

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

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NOTES:

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

DEPOSITS	WITHDRAWALS	BALANCE
	issue A	drops
action B		increases
action C		increases
action D		increases
resolve part of issue A	some of A remains	increases
resolve rest of issue A	A is totally resolved A is no longer an issue	increases

## 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

tempers 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://www.aaos.org/news/aaosnow/jan14/managing3.asp>

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

[https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Good\\_Samaritan\\_law.html](https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Good_Samaritan_law.html)

Wikipedia article: rules are different for each state; this gives general view