

KARMA: LIVING IT TODAY

By

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CERTIFICATE OF APPROVAL

M. Msc. Thesis

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INTRODUCTION – CHAPTER 1

Karma is misunderstood to so many, yet understood and put into everyday life in many cultures and religions. Since the beginning of creation, the yin and the yang of creation put into effect karmic reaction that gave all of life the will to live, breath and have cause.

Since the moment Lucifer was thrown out of the heavens, karma so then began. Lucifer, Gods favorite Archangel, who confronted God with a challenge of power and dominance, the argument can be made, that was the moment karma, “bad karma”, went into effect.

Is “Karma” in fact something that we “ALL” live and deal with every day? In what I am writing I have contemplated and studied for years as I observed my life and others around me. In this thesis I investigate Karma beliefs, what is Karma to others and myself and if in fact if we all live in and with Karma every day.

When I think of my life, I seem to fall back on the good and bad times in my life and these reflections somehow always bring me back to Karma. Did I create the events that have taken place in my life through my decisions good or bad that followed in reaction? My answer “Absolutely!”

From my earliest memories, I had always reflected on my actions. Growing up in a protestant home, I was raised with the fear of God. I as a young girl went to bed every night focusing on the bad things that I may have done... a lie, a bad word, not doing my homework, and fighting with my brothers. I repented what I thought was a sin as a

young child to God every night and prayed that if I died tonight to please let me into heaven. As I got older I let go of the thought of not being allowed into heaven but of a bigger picture... How every action I took, it affects my next action. This I contemplated into what Karma means to me. Through my years of ups and downs, divorces, bad relationships, and money problems, as well as the good stuff in life like beautiful healthy children, good marriages that I somehow let go of starting a whole karmic action that I wish I can take back. Yes, for every action we take in life good or bad we are setting ourselves up to a reaction. If we sin (what we call or know as a sin), we then have guilt (which is a feeling within most of us that signals to us if we believed we have sinned) this leads to Karma. For example, say someone owned a business with a partner and they took money from the company without telling the other partner because someone close to them was sick and wanted to help them with hospital bills, the other partner found out and the person that took the money panicked, telling lies to now cover up what they had taken rather than tell the truth, their relationship with the other partner falls apart and that person now makes totally bad decisions trying to cover up what they had done, and because of these bad decisions the company falls apart and now they are in court looking at penalties.

Rather than telling the truth and making good decisions based on what they knew was the right thing to do; now their life goes into a downward spiral...Karma. Even though this person wanted to help someone they cared about, they made bad decisions by not telling the truth. Yet, Karma can also be positive based on positive situations that we

create in our lives.

In this thesis I will explore concepts found. As I personally studied this subject, my thinking became very clear through the obscurity of the not so clearly defined opinions. As most writings are laid out with what Karma is and how it is created, but most of the writings are without the true organic nature of the “why” we create Karma. We know if we do something bad then bad comes back to us but “why”. This it seems, in what I have read is to be left to the reader to contemplate to understand their own understanding of the “why”.

As the world and all of our lives get more complicated and times are that of an explosion of instant media. I have found that society has become tolerant to doing what is “easy”. “Easy” can sometimes lead to lack of judgment and bad decisions. To work at our lives and create karma that shines light on those around us and our future takes thought and a lot of integrity, purity of heart, joy, wisdom, and it’s not always easy, especially in today’s world of instant gratification and a complexity of bad and false social media. Spiritual decisions are very black and white, but the greys of today’s lifestyle make it complicated...or are it?

REVIEW OF LITERATURE - CHAPTER 2

I have read many books and articles on the subject of Karma. However, the few books that seemed to force me to contemplate and organically force me into this subject in which I am choosing for my Thesis was “The King James Version of The Bible” and “The Four Agreements” by Don Miguel Ruiz, as well as some of the writings of Buddha and The Catholic Church.

I had found as I read these and many other books on the subject, my thinking became very clear through the obscurity of the not so clearly defined opinions. As most writings are laid out with what Karma is and how it is created, but most of the writings are without the true organic nature of the “why” we create Karma. We know if we do something bad then bad comes back to us but “why”. This it seems, in what I have read is to be left to the reader to contemplate to understand their own understanding of the “why”.

