



## Karma

Most of what professional healers do involves the resolution of Karma. We work to release the debris of completed Karma, letting go of the last vestiges of Karmic entanglement, debt and agreement. This might be called Karmic resolution. When we observe and understand newly acquired Karma. Then to let it go the immediacy of liberation is tangible and the life reflects the work. Karma keeps us busy but what is it exactly?

Karma is an idea that comes from the ancient spiritual texts of the Hindu, the Upanishads and the Vedas. It is estimated these texts were written between 10,000 and 6,000 years ago. Hindi civilization, medicine and spirituality is based in them and the later philosophies like Jainism and Buddhism built upon the beliefs espoused in them. Karma refers to action and reaction; it is an ancient hybrid of connection to the Divine purity and the expression of individual development understood as Brahmin (or God's) Law. It was how we humans might make right inequities and insults or offences to the One and learn in the process to live our most responsible life, combining the laws of God and the will of man in a sort of cosmic balance sheet.

*"Karma literally means "deed" or "act", and more broadly names the universal principle of cause and effect, action and reaction, which Hindus believe governs all consciousness. Karma is not fate, for we act with what can be described as a conditioned free will creating our own destinies. Karma refers to the totality of our actions and their concomitant reactions in this and previous lives, all of which determine our future."* Taken from Wikipedia on Karma (Appendix 11)

In the West we have: "an eye for an eye" and "what you sow, so shall you reap"; (Appendix 5,7 and 9) two statements which start with the codes of the most ancient of human civilizations in the fertile crescent as early as 6,000 years ago and end up in the



Bible. As scientific exploration evolved brilliant physical insights influenced and reflected spiritual awareness. More recently in 1687 Sir Issac Newton published his Laws of Movement. His third law influences spiritual as well as scientific thinkers today:

“Law III: To every action there is always opposed an equal reaction: or the mutual actions of two bodies upon each other are always equal, and directed to contrary parts.”

Put these big ideas into a bowl and add the wise ingredients of the Ten Commandments (Appendix 8), The Laws of Moses (Appendix 9), the Four Noble Truths (Appendix 1 and 4), the Eight Fold Path (Appendix 2, 3 and 4), the Code of Hammurabi (Appendix 7), the Four Agreements (Appendix 6) and finally add the concepts of the New Thought Movement of the 19<sup>th</sup> Century (Appendix 12) and we have an approximation of what Karma is thought of by Westerners in the 21<sup>st</sup> Century. Ultimately, it is a human attempt to understand why things happen the way they do and how we might impact the unfolding of our lives.

You can find all kinds of ideas of what Karma is on the Internet but most simply it is deeds and results; and everything we do is that. Karma is constant and is ultimately a universal law of action and reaction. Referred to as the Wheel of Karma it goes around and around until we get off through our spiritual evolution or what could be called a personal spiritual revolution.

Karma can also be seen as a subtle energy consequence that causes constriction, congestion and the buildup of toxic levels of debris in the human structure, in our residences and possessions and even in relationship to our political systems, institutions and organizations.



Anatomically speaking, Karma is a particular way that energy congeals and resides in the Human Energy Structure, including the physical body. This understanding can be lent to the life at large and we can begin to see how Karma collects in several different locations in the HES-

- The Etheric- *Karma and Death Strata*
- The Primal Layer holds karmic info in both the *Tribe and Legacy Strata*
- The Template- has the *12 Radiant Points* which regulate Karma and distribute the lessons and flow of the unfolding of Karmic wounds, issues and influences
- The BES holds Karmic information in incoming soul pathways- the Function, Purpose and Wisdom Currents all hold Karmic energy and distribute it as information to be distributed throughout the HES
- Inevitably the Elimination System holds Karmic release within attachment that is moving out of the structure
- Harmonizing Network- doesn't hold much in the way of historical Karmic energy but as the harmonizing frequencies move throughout the structure they spread a kind of karmic mist that builds up and can heavily influence the structure as a lense everything is felt and seen through....

Looking at the HES anatomy the old biblical adage: "What you sow is what you reap." Captures Karma to a point but describes little more than cause and effect and there is more. **It is how you sow not only what.**

Karma is deeply connected to attachment and suffering, two principles of Buddhist philosophy that grew out of the earlier Hindi concepts of Karma and our relationship to the godhead. The Bhagavad Gita speaks of Karma as the result of unconscious attachment to the path of action or Karma Yoga. People are referred to as  *tied to the wheels of Karma*, which is seen as something inevitable and in fact a natural



development of life. But when action becomes conscious and the individual offers up their actions to the Divine by choice and design; the action becomes non-binding and does not create Karma but is instead simply being with life.

Healers have learned to work with Karma to support release by bringing past actions to consciousness, experiencing forgiveness of self and others and then releasing attachment to the burden of the karmic weight that has shaped and molded the person. It turns out it is the state of mind during a given action that allows the creation of Karma and it is a change of that same state of mind and a deep awareness of the impact of the earlier action that allows release. The state of mind at the moment of death or trauma composes the Karmic contract for the next incarnation. Managing Karma lies in intelligent action and calm reaction. Not all Karma rebounds immediately. Some accumulate and unexpectedly come back in this or other lifetimes. We produce Karma in four basic ways:

- **Thoughts**
- **Right attitude and speech**
- **Actions we perform ourselves**
- **Actions others perform under our instruction or direction**