L601, Survey of Non-Traditional Beliefs

Agenda:

1. Class I, September 20

Introduction

Sources

Mystical Traditions

What Is a Mystic

Classical Elements

**2. Class II, September 27**

**Karma**

**Resolution of Karma**

3. Class III, October 4

Reincarnation

Akashic Records

4. Class IV, October 11

Free Will Choice

Understanding Karma, Reincarnation and Free Will Choice

Changing Your Energy

5. Class V, October 18

Astrology

Ley Lines

Healing Systems

6. Class VI, October 25

Chakras

Kundalini

Energy Layers in Body

Mystery Schools

Lesser Mysteries/Greater Mysteries

Linda Bender

[lindabender@starpower.net](mailto:lindabender@starpower.net)

Phone: 703-451-0253

NOTES:

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 need to resolve with same individuals

not always since could hold others back to allow for resolution of on

of your issues

long term goal is two parts:

resolve all the issues so all the withdrawls are replaced

make lots of deposits (that are not replacements to withdrawls)

then can basically “retire”

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 increases

A is no longer an issue

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 or Nirvana

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 for you?

Test 1: drive graciously and thoughtfully, making good choices

let other person go through 4 way 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?

Test 2: drive aggressively (e.g., cut in front of someone)

probably not making good choices

in your head play and replay a situation that made you angry

not being very polite to other drivers

in so much of a hurry that not consider others

what would you expect to have happen?

result?

Negative karma occurs because of problematic choices–and the results–of those choices

How do you fix negative karma

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 completely overwhelmed

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

will also get faster at identifying when you have done something that should be

corrected

quickly come to understand that it is important not to create new negative karma

net result is that to some degree you change the way you live/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

help others to feel better

smile at person you pass

seniors in the parking lot at grocery store

cross the drive area to get to the parking

car stops and driver waves that OK to cross

smile, wave back and say thank you

after pass car, turn back and say thank you again

and it is heard!!

driver inevitably really smiles

helps the other person to feel better

side effect is that it feels good to have made someone smile

also realize that if something does not go well

don’t need to get back at others involved

karma does it for you

if you forgive the other person, that person has to resolve their 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

Can anybody else provide forgiveness, absolution, resolution of karma?

Communion/Eucharist

Catholic: go to confession

Episcopal: confession and absolution

Eucharist/communion: all about forgiveness of sins

prayers become rote

no thought connected with saying them

find lots of “do E, G, and then H and will have taken care of all karma”

subconscious is tricky

after church service and/or confession or the like

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

do you feel a weight lifted from your shoulders

Resources:

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

American Academy of Orthopaedic Surgeons

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

https://www.princeton.edu/~achaney/tmve/wiki100k/docs/Good\_Samaritan\_law.html

Wikipedia article

NOTE: did use Wikipedia, every state is different, only place with a summary