In C. G. Jung’s book “Synchronicity: An Acausal Connecting Principle”, Jung wrote; “When an inner situation is not made conscious, it appears outside as fate.” In reflection of this, I began to ponder is karma a conscious thought? [52]

The Buddhist believe that good actions reap good results and vice – versa. It is the quality of an act, which determines its consequences.

In Christian and orthodox Religions, they believe that the bible does not support the idea of karma and the idea that we can take this karma good or bad into another life. Yet there are biblical verses that absolutely support karma, for example Ezekiel 18:20: “The

righteousness of the righteous will be credited to them, and the wickedness of the wicked will be charged against them". Also, Galatians 6:7 which states very simply:"People reap what they sow".

Growing up in a Pentecostal church I had some idea that Karma was not a subject frequently talked about and if it was, it had become very obvious that the Christian religion does not support the concept of Karma. For years I have been studying the bible and searing text for examples of karma within the writings of The Kings James Version of The Bible, as well as many other versions.

"Just as man is destined to die once, and after that to face judgment..." [Hebrews 9:27] This Bible verse leads us to thought that we live and die once then we are judged. For a lot of Christians, this verse negates the possibility of reincarnation and karma. Because the verse states that we die once "destined to die once," [Hebrews 9:27] most Christians find the meaning that humans are only born once and only die once. There is no endless cycle of life and death and rebirth, or does this stop here? I felt I needed to research.

We are in this life that we chose or that was chosen for us. We live it as we are in this body and we die, our physical body dies only once, but our soul continues, our soul is judged on what it is that we need to learn then our soul can now come back into another body to learn the lessons on what it was judged on previously, then again the physical body dies and the soul continues on and on until all lessons are learned and the soul can now be released into the heavens to create the light, or if chosen by lack of light live in void. To me this verse "Just as man is destined to die once, and after that to face

judgment...” [Hebrews 9:27] is talking about the physical body in which we “Currently” occupy.

To many, Karma is a concept found in the Buddhist and Hindu religions. It is the idea that how we live our life will determine the quality of life we will have after reincarnation. If we are unselfish, kind, and good during this lifetime, we will be rewarded by being reincarnated (reborn into a new earthly body) into a pleasant life. However, if we live a life of selfishness and evil, we will be reincarnated into a less-than-pleasant lifestyle. In other words, we reap in the next life what we sow in this one. Karma is based on the theological belief in reincarnation.

Two other verses from The King James Version of the Bible came to mind, which rose the question of Karma and Reincarnation “So God created man in his own image, in the image of God he created him; male and female he created them.” [Genesis 1:17] as well as, “For through him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see--such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through him and for him.” [Colossians 1:16]

These two verses support that there can be more to who we are and life beyond. If we are created in Gods image and he created all that is visible and invisible, this supports that reincarnation can truly exist, as does anything that we can imagine. As being created in Gods image gives us the ability to imagine all that can possibly be imagined. God created our souls to be with him and love him. We have choices and these are choices

that we take with us and learn from, to become stronger, wiser and more loving to live within the light of forever.

“There are also celestial bodies, and body’s terrestrial: but the glory of the celestial is one, and the glory of the terrestrial is another.” [1 Corinthians 15:40] As stated here in the King James Version of The Bible, there are earthly bodies and heavenly bodies. The heavenly is of one body, the earthly is of bodies. This also supports that reincarnation could be justified. As stated we will have different bodies, physical and heavenly.

Buddha teaches, as I had found on (<http://oaks.nvg.org/karmabud.html>): “Refrain from unwholesome actions, Perform only wholesome ones, Purify the mind, this is the teaching of the Enlightened Ones." Buddha teaches that if you have sinned against your inner spirit and guilt will tell you this, repent and do the right thing, then the mind will be purified... Karma will be corrected.

METHODS – CHAPTER 3

Not Applicable

FINDINGS – CHAPTER 4

It seems that all faiths, religions and thoughts all agree that there is some type of Karma. Perhaps it is not the same concepts, however all agree that we must live our best to move forward with the best, as well as that there is some type of life after death or nirvana.

