

# Former Mt. Airy activist inspiring others with 'Karma'

by Len Lear

Karen Hidalski, 66, and her husband, John, lived in their Anderson Street home in Mt. Airy from 1983 to 2004. (Prior to that they lived in the Philadelphia Apartments across from the Art Museum for a few years.) While a Mt. Airy resident, Karen served a four-year term on the Board of Directors of the North-West Interfaith Movement and was appointed to the Mayor's Commission on Literacy.

"When we retired (and after a few especially icy winters)," explained Karen, "we decided we would prefer to spend our later years in a milder climate, near the water, but one that still had four seasons. We chose Virginia Beach because we had vacationed here several times; it is not too far away from Philly, Cape May and New England; we have friends living here, and I enjoyed attending seminars at the Association for Research and Enlightenment, which is nearby.

"We now live in a cozy little house in an over-55 community, built around an Arnold Palmer Signature Golf Course, and close to both the ocean and the Chesapeake Bay. I will always be a 'city girl,' though, and I really miss the vitalism, cultural life, great restaurants, interesting mix of people and excellent medical and educational facilities in Philadelphia. I also miss an autumn that lasts more than a week or two."

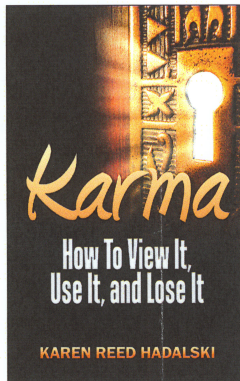
For years Karen, a spiritual person, had wanted to write a book about karma. (She was NOT motivated by the old joke, "My karma just ran over my dogma.") She feels that the karmic philosophy, combined with its complement, reincarnation, presents a world view that is fair, compassionate "and just makes sense. I believe that much personal angst, social unrest and global conflict seem to arise from a sense of victimization, anger, resentment, jealousy/envy about what others have as well as a lack of purpose and the lament that 'life is unfair.'"

Motivated by these feelings, Karen has written "Karma: How to View It, Use It and Lose It," a book she hopes will encourage readers to view their personal experiences through the prism of being responsible for their own lives, both the positive and negative aspects, and to help readers "make sense of their life-circumstances and provide a road map for traveling to a more fulfilling, joyous and purposeful future."

It took Karen about a year to write "Karma," but another two years to find a publisher willing to take a risk on "yet another" book on this topic. And, of course, another year-and-a-half to actually publish it. So, from start to finish, this was a five-year project.

The most challenging aspect of writing the book, according to the author, was to find a method and the right vocabulary for discussing the topic in a way that would demystify it and appeal to a mainstream audience. This is one of the reasons she chose to include examples of individuals from varied backgrounds and walks of life who have successfully incorporated the law of cause and effect and a clear comprehension of the theory of reincarnation into their lives and work, both famous and "every day" people. "I won't know if I've succeeded, of course," she said, "until I begin to receive reviews and feedback."

One review already in is from C. Norman Shealy, M.D., Ph.D., author and founder of the Ameri-



Karen hopes that "Karma: How to View It, Use It and Lose It," her third book, will literally change readers' lives for the better.

can Holistic Medical Association, whose comments appear on the back cover: "... 'Karma: How To View It, Use It and Lose It' is your key to overcoming ignorance and enjoying the fruits of karma."

Hidalski holds a B.A. degree (Magna Cum Laude, Phi Beta Kappa) from Temple University and a Masters degree in English and American Language and Letters

from Boston College. She also did post-Masters 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 Athabaskan Indian village in pre-pipeline Alaska; she did research and program development for both environmental health and educational software projects; and social work with abused and neglected inner-city children.

Karen's favorite writers are Ralph Waldo Emerson and William Shakespeare. In addition to her books (Her previous books are "Enduring Destiny," a "Best Books Award finalist," and "Make Your Dreams Come True," written primarily for young people), she has also published articles in various journals, newspapers, and magazines and authors the animal advocacy and education column, "Perspectives," for Pet Tails Magazine. She met her husband, John, when he was a student at the University of Pittsburgh's Graduate School of Public and International Affairs. They currently live in Vir-



John and Karen Hidalski are seen at their favorite vacation destination, Cape May, New Jersey.

ginia Beach with their two dogs, Odin and Serena, and two cats, Lily and Chance.

"I hope to make readers aware of my work, through sending review copies of 'Karma' to various newspapers, magazines, and notables; my newly created website, distribution to booksellers

through Baker & Taylor and the general public through, Publishers Direct (pdbookstore.com), Amazon.com, Barnes & Noble.com, and select bookstores, etc."

The release/list date of "Karma" will be February 2, 2012. For more information, visit [www.KarenReed-Hadalski.com](http://www.KarenReed-Hadalski.com)

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Chestnut Hill Local

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Friday, November 18

10:00am Scrabble Games

10:30am Storytime For Toddlers

2:30pm Golden Yoga

5:00pm Nature Installment

7:00pm Writers Conference Fo

Saturday, November 19

9:00am Autumn Book Sale

10:30am Photos with Santa

8:00pm Community Barefoot B

8:00pm Saturday Night Jazz a

Sunday, November 20

Events shown in time zone: Eastern Time

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