 4. In today's fast-paced and interconnected world, it's easy to observe the ripple effects of actions on a global scale, such as the impact of environmental decisions or the spread of information on social media. How can embracing the principle of cause and effect on a larger scale lead to positive changes in society?
 5. Some people may view the idea of karma as fatalistic or deterministic, while others see it as empowering and motivating. What is your perspective on this matter? How can understanding the relationship between actions and consequences influence our approach to personal growth and self-improvement?
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