L608, Survey of Non-Traditional Beliefs
Agenda:

1. **Class I, September 22**
   - Introduction
   - Sources
   - Mystical Traditions
   - What Is a Mystic
   - Classical Elements

2. **Class II, September 29**
   - Karma
   - Resolution of Karma

3. **Class III, October 6**
   - Reincarnation
   - Akashic Records

4. **Class IV, October 13**
   - Free Will Choice
   - Understanding Karma, Reincarnation and Free Will Choice
   - Changing Your Energy

5. **Class V, October 20**
   - Astrology
   - Ley Lines
   - Healing Systems

6. **Class VI, October 27**
   - Chakras
   - Kundalini
   - Energy Layers in Body
   - Mystery Schools
   - Lesser Mysteries/Greater Mysteries

Linda Bender
lindabender@starpower.net
Phone: 703-451-0253
Mercury is still retrograde

Repeat from Handout for Session I

Said I would give examples about how class information can be used

well, Mercury is retrograde and will be for the first three classes
will be a full explanation of all this when we talk about astrology in Session V

why is this an issue
Mercury is all things associated with communication and mental acuity
retrograde means that looks like it is going backwards
happens three times a year and lasts for about three weeks
can be all kinds of problems:
  set up a meeting, need to reconfirm
  ask friends for dinner, reconfirm before you buy the food
  watch travel arrangements, confirm, allow extra time
  handle computer carefully
  watch words as out of mouth
  expect senior moments
  watch out for confusions

and in the class we’re talking about really unusual things
so ask your help
  be sure that things are clear and easily understood
  two of the three most important classes are during the retrograde
  if anything at all does not make sense, please ask

used data from Internet after careful review, have numerous links
if you have trouble using that kind of data, please let me know
are ways to help
Karma

definition
    Google Chrome: in Hinduism and Buddhism (involves accepting reincarnation)
    the sum of a person’s action in this and previous states of existence,
    viewed as deciding their fate in future existences
    informal: cause and effect

think of it as a savings account:
    if do something positive (by action or by thought), get a deposit in the account
    do something not positive, get a withdrawal from the account

    all withdrawals must be replaced
        in general cannot use other positive action(s) to reimburse the account for
        an unrelated withdrawal
        usually resolve with same individuals
            not always since could hold others back to allow for resolution of
            one of your issues

    long term goal is two parts:
        resolve all the issues so all the withdrawals are replaced
        make lots of deposits (that are not replacements to withdrawals)

        then can basically “retire” or complete cycle of lives
Karmic Savings Account

<table>
<thead>
<tr>
<th>DEPOSITS</th>
<th>WITHDRAWALS</th>
<th>BALANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>issue A</td>
<td>drops</td>
<td></td>
</tr>
<tr>
<td>action B</td>
<td>increases</td>
<td></td>
</tr>
<tr>
<td>action C</td>
<td>increases</td>
<td></td>
</tr>
<tr>
<td>action D</td>
<td>increases</td>
<td></td>
</tr>
<tr>
<td>resolve part of issue A</td>
<td>some of A remains</td>
<td>increases</td>
</tr>
<tr>
<td>resolve rest of issue A</td>
<td>A is totally resolved</td>
<td>increases</td>
</tr>
<tr>
<td></td>
<td>A is no longer an issue</td>
<td></td>
</tr>
</tbody>
</table>
Explanation
issue of some kind with a negative karmic impact, call it A
get a withdrawal from the savings account for the A issue
can do a lot of good things which are deposits to the savings account
those are all B’s, C’s, D’s, etc.
but must resolve issue A which will make an associated deposit for A
if resolve only part way
then the deposit is partial
means that some of A is still an issue
does not mean that you should let others walk all over you
must be fair
must be honest
must be full of integrity
must be “in balance”

in end
all the A issues are resolved
no open pieces remain
have deposited a lot of B/C/D type monies
that happens almost automatically
resolution of A may actually change way we live
will have enough of a positive balance that can “retire”
can then graduate out of that reincarnation cycle

long term goal
eventually can end reincarnation cycle
called salvation or recombine with God
more on that when we talk about reincarnation next week
Example 1:

traffic accident
driver had one drink, but is not over blood alcohol limit
car hops curb
   knocks down road sign
   hits a car that is turning in from the side road
   driver and passenger are injured
driver’s car is damaged
car coming in from the side is damaged

