

## 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 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 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](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