



Karma & Life Purpose

by **Andrew & Helen Hain**

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For Karma to exist Reincarnation is a necessity. There can be no Karma in a one-life-is-all-there-is existence, and this is possibly why Orthodox Western religions do not recognise or teach this spiritual philosophy. For Orthodox Christian denominations the soul's salvation can only be achieved through the belief, acceptance and profession that Jesus Christ is the Son of God who died that we might be forgiven all our sins. This salvation permits us to live happily ever after in the Kingdom of Heaven. It also allows us to take less personal responsibility for our actions.

Ancient Wisdom teaches that the soul is ever evolving and needs many opportunities to succeed and this is granted through the process of reincarnation. Each lifetime is pre-designed to teach us something to enable the soul to learn, grow and evolve. These experiences or lifetimes are determined by what has happened in the past (which cannot be altered) and are designed to let our soul evolve in order for it to fully return to Source. That process is known as

Karma (from the Sanskrit meaning action, word or deed) and is an expression of the Spiritual Law of Cause and Effect. Everything we think, say and do (cause) has an effect, whether intentional or not, that can have wide reaching and often unseen effects.

Karma often gets bad publicity and many, who do not understand it, see it as a punishment. However, Karma is neither a punishment nor a reward. Karma is not a physical force or a Natural Law like, for instance, the Law of Gravity, but is a Spiritual Philosophy.

Every action has a reaction either immediately or at some point in the future, even in later reincarnations. This is the Law of Cause and Effect in operation. At this point we must consider the Eastern concept of Dharma. However, there is no single word translation for this, but can be considered to be the natural order of the Universe and our personal responsibility to carry out our Life Purpose for this incarnation. Thus we must act with right intentions and consequently good thoughts, words and deeds, that is, those in accord with dharma, will have good responses whilst bad thoughts, words and deeds, actions that are not in harmony with dharma, will have bad effects. There is no “good” or “bad” karma as such, and neither can “good” actions negate “bad” actions. What we think, say and do is “recorded” at a Spiritual level and travels with the Soul throughout its journey in the Causal Body. These “recordings” help to determine the nature of the next physical, mental and emotional bodies, and thus the consequences, “good” or “bad” can be transmitted across lifetimes.

Therefore, dharma and karma form a series of cycles through which the soul must pass to achieve its goal which is to learn, grow, evolve and return to the Godhead, and the Law of Cause and Effect allows this to happen over many lifetimes. This is why “bad” things happen to “good” people; God has not deserted us nor is retribution being thrust upon us. We never know what actions someone else’s past lives have contained that require manifestation at this point: we can’t even remember our own past lives in any great detail to work out why things are happening to us.

What also holds us back is the fact that we often forget what our Life Purpose is, or, sometimes, we get deflected from it by well-meaning teachers who imprint their ways and methods upon us at an early age. Often, too, the glamour of the materialistic “attractions” of the physical world lures us away from our true goal. We are unable to discover our true sense of being and lack an interest in serving others, feeling there is no need to consider our life or what happens after death. We can be successful in our jobs but feel thoroughly miserable inside.

What we have to do is work with dharma and learn until we finally break the cycle and return to Source. The key to this is in living our Life Purpose. When we are fulfilling our life purpose we are acting and living responsibly and respectfully. To reduce the possibility of bad consequences in future lifetimes it

is important to think about our intentions in our current incarnation and give more consideration to ensuring that our thoughts, words and deeds fit in with our Life Purpose. But if we have forgotten our Life Purpose how do we discover what it was we came to do and learn?

The answer lies within. Self questioning is a key feature of recovering this knowledge.

- What is it that is not quite right with my life at present?
- What talents and gifts do I have?
- What, most of all, would give me the most satisfaction, the most happiness if I could do it and make me feel more passionate?
- What needs to change?
- How can I be of service to others by using these talents and abilities?

If we take time to examine our thoughts and how we spend our time and energy we can gain control of our thinking. We can identify those thoughts that are causing anger, fear, and distrust and transmute them into more positive thoughts.

If we step back from the turmoil of the physical world where ego clashes with ego, where dogma dictates, and stress, pain and hurt abound, and take time to sit in quiet thought to make that connection with our vital spark, how different we could be. Inside each of us are the Universe's gifts to us. Unwrap them and you will be surprised at what is there.

We will discover peace, tranquillity, a life plan that we set out prior to incarnation. We will discover abundance, wisdom, guidance, help, and so much more. In fact, everything that helps to produce "good" consequences.

THOUGHTS ON KARMA

"It must be my Karma." We often hear this expression used by someone who has experienced a difficult situation. Usually no further thought goes into this casual remark.

However, Karma is important and study of it will bring benefits as we take steps to deal with it. Karma means "action" and in the West it is commonly referred to as the Law of Cause and Effect.

Karma extends over many lifetimes for each of us and we reincarnate to evolve spiritually to balance our Karma. This Spiritual Law is eternal and cannot be changed or avoided. It is the accumulation of our thoughts, desires and actions from past lives and also our current incarnation. In simple terms it states that what we give out comes back and what we sow we will reap. This may be now or in a future lifetime. There is also Group Karma, Family Karma, National Karma

as well as Personal Karma but ultimately all Karma is personal as we each have to take responsibility for our lives.

