

The Karmic Wheel: The Patterns We Return To

What if the patterns that keep repeating are trying to teach you something?

The **Karmic Wheel**, often associated with the concept of **Samsara**, is a spiritual idea describing the cycle of birth, life, death, and rebirth—and the patterns that keep beings bound to that cycle.

At its heart, karma is about **cause and effect**.

Our thoughts influence our choices.

Our choices shape our actions.

Our actions create consequences.

And those consequences can become patterns.

In spiritual traditions, karma is much more complex than the simple idea of "*what goes around comes around*." It is often understood as the relationship between **intention, action, consequence, attachment, and consciousness**.

The karmic wheel asks us to look at what we keep repeating.

The relationship.

The reaction.

The fear.

The habit.

The story.

Until we become conscious enough to choose differently.

✧ THE SIMPLE VERSION

Imagine your life as a wheel.

Something happens.

You react.

Your reaction creates an outcome.

The outcome reinforces a belief.

That belief influences your next reaction.

And the wheel turns again.

Trigger → Reaction → Consequence → Pattern → Repetition

A karmic cycle may feel like:

"Why does this keep happening to me?"

But the deeper question is:

"What keeps happening within me when this happens?"

The circumstances may change.

The people may change.

The location may change.

But sometimes the **pattern remains the same**.

Until something changes.

◆ THE FOUR CORE IDEAS

1. CAUSE & EFFECT

What You Do Matters

Karma is rooted in the idea that actions have consequences.

Your intentions matter.

Your words matter.

Your choices matter.

What you consistently put into the world influences the world you experience.

This doesn't mean every difficult experience is something you "caused."

Rather, karma invites us to examine the choices and responses that are within our control.

Think of it as:

Choice → Action → Consequence → Learning

Reflection:

What choices am I making today that are shaping my future?

2. REBIRTH

The Wheel Keeps Turning

In traditional spiritual teachings, Samsara refers to the cycle of birth, death, and rebirth.

But we can also think about the idea of "rebirth" metaphorically.

Every day, we have opportunities to become someone new.

Yet sometimes we keep recreating the same version of ourselves.

The same relationship pattern.

The same fear.

The same self-sabotage.

The same emotional reaction.

The same story.

Reflection:

What pattern in my life keeps returning in a different form?

3. ATTACHMENT

What We Cling To Can Keep Us Spinning

Attachment is not simply about caring deeply.

It can also mean becoming so attached to a person, outcome, identity, belief, or expectation that we suffer when reality doesn't cooperate.

We may become attached to:

- Being right
- Being chosen
- Being needed
- Being understood
- Being in control
- Being admired
- Being comfortable

The tighter we grip, the harder it may become to move freely.

Reflection:

What am I afraid would happen if I stopped trying to control the outcome?

4. LIBERATION

The Wheel Can Be Interrupted

The karmic wheel begins to change when awareness enters the pattern.

You notice.

You pause.

You recognize your part.

And then you choose differently.

Liberation doesn't necessarily mean escaping life.

It can mean becoming free from the automatic patterns that once controlled you.

The situation may still happen.

But you are no longer the same person responding to it.

Reflection:

Where in my life am I ready to replace an automatic reaction with a conscious choice?

◆ THE KARMIC CYCLE

A karmic cycle can be imagined as a repeating loop:

THE TRIGGER

Something happens.

↓

THE REACTION

You respond from your familiar patterns.

↓

THE CONSEQUENCE

Your response creates an outcome.

↓

THE STORY

You create meaning around what happened.

↓

THE PATTERN

The experience reinforces an old belief.

↓

THE REPETITION

A similar situation eventually appears again.

The cycle continues...

until something changes.

The interruption might be:

Awareness.

A boundary.

A new decision.

A different response.

Forgiveness.

Letting go.

Or simply refusing to participate in the same story again.

♦ HOW DO YOU KNOW A CYCLE IS ENDING?

