

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

~ Goswami Kriyananda

Karma

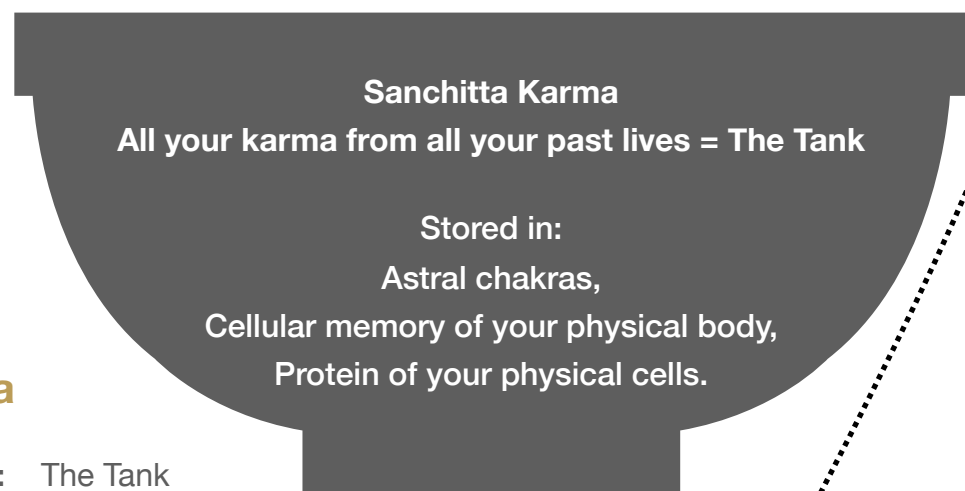
Sanskrit root = Kri Kri = to do

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 lining 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

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

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.