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

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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