MD and RN walking on the other side of the road

who has what karma?
Example 2:

meeting in a work environment, a group is working on a project of some kind
led by Suzanne
  respected as a leader
  strong woman but fair, astute
  generally deals well with others as a manager
at this meeting she is at points very abrupt
  interrupts
  does not listen to others’ ideas
Bob has had enough and barks back at Suzanne
temps between Bob and Suzanne flare
meeting ends in disarray
  no progress
  no one happy with outcome
everyone angry as return to own desks

who has what karma?
  Suzanne

  Bob

  other committee members
How to try out karmic reactions

use a day when you are out running errands and have a lot of stops
watch how you act and feel as you are driving
then check at your destination: is there a convenient parking place

Test 1: drive graciously and thoughtfully, making good choices
let other person go through stop signs first
watch for pedestrians and be considerate
let other person pass easily on a 4 lane highway
let another driver change lanes to your lane
be patient and understanding when others aren’t patient

what would you expect to have happen?

result

every time I try this, there is a parking place right where I need it
no road rage for yourself and not play if someone else is doing it

Test 2: drive aggressively, probably not making good choices
(e.g., cut in front of someone)
in your head play and replay a situation that made you angry
not being very polite to other drivers
often in so much of a hurry that not consider others

what would you expect to have happen?

result

for me only parking place is miles from the door
Negative karma occurs because of problematic choices—and the results—of those choices can ask to resolve karma
   do it in meditation or as a prayer
   suggest you ask for one issue at a time
       if ask for all outstanding issues at once, can be overwhelming
   then for each issue figure out how to:
       apologize
       make restitution if necessary
       forgive the others involved
   will over time learn to identify an issue right after it happens
       apologize right away
       will also be able to tell when it is resolved
   finally realize that must resolve all the problematic karma in your “file”
       that is usually not easy
   also come to understand that it is important not to create new negative karma
   net result is that you change the way you live and check the choices you make
       tend to think before you act or before you say something
       then ask in your mind: what’s the karma here?
can often do little things

I like to make people feel better
   – smile at other people in the grocery store
   – parking lot at grocery store
car stops and driver waves that OK to cross
   I smile, wave back and say thank you
after pass car, turn back and say thank you again
   so far every time it is heard
driver inevitably flashes a huge smile

also realize that if something does not go well
   don’t need to get back at someone
   karma does it for you
   if you forgive the other person, that person has to resolve the karma
can use forgiveness tools
   helps your own distress go away
make sure your own actions were appropriate
   apologize or do restitution for those if necessary

All this leads to a lot of honesty with yourself
Can anybody else provide forgiveness, absolution, resolution of karma?

Communion/Eucharist
Catholic: go to confession and then take certain steps
Episcopal: a general confession and absolution in Morning Prayer
Eucharist: all about forgiveness of sins

often find “do E, G, and then H and will have taken care of all karma”
subconscious is tricky
after church service and/or confession and/or this exercise
to check on whether it feels like it is resolved
do you really feel like the issue is resolved
do you have any kind of mental closure
do you have any sense of peace about that issue
OK to try but do check afterward, was the clean up really successful

this is very individual, it is all your choice
I could never get any of the church service processes to work for me
I could never get one of the quick fixes to work for me
Resources:

Doctors and the traffic accident


http://definitions.uslegal.com/g/good-samaritans/

https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Good_Samaritan_law.html
Wikipedia article: rules are different for each state; this gives general view