

Karma is a stain that blocks our ability to see the world, or ourselves, clearly.

~ Goswami Kriyananda

Karma

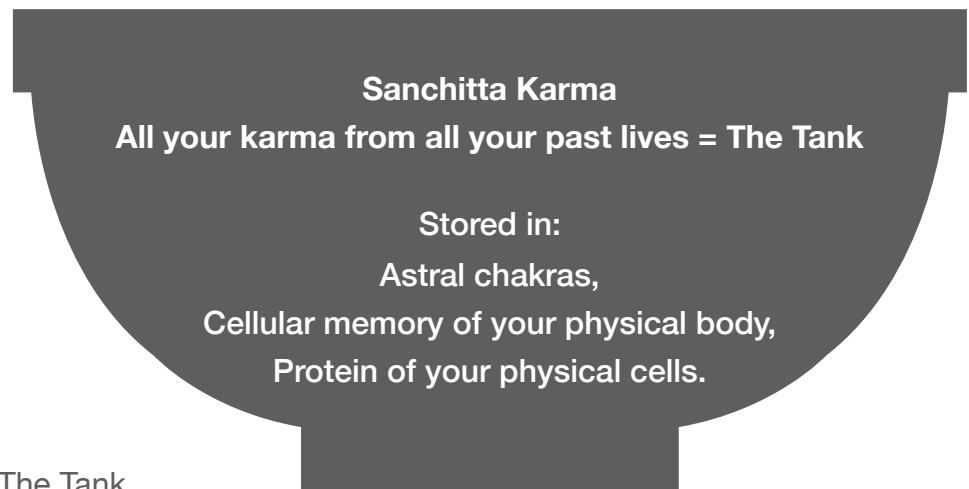
Sanskrit root = Kri Kri = to do

Karma = Law of Causation on every level of your existence:

- Physiological
- Psychological
- Spiritual

Karma is also:

- Gravity: something that returns to its lowest place, the physical realm.
- Samskaras: Patterns of Proclivity, or Mindsets, from which it is difficult to break free.
 - Afflicted: Kleshas. Arise from ignorance, desire, greed, delusion, anger.
 - Un-afflicted: arising from true knowledge and spiritual practice.
 - Samskaras become vasanas: feeling based memories, patterns embedded deep in unconscious that form character and personality.
- Forgetfulness: We have forgotten we are spirit.



Types of Karma

1. **Sanchitta Karma:** The Tank
2. **Pralabdha Karma:** The karma of this lifetime. 🍷
3. **Kriya-Mana-Karma:** The karma you are creating during this lifetime.
What doesn't get worked out in this lifetime.....

Roots of Karma

Basic Ignorance of our True Nature leads to

1. The belief that we are separate individuals living in a world of separate beings and objects. We identify with this individual body-mind and consider its needs and desires above all else.
2. The desire to bring advantage to our individual selves and the aversion to experiencing pain.
3. The fear of loss and death.
4. Acting with the belief that we, as individuals, are the doers of all actions.

Bringers of Karma

- People
- Group or Collective
- Animals
- Nature

How Karma Works

1. **Manner:** Analogous to electricity, can create heat in an oven or light in a lamp.
2. **Duration:** Headache from stress lasts hours. Headache from nerve disorder, years.
3. **Intensity:** Candy can be sweet, really sweet or super sweet.
4. **Quantity:** Number of space points. Referred to as the spread of the karma.

Self-Annihilating Karma: Karma not activated for a long time, will not manifest. It will die.

Self-Activating Karma: Also known as *Spring or Compression Karma*. Once in your soul it continues to expand and unwind and become more fierce. Linked to hatred and destruction. Can only be compressed so much then begins to self-activate.