The concept of karma is thought to have begun sometime around the first millennium BC. In the Shramana tradition in which Buddhism and Jainism are continuations. It was and is believed that karma was not just a Metaphysical law but karma was a substance, which flows through each person attaching itself (good or bad) onto the person as an impurity or purity as they engage in various activities. Then people are born and born again until they have rid themselves the impurities they have collected, moving on to a higher purpose which is named “nirvana”, which is a transcendent state in which there is neither suffering, desire, sense of self, and the subject is released from all Karma.

Hindus as do the Buddhist today believe in life after death. They also believe in the concept, " Whatever a man soweth, that shall he also reap" [Galatians 6:7] this is the basis of Karmic law, every action, and every thought has a result. There is no such thing that an action or thought without a result. Every action and every thought is weighed on the scales of eternal justice.

As long as there is the seven sins, and as long as passions are not extinguished, we have the potential to generate karma then there is a next lifetime in which the

accumulated karma will take form. Once our karma has been rectified through lifetimes and courses of destiny, one can enter the stream that leads to Universal Oneness or Nirvana. This process continues until universal oneness is reached, which signifies the rebirth and the end of suffering, we are now free as enlightened souls to create light through the universe, and if we chose to come back in another physical body to assist in a worldly situation that we believe we can help make a difference.

Karma is there to guide us back on track, sometimes karma is slow to respond to any negativity or darkness that we may have cause or accumulated in our lives, mainly because of destiny, destiny gives us the opportunity to turn a situation to our benefit. Destiny is created from our own efforts, so destiny can slow a karmic response by us simply taking a different course of action in life. Destiny is something we create from desires and karma is something that is created from our actions.

In the Christian faith, it is believed that by only serving the light and not sinning, or at least asking forgiveness from God that we will have abundance and live an eternal life. Since the soul of man never dies, and the soul is as much a part of man as is his body, then we may say that the dead are alive. The bible states that there is never a pause in man's consciousness. When a man dies, his body returns to dust and his non-physical self (spirit/soul) returns to God where he continues as a disembodied spirit continues in a conscious state awaiting judgment. This judgment is based on how we live our lives in this body, however, we continue on after judgment, weather in joy or torment, is up to us in this lifetime.

As I studied catholic teachings Karma did keep showing up in much of the writings. For example in *The Gnostic Writings* of Edward J. Parkinson, PhD, he writes that sin is not necessarily in karma because karma means fruits of action because karma only rewards praiseworthy action. What puzzled me with this is, there cannot be light if there is not darkness, and there is no yang without yin. As I looked deeper and spoke with priests, there is a definite connection to karma in “We reap what we sow” [Galatians 6:7], there was no denying this was a connection, not even the priest that I interviewed could deny.

In my findings, in all religions and beliefs, throughout all of history as we know it and throughout all cultures and the continents and its people, there is a great connection to sin, as to sin or cause impurities on the body, causes a karmic reaction

The world seems to be evolving into a mindset more congruent with reincarnation, it seems as the world becomes more overwhelming with stresses and thoughts of immortality, people are now looking for answers to life outside of the stereo-typical.

With the evolution of man and his thought in this world ever changing so very quickly, I have even found that the Christian faith has taken a turn, I have found with those that I have interviewed, much agree with the understanding that we create our Karma in past lives and in this life. Perhaps it is age and the life that we have lived but even those in Christian faith begin to see that there is more to life than we were told as children. Now, those in Christian faith believe that if we lie, steal, hurt someone, etc. then it will come back to them through a failure of a company, money problems, health

problems or even a failed relationship. “The righteousness of the righteous will be credited to them, and the wickedness of the wicked will be charged against them”

[Ezekiel 18:20]

In my personal research through biblical interpretation, other Religious and spiritual teachings and personal research through counseling, Karma is usually a discussion that seems to come up frequently. I have been working with a man, he is in his fifties and was raised in a Christian home, he believes in Karma and spends much of his time pondering what is that he needs to fix the Karma that is holding him back in getting his business and life back on track. He debates the people he has wronged in his life and often asks me how he can correct the karma, which he believes, is holding him back from business, financial and relationship success.