Karma is not a punishment. It is about Justice and Mercy and Charles W Leadbeater stated that “Perfect Justice rules the world”. Karma is an opportunity to balance good and bad to allow our soul to evolve back to the Creator. We have to take steps to resolve bad Karma and if we can do this by accepting and taking responsibility for our past this will be much easier. We cannot concentrate on good deeds hoping that this will balance the negativity and may even be doing this with wrong intentions and motives. It is our personal responsibility to deal with our Karma through good thoughts, desires and actions. However, we have free will and the decision is ours.

It is our Soul which reincarnates to evolve and with each incarnation we are given new physical, emotional and mental bodies which are our personality. We are also given the right family, environment and circumstances, and provided we make use of these, we can balance our Karma.

We have come from the Divine and are Spiritual Beings, possessing Spiritual qualities and power but often get absorbed with the physical world and materialism, forgetting our true identity.

It's important to consider how we can build up good Karma which will benefit not just ourselves but assist others at the same time. It is vital to look away from material gain and consider a Spiritual approach to all circumstances, problems and relationships. This can seem daunting and it is easy to believe we have been abandoned, not knowing which way to go. However, we have not been left alone. The Spiritual Law of Grace has been given to us by God and refers to unmerited goodness. No matter how far we have gone astray much Spiritual Guidance is available to lead us onward. God has sent many great teachers such as Krishna, Buddha and Jesus to teach us and when dogmas and creeds are removed all Spiritual teachings contain the same golden nuggets of truth to show us the way. Reading is insufficient. Practice is of paramount importance and requires total commitment.

Balancing our Karma

The following ideas and suggestions I'd like to share are taken from our books and workshop material to give a starting point. It is to our advantage to avoid procrastination and take small steps now.

1. Monitoring our thoughts and being willing to change them is of primary importance. Thoughts are energy and even if unspoken affect others. They determine our words, desires and actions and eventually determine our character. The first step is to become accustomed to monitoring our thoughts and changing negative ones to positive ones. This takes practice but with determination progress results.

It is helpful to keep a journal to monitor how each day has gone. Note thoughts you had, actions you took and consider how situations could have been handled in a different way. Consider where you put your attention throughout the day and begin to take your thoughts away from the material to a higher level to avoid the Ego being in control.

2. Take time daily to communicate with your Soul / Higher Self for guidance. This will lead to using your personality to assist your Soul's growth. When the personality is working with the Soul's desire to evolve this is what is termed a Soul infused personality.

3. Our actions, even when directed to assist others, need to be unselfish and not for personal gain or to impress others. So always check motives. Each day set intentions for the day to assist your growth.

4. Looking to the Spiritual Laws for guidance has been the most important factor for our Spiritual journey. There are many different Spiritual Laws. Ralph Waldo Emerson (1803-1882) a transcendentalist and philosopher, and later, Annie Besant (1847-1933), a theosophist and writer both considered the Law of Cause and Effect to be the "Law of Laws" as it linked closely to all other Laws. I would go as far as to say that the Law of Oneness also could be included in this category as it is equally important for us to follow it. When we acknowledge that we are all connected to the One Source we realise the importance of considering all other Laws for guidance.

We cannot avoid the Law of Cause and Effect but we can work with it to our benefit. By looking to the other Laws for guidance on everyday issues and circumstances we find help to cope.

The Spiritual Laws remind us of the need to show Unconditional Love for all, forgive others and show compassion to all. Learning to be grateful for everything, even difficulties, stands us in good stead as they are simply lessons we need to progress. All problems come for a reason. They may have originated in past lives even although we have no idea how or when they arose. If we can accept them, learn from them everyone involved benefits. The Serenity Prayer when problems arise.

The Law of Purpose reminds us our Soul has incarnated with a specific purpose that will aid growth. As we consider our talents and abilities and how we can use these in service to others our Soul will evolve. The Law of Cause and Effect is there to assist us but it is up to us to take responsibility in life for all thoughts, desires and actions as this will have a bearing on future incarnations.

It takes effort but our effort helps others on their Spiritual journey through life and as we are all Spiritual brothers and sisters we have to support each other. Understanding Karma helps us understand why good people suffer whilst those who are selfish, unkind and criminals seem to prosper. It is easy to blame

God or some other power for what occurs. There is no such thing as luck, good or bad, coincidences or fate.

5. I'd like to suggest dedication to a Spiritual pathway can be aided by the use of words of power and mantras. The following two examples are powerful and much information and guidance on their use is available on the internet.

The Soul Mantra was given to Alice Bailey from Ascended Master Djwal Khul. "I am the Soul. I am the Light Divine. I am Love. I am Will. I am Fixed Design." The words "I am" are the name God called himself when communicating with Moses. By saying these words three times out loud we are acknowledging our Soul's connection to God and that God's power and qualities are within us as co-creators with him. The last line is a reminder that our Soul has incarnated with a Divine Purpose.

Another suggestion is the use of the Silver Violet Flame Decree. This was reintroduced to humanity in the late 1980's by Saint Germain and Archangel Zadkiel and as we have been considering karma it is a valuable tool to transmute negative energy to a Higher vibration. As we recite the words three times out loud "I am a Being of Violet Fire. I am the purity God desires." we can visualize the Violet energy encompassing and penetrating our entire being and transmuting all that is negative into Divine Light and Love. This Light and Love can be used to aid our Spiritual development and also clear negative Karma which is holding back our progress. Ask for this high energy vibration to transmute negative Karma. Even if all Karma is not transmuted as it is necessary for it to return the Silver Violet Flame can help mitigate its negative impact.

These techniques are not a substitute for taking control of our thoughts, desires and actions. They are part of the Law of Grace and are there to assist us if play our part. Let us not waste this life which is full of opportunities to balance our Karma.