



spread the love,
keep the change

KARMA CLUB TAKES THE “RANDOM” OUT OF RANDOM ACTS OF KINDNESS

A real life Pay-it-Forward. Would You Do It?

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What if while dining at a restaurant there was a struggling family of five that couldn't quite pay the bill? Would you help? How about buying a hundred turkeys before Thanksgiving and passing them out to complete strangers? Or surprising children with presents at a cancer treatment center? Would you do it? These are all true stories of people who have been touched by the inspirational non-profit organization, the Karma Club.

The Karma Club concept is simple: do something nice for someone else. It doesn't have to be expensive, extravagant, or a lot of work, but it should be something that benefits the lives of others without the expectation of receiving anything in return, except for good karma. The next step is to give the recipient a branded gold “Karma Coin” which invites them to log on to karmaclub.org to share their story and “pay it forward.” The Web site offers free Karma Coins for those who want to “spread the love. keep the change” as it says on the coin. It's that simple.

The organization was founded by restaurateur / TV Host / former pro football player Nick Mystrom. Mystrom founded the organization as a tribute to his father, who several years ago asked his family to stop buying him gifts and instead, to buy a nice dinner for a family in need. “My father jump started the Karma Club idea more than 25 years ago, because a stranger had helped him in a time of need and he wanted to pass it on,” said Mystrom.

The Karma Club is a vessel that encourages people to participate in random acts of kindness in the hopes of “paying it forward,” or passing on the generosity to others. In the attempts to encourage such participation, the Karma Club started the Karma Army – a group of people who volunteer their time by engaging in random acts of kindness and who pass out Karma Coins to strangers. Just last Thanksgiving, the Karma Army passed out turkeys at a crowded, inner-city Denver bus stop to grateful passengers. They've also participated in acts such as paying the fare at a tollbooth for twenty cars. “When I drove away from the toll booth on highway C470 having paid the toll for the next 20 cars, and handed the lady at the booth a stack of karma coins, I felt my eyes tearing up, and a rush of gratitude for being alive, and being in a position to give, flushed over me”, says Lauryn Mangat, Karma Army participant. “When you give, you receive so much more in return”, she continues, “You connect with a deeper sense of life purpose”.

In today's chaotic society, people easily become self-centered and preoccupied with their own lives. “When we shift attention from what can I get, to what can I give, I have noticed not only increased levels of energy, but truly, a shift in consciousness where more positive things happen in my life”, says Nick Mystrom.

About Karma Club

The Karma Club is non-profit organization dedicated to improving the world and lives of people in it by taking better care of others. It is a vessel that inspires and encourages random acts of kindness through three easy steps:

1. Do something nice
2. Give a coin
3. Change the world

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For more information and to read
inspirational true stories of giving, visit

www.karmaclub.org