There are a few things that I can see that he can be doing:

First, his Karma is coming from guilt, guilt that he is feeling from doing something to these people that he knew was wrong or would somehow hurt them, whether it was not paying someone what he owed or not giving someone what it was that he promised or simply not following through with an agreement.

Second, when we break agreements with people we are sinning against ourselves. We are causing a lack of trust within ourselves. We now feel guilt and Karma will now play out, Karma will now take hold of our thoughts and our souls and bring us to our knees. When we want to move forward in business with agreements between employees and

personal relationships, these will be broken. We have caused this, by breaking agreements with others we now have no trust in others, and we come across as untrusting to others because we now don't trust. Our Karma holds on for dear life as we now go through life distrusting and causing others to break agreements because they see something in us that they distrust.

This man sits there for hours going through every name and situation of persons he could have hurt in some way. He asks "There are so many, what do I do? Do I contact them? Do I pay them what it is that they think I owe money to? If I do this I will be bankrupt."

In my studies of "The Four Agreements" by Don Miguel Ruiz, I have found much helpful information. I tell him I have found this to be true. "Be impeccable with your word" [Ruiz, 25, 31] and also from the King James Version of The Bible "So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath." [Hebrews 6:17]

Agree to the agreement that you had made with the person, let them know that you understand you have wronged them in some way or fashion, tell them you would like to somehow make it right to them, it may take a lifetime to repay but your intention is to make it right. If you cannot find them write down on a piece of paper your redemption and intention and burn the piece of paper asking the universe to make this right.

The next step is to forgive yourself, because in going through this process you will feel less guilt and also feel very proud of yourself, doing this will cause the Karma you have created to be released. He then asked "What if the person is angry and does not want to talk or forgive" It is the problem of their Karma now, The person angry enough to not allow you the opportunity to fix the problem is dealing with their own Karma, just do the right thing and release yourself of it.

Reiki, I have also found to be an incredible tool for allowing the ties of Karma to be released. Through the practice of yoga, I obtained my Reiki certification and along with meditation applications use Reiki to help those that feel Karmic unbalance realize the right path to walk. One of the symbols in Reiki is "Hon Sha Ze Sho Nen", with this symbol; it is possible to send Reiki into the past to heal issues that affect you now. This symbol connects to the Akashic Records, which are life records the universe holds that is connected to each soul, and through this symbol it is believed that in Reiki the cord that connects our soul to these Akashic Records can be repaired.

DISSCUSION – CHAPTER 5

More questions came to me as I studied the opinions of Karma; can we take Karma into the next life? Can we create a situation where Karma is bestowed upon us in this lifetime to learn a lesson from a previous life?

If something negative happens to us, is it Karma? What did we do that caused this? What was the Karma?

To better understand Karma let's take a look at Sin. Sin is explicitly defined in the bible. We all understand Sin, as it is pretty much the same in all religions. Do not lie, cheat or steal, do not kill, do not covet, do not commit adultery, respect your parents, family and friends and every living thing in general, and treat others as you would want to be treated.

Most of us grow up with this set of values or rules in our teachings from our parents; we then start to experiment with what we can get away with no ramifications from our parents. Sometimes we get away with things then other times we get caught and the consequences were usually uncomfortable.

No matter if we got caught or got away with it, there is one thing most of us had in common, we felt guilt for what it was that we had done, even if we had not gotten caught.

Guilt was put into us at the time we were formed as people with the function of choice. God gave us choice so we could either choose to love him or not, then and only then we

would have pure love for God, a love that we as his daughters and sons chose to give him.

Guilt comes when we know in our hearts and souls that we have done something that God and the pure hearts and souls that were given to us when we know that we have done something that was not pure in intention that hurt someone else weather they had realized it or not.