A karmic cycle may be shifting when:

You respond differently.

The old trigger no longer creates the same automatic reaction.

You stop repeating the behavior.

You recognize your role in the pattern and make a new choice.

You no longer need the same outcome.

You can release the need to control another person or situation.

You see the lesson.

You no longer need to experience the same situation repeatedly to understand what it is showing you.

You feel less emotionally charged.

What once consumed you no longer has the same power.

Perhaps the clearest sign is this:

The old situation appears, but you are no longer the old version of yourself who created the same ending.

◆ KARMIC RELATIONSHIPS

In modern spiritual and astrological traditions, a **karmic relationship** is often described as a connection that brings powerful lessons to the surface.

These relationships may feel:

- Instantly familiar
- Intensely magnetic
- Emotionally activating
- Difficult to release
- Transformative
- Triggering

But there is an important distinction:

Intensity does not automatically mean destiny.

A relationship can be meaningful without being permanent.

Some connections teach us through love.

Others teach us through loss.

Some teach us boundaries.

Others teach us self-worth.

Some show us what we desire.

Others reveal what we must never abandon within ourselves again.

The purpose of a relationship isn't always to stay.

Sometimes its purpose is to **awaken something**.

◆ THE KARMIC QUESTION

Instead of asking:

"Why does this keep happening to me?"

Try asking:

"What is this pattern showing me about myself?"

Then ask:

"What am I being invited to do differently?"

This shifts the focus from **victimhood to awareness**.

Not because everything that happens is your fault.

But because your response is often where your power begins.

◆ BREAKING THE CYCLE

Breaking a karmic cycle doesn't require perfection.

It begins with noticing.

Notice the pattern.

Name the trigger.

Understand the reaction.

Take responsibility for your part.

Choose a new response.

Practice it again.

And again.

Until the new response becomes more natural than the old one.

The wheel doesn't necessarily stop because life stops challenging you.

It begins to turn differently because **you have changed the way you move through it.**

✧ THE KARMIC WHEEL & THE NINE-YEAR CYCLE

In modern numerology, life is sometimes viewed through repeating **nine-year cycles**, with each year carrying a different symbolic theme.

The cycle moves through:

1 — BEGIN

New beginnings and fresh direction

2 — CONNECT

Partnership, patience, and balance

3 — EXPRESS

Creativity, communication, and joy

4 — BUILD

Structure, discipline, and foundations

5 — CHANGE

Freedom, movement, and transformation

6 — NURTURE

Love, responsibility, and home

7 — DISCOVER

Reflection, spirituality, and inner wisdom

8 — HARVEST

Power, achievement, accountability, and cause and effect

9 — RELEASE

Completion, forgiveness, closure, and letting go

Then the wheel turns again.

1 — BEGIN.

The symbolism is beautiful:

You may return to familiar themes, but you don't have to return as the same person.

The cycle repeats.

You evolve.

◆ CURIOSITY QUESTIONS

Take a moment to explore your own karmic patterns.

THE PATTERN

What keeps repeating in my life?

THE TRIGGER

What usually sets this pattern in motion?

THE REACTION

How do I typically respond?

THE CONSEQUENCE

Where does my usual response tend to lead?

THE STORY

What belief have I created around this pattern?

THE LESSON

What might this experience be trying to teach me?

THE CHOICE

What could I do differently next time?

THE RELEASE

What am I ready to stop carrying?

THE NEW CYCLE

What new pattern am I ready to create?

THE DEEPER QUESTION

If this pattern never changed, what would my life look like five years from now?

And finally:

What would become possible if I chose differently today?

✧ THE CURIOSITY TO CARRY FORWARD

Maybe karma isn't about being punished for the past.

Maybe it is about becoming conscious of what the past is trying to teach you.

The same lesson may return.

The same pattern may appear.

The same wheel may turn.

Until one day, you notice.

You pause.

You choose differently.

And suddenly, you realize:

The world didn't have to change first.

You did.

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