Four Patterns of Karma

1. Unbelief
2. Lack of Self-Discipline
3. Passion
4. Activity of the three organs: mind, tongue and body

Eight Sub-Karmas

1. Attitudinal Karma: A good attitude changes/softens the karma.
Farmer going to field even though tired
2. Event Karma: Learning to soften serious negative events
Seedlings sprouting
3. Time-Gate Karma: Also known as Star-Gates. Karma impels, binds and blinds\
It's spring time to plant
4. Reciprocity Karma: Subconscious mutual agreement between two people/object
Farmer helping his neighbor
5. Generative Karma: Starts at death and continues to next lifetime.
Farmer sowing seeds
6. Supportive Karma: Supports and helps with Generative Karma
Fertilizing the field
7. Counteractive Karma: Does not allow the continuation of Generative Karma.
Drought that causes poor harvest
8. Destructive Karma: Destroys.
Fire that sweeps through field

Five Major States of Consciousness When Karma Enters the Soul

1. You are an entity without attributes. You are formless.
2. Karma is annihilated. In no way shape or form does karma affect us.
3. Events coming into the life do not essentially disturb us.
4. Things coming into the life do not affect us because we are able to keep them contained. There is no real difficulty.
5. Effects of karma run rampant in one's life. They disturb and bring difficulty. They are attributed as qualities of the soul.

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Effects of Karmic Experiences

- Positive: the result of positively motivated thoughts and actions which produce happy consequences either in the present or future.
 - Inclinations towards living ethically and positively motivated worldly life, and worldly success.
 - Inclinations towards spiritual practices and/or renunciation.
 - Spiritual practices and acts of kindness, generosity, etc... produce positive samskaras which bear fruit most quickly when practice is done with strong motivation, longing, love, or devotion.
- Negative: the results of harmfully motivated thoughts and actions which produce unhappy consequences either in the present or future. Inclination
 - An antagonism towards righteous living, or a tendency to experience different type of worldly difficulties.
 - Antagonism towards spiritual practice or difficulties in spiritual practice.
 - Negative actions produce rapid results when they are performed with intense hatred, greed desire, etc... towards being who are frightened, diseased, dependent on you, or who are engaged in spiritual activity.
- Mixed: The results of actions resulting from mixed motives which result in experiences that combine both pleasure and pain,
- The nature of one's samskaras and vasanas result in:
 - The type of birth you have (parents, circumstances etc.)
 - Your life span,
 - Your experience of pleasure and pain.

Chakras and Karma

| | | | | |
|-------------|---------|---------|------------|--|
| Muladhara | Saturn | Earth | Stability | Fame Wealth Cold Constrictive Problem |
| Svadisthana | Jupiter | Water | Emotions | Affluence Joviality Excess Indulgence |
| Manipura | Mars | Fire | Enthusiasm | Energy Warmth Aggressiveness |
| Anahata | Venus | Air | Intellect | Love Money Allurement problems |
| Vishuddha | Mercury | Ether | Memory | Learning Knowledge Communicator Mental Intellectual Problems |
| Chandra | Moon | Ida | | Favorable home life, women, change Problems with above |
| Ajna | Sun | Pingala | | Well balanced personality, power Challenges with own personality, power |

Karmic Symbolic Colorations of the Aura

The spirit, atma, is colorless.

| | |
|---------------------|--|
| Black | Hostile, cruel, barbaric, impious person who find pleasure in hurting and ridiculing others. |
| Dark Colored | Fraudulent, inconsistent, hypocritical, corruptible. |
| Gray | Thoughtlessness or carelessness in actions. |
| Fiery Red | Prudent soul who stops the influx of new karma. Honorable, open-minded and friendly toward philosophy. |
| Pink | Compassionate, steady and intelligent person |
| White | Pious being, passionless person, impartial soul who performs good deeds. |

Dissolving Karmic Imprints, or, Cultivating Positive Karma

1. Learn to identify yourself with Awareness itself through meditation and self-inquiry.
2. Practice detachment and letting of of your desire for results.
3. Cultivate beneficial thoughts and skillful actions based on kindness.
4. Look into your motives for everything you do. Consciously inquire into the patterns within your mental and emotional bodies.
5. Treat your relationships as fields for mutual awakening and karma clearing, which means being willing to work for the growth of love and freedom for all.

The Key functions of Kriya Yoga is to cultivate the ability to soften our karma.

For the person in the street. That which gives pleasure is good karma.
That which causes pain is bad karma.

For the yogi, that which expands consciousness is favorable karma.
That which constricts consciousness is detrimental karma.

For the sage, that which brings self-awareness is auspicious karma.
That which causes the loss of self-awareness is adverse karma.

For the Deva, that which brings balanced self-awareness is spiritual karma.
That which brings unbalanced self-awareness is demonic karma.