“If he has sinned and has realized his guilt and will restore what he took by robbery or what he got by oppression or the deposit that was committed to him or the lost thing that he found or anything about which he has sworn falsely, he shall restore it in full and shall add a fifth to it, and give it to him to whom it belongs on the day he realizes his guilt. And he shall bring to the priest as his compensation to the Lord a ram without blemish out of the flock, or its equivalent for a guilt offering. And the priest shall make atonement for him before the Lord, and he shall be forgiven for any of the things that one may do and thereby become guilty.” [Leviticus 6:4-7]

Is karma in fact created though cause and effect? We sin which causes guilt, which then causes our thoughts to give way to negative thoughts from the guilt we are feeling. We can no longer feel complete and utter focus on pure thought because now we feel tarnished or undeserving. This causes us into a circle of negative thoughts that end up putting us into situations that we fail in. We are now putting these images of failure in our heads and manifesting them.

Can we take Karma from lifetime to lifetime? As stated by Dr. Paul Leon Masters in the Masters Degree Level Lesson Volume 1 on page 31, we choose the life we need based on what we need to learn or go through until we evolve and can move on to a higher purpose.

Sometimes karma needs to be worked out between life's, here lies our own personal "Hell", a place where we recycle our darkest thoughts from our past negativity, in this space between lives we "live out" and "regurgitate" the dark and negative karma that follows us, until we are reborn into a new physical body where we can now make our destiny and the choices that will take us hopefully through lessons that need to be learned, and thoughts that need to be driven into a reality that will take us through our bad karma hopefully unscathed into a place of nirvana or universal oneness.

If we are living the life that we were give or chose to say learn the lesson of wealth, and we chose to spend our wealth on drugs, alcohol and frivolous things that made us look a certain way rather than help our family, and give to charity and those that need help, we probably did not learn the lesson we came here for, so back into limbo after our death and coming back again to learn the same lesson. We can take Karma with us into a new life, but perhaps this time we do not get the wealth we could have had because it now becomes harder to gain, now we can learn the lesson and take it more seriously and work harder and possible loose the money over and over before earning the responsibility of wealth, so that we can do the right things with it.

HAS OUR WORLD OF MEDIA AND TECHNOLOGY CHANGED WHAT KARMA IS AND HOW IT AFFECTS US?

In today's world there is a much higher and deeper level of tolerance, tolerance in how life and lives lived are affected by Karma.

Media and technology have created a world in which our children now have access to a world where killing wins points and Xbox games leave a world of destruction in a matter of minutes.

Social media has given us instant voyeurism into people's lives, to covet another and lie about whom it is that we really are.

What is real or an exaggerated version of reality? In today's world, all we can do is take things in knowing that half truths are the reality, and life is swung how the other wants us to acknowledge and react, to use the information given.

What does this do to the aspects of Karma? If we are a transmitter for a world where tolerance is changing what is good and bad, light and dark, yin and yang, how does Karma work now? If we now kill, lie and covet with ease, where doing these things is common in daily thoughts and life. Is our consciousness still allowing for our primal nature and allowing guilt to tell us that we are sinning and by sinning there are consequences? I would like to think yes.

God gave us "soul", soul is always connected to the spirit, and soul is always connected to "source". By the mere whisper of our soul to our consciousness, no matter

how technology driven the world gets, guilt will always be a tell-tale sign that we are about to let the negative aspects of karma into our life, to somewhere or somehow let us know that we went off of the path of light.

ARE THERE EXCEPTIONS?

I came across this web site “Church Lucifer”, a site for a church that holds Lucifer as their “God”. According to their law of karma, they teach how to manipulate and lie your way out of the way of bad karma and its consequences. Priest Daniel Karasu teaches in his sermon “The Way the Ball Bounces”, that if you stand dominoes in a circle and tip one over, the dominoes will eventually knock the last one over, this represents the karma coming back to you, same with throwing a ball against a wall, the ball will always come back to you. What they teach is, by understanding that karma will come back to you, and by looking at the whole picture, at how your future can be affected by a karmic reaction, you can manipulate the action in the end which is the last domino to fall or the ball coming back to you, then you will be able to avoid negative karma coming back to you from which you originated it.

The problem I see here, is that if this is followed in the way that he is teaching, you will then forever be avoiding this karma and always looking over your shoulder, and by manipulating and lying your way through this negative karma, you then are creating an

abundance more of the same. The darkness will always catch up to you; the light will always fill darkness. You cannot run forever from the darkness, the light is way to powerful. To live in fear of getting caught will always cause us to do things in life that will cause us heartache and grief.

Karma was set in the universal plan for the simple reason to keep us on the path of obtaining universal oneness, we cannot hide from or manipulate karma, Karma will always find us if we don't make it right.

If a person is truly sin and guilt free which is existent in very few, those who truly can commit a heinous crime and feel completely sin and guilt free are those who live in the dark, these few are possessed by a dark force they are possessed by evil spirits. Can these people have Karma? I believe they are living their Karma. In order to be possessed you must first except that this is an option. You open yourself up to being possessed or are involved in satanic activity, which automatically puts that person in a downward spiral of negative Karmic actions and reactions. Persons who have created heinous crimes have often claimed it was the act of the evil, which lay in them, they themselves feel no sense of sin or guilt. These few people live in the darkness in which the spirit lives; they are eaten up in spirit and in body.

As we gather from the Fathers and the theologians, the soul itself can never be "possessed" nor deprived of liberty, though its ordinary control over the members of the body may be hindered by the obsessing spirit

From The Catholic Encyclopedia of Demonic Possession found at (<http://www.newadvent.org/cathen/12315a.htm>) Catholic exorcists differentiate between "ordinary" Satanic activity or influence (which includes mundane everyday temptations) and "extraordinary" Satanic activity, which can

take six different forms. I have chosen three of these forms for the purpose of this thesis:

1. Demonic Possession, in which Satan takes full possession of a person's body without their knowledge or consent, the victim is therefore morally blameless;
2. Diabolical Oppression, in which there is no loss of consciousness or involuntary action, such as in the biblical book of Job in which Job was tormented by a series of misfortunes in business, family, and health;
3. Diabolic subjugation, in which a person voluntarily submits to Satan.

In *Hostage to the Devil*, Malachi Martin also mentions a type of demonic attack called "familiarization". Martin writes, " The possessing spirit in 'familiarization' is seeking to 'come and live with' the subject. If accepted, the spirit becomes the constant and continuously present companion of the possessed. The two "persons", the familiar and the possessed, remain separate and distinct. The possessed is aware of his familiar." (260).

It appears through *The Gale Encyclopedia of the Unusual and Unexplained*, Gale describes that an exorcism is a confrontation and not simply a prayer. After the exorcism has been finished the person possessed feels a "kind of release of guilt and feels reborn

and freed of sin.” (1:196, 197, 198-199, 1:179, 204-209 and referenced in Wikipedia as “Exorcism in the Catholic Church”)

The darkness has left the person; they are unaware of what it was that had been happening to them, so in essence there Karma is gone. They have no sense of guilt or remorse. They are now free to now go about there life in the light, if this is what they choose, creating good Karma in the positive actions that they take through the rest of their life.

SUMMARY AND CONCLUSIONS – CHAPTER 6

When I think of my life, I seem to fall back on the good and bad times in my life and these reflections somehow always bring me back to Karma. Did I create the events that have taken place in my life through my decisions good or bad that followed in action? My answer, “Absolutely!”

From my earliest memories, I had always reflected on my actions. Growing up in a protestant home, I was raised with the fear of God. I as a young girl, went to bed every night focusing on the bad things that I may have done... A lie, a bad word, not doing my homework, fighting with my brothers. I repented what I thought was a sin as a young child to God every night and prayed that if I died tonight to please let me into heaven. As I got older I let go of the thought of not being allowed into heaven but of a bigger picture... How every action I take it affects my next action. This I contemplated into what Karma means to me. Through my years of ups and downs, divorces, bad relationships, and money problems, as well as all the good and pleasant in life, like beautiful healthy children, good marriages that I somehow let go of, to start a whole karmic reaction that I wish I can take back. Yes, for every action we take in life good or bad we are setting ourselves up to a reaction.

If we sin (what we feel or know as a sin), we then have guilt (which is a feeling within most of us that signals to us if we believed we have sinned) this leads to Karma. For example, say I owned a business with a partner and I embezzled money because someone

close to me was sick and wanted to help them with hospital bills, my partner found out and I panicked, telling lies to now cover up what I had taken rather than tell the truth, my relationship with my partner falls apart and I make totally bad decisions trying to cover up what I had done, because of these bad decisions the company falls apart and now I am in court looking at penalties. Rather than telling the truth and making good decisions based on what I know is the right thing to do my life goes into a downward spiral...Karma. Karma can also be positive based on positive situations that we create in our lives.

I began a 21-day meditation Challenge this month (February 2012) that I had been emailed from Deepak Chopra through the Chopra Center; This is an internet based meditation and started on February 20th, so I am still in process of going through the meditations, The center emails a new meditation everyday for 21 days, here it was that I found Deepak's idea on how to go about our daily lives living Karma today. I found comfort and wisdom in the simplicity of the steps that he gives us, I found this so congruent in my opinion if Karma.

Chopra writes on the introduction of his meditation challenge web site www.chopracentermeditation.com: I will put the Law of Karma into effect by making a commitment to take the following steps:

1. Today I will witness the choices I make in each moment. And in the mere witnessing of these choices, I will bring them to my conscious awareness. I will know

that the best way to prepare for any moment in the future is to be fully conscious in the present.

2. Whenever I make a choice, I will ask myself two questions: “What are the consequences of this choice that I’m making?” and “Will this choice bring fulfillment and happiness to me and also to those who are affected by this choice?”

3. I will then ask my heart for guidance and be guided by its message of comfort or discomfort. If the choice feels comfortable, I will plunge ahead with abandon. If the choice feels uncomfortable, I will pause and see the consequences of my action with my inner vision. This guidance will enable me to make spontaneously correct choices for myself and for all those around me. (www.chopracentermeditation.com)

As I conclude this thesis, I meditate understanding the truth that we are here on earth to make our spirits the best that they can be to move on and be with “Source”, to be with “God”, to be with “Light”, to be with “Universal Oneness”.

I have found, through forgiveness and meditation, we can set the journey ahead of us in better peace and comfort from the karmic law that may follow us.

Meditate, visualizing a path ahead of you, walk this path as it winds through a forest, the forest is dense, as you walk the path here you will find those you have wronged in your life, you listen to what they have to say to you and ask them sincerely for forgiveness, they will graciously accept your forgiveness and continue the walk with you as others seek you out from the dense forest. Finally, you come to a door on the path,

you open it, and a bright light shines through, revealing a bright pathway before you. The people following that have given you forgiveness tell you to go through with kindness and joy. You walk through the door and it is closed behind you, as you walk this path, the forest is less dense, warm golden rays stream upon you, feel complete and utter comfort in the light. The path takes you to a beautiful river, a waterfall flows into it, step into the river, the water is refreshing and feels of silk, you smell jasmine in the air, the water allows you to effortlessly float through it, gold speckles seems to develop on your skin and you glisten in the rays of golden sunlight through the trees. You are washing yourself of guilt and shame of those you have wronged, you are feeling the forgiveness from the heavens, you now forgive yourself as the guilt washes away from you. You feel rejuvenated and your mind is lifted to a higher vibration, the feelings of shame are now washed away and you feel comfort and joy knowing that those you had wronged now have peace with you. You walk out of the river, the water falls from your skin, you still glisten in the rays of sunlight. As you walk back down the path and through the door, you praise the heavens giving joy and thanks to source. As the door opens you are now back in this realm, still feeling the joy and peace you felt from the forgiveness that was blessed upon you. Now you can heal and move forward on your journey in life with the knowledge of what good actions in life can bring to you... Joy and comfort, in shinning bliss of good karma.

Our Souls know right from wrong; it is in our best service, and best judgment to make sure our egos listen. By doing so, we will be blessed.

In my own words I add in closing: *“If it feels like sin, and sweats like guilt, then surely I walk in the shadow of karma.”*

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