

Part 4: Karmic Transformations (1st half)

Pages 137–79

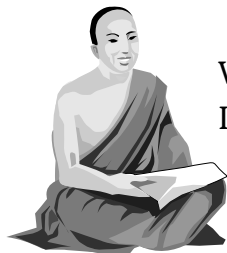
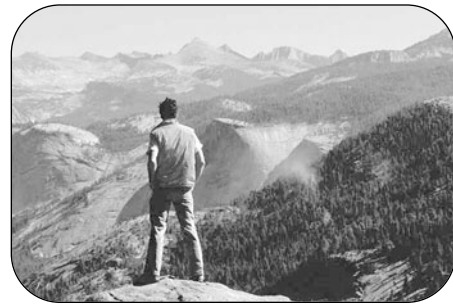
KEEPING IN TOUCH

- *Did anybody have an experience with a karmic trap?*
- *If you did, were you able to avoid it or get out?*

1. Taking the Higher Perspective

To begin the process of transformation, what is required? (p. 139)

Did any of the stories (the old gentleman, the Buddhist monk, Carrie) hit a responsive cord in you? (pp. 139–44)



What was involved in Carrie's change in perspective? In other words, how did Carrie arrive at the same understanding as the elderly gentleman and the Buddhist monk? (pp. 141–45)

2. Opening the Channels

What is the myth about forgiveness and what's the way out? (pp. 145–46)

Why forgive and forget rather than seek vengeance? (pp. 147–48)

How does Donna's story and her healing illustrate that it's enlightened self-interest to forgive others? (pp. 149–53)



MAKING IT A REALITY

Self-reflection: Is there someone you haven't forgiven or who hasn't forgiven you?

Here are ways to address the situation. (pp. 148–49)

You can write a letter or talk to the person(s) involved.
If they are deceased, you can burn the letter.



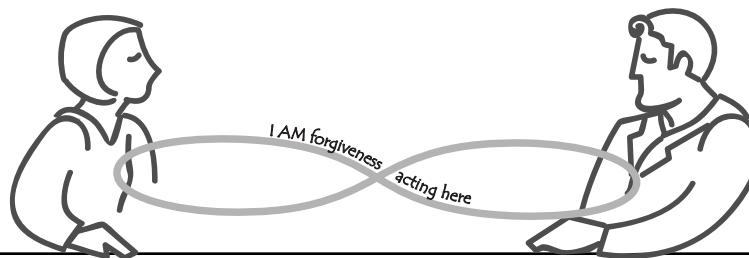
You can create your own surrender ritual. Some elements might be:

- ▲ Ask for forgiveness and forgive others to establish a figure-eight flow of love.
- ▲ Pray to know practical steps toward resolution.
- ▲ Give the universal prayer for forgiveness. Doing it aloud and visualizing the figure-eight flow adds to its effectiveness.

Affirmation for Forgiveness

*I AM forgiveness acting here,
Casting out all doubt and fear,
Setting men forever free
With wings of cosmic victory.*

*I AM calling in full power
For forgiveness every hour;
To all life in every place
I flood forth forgiving grace.*



3. Reacting to Divine Not Human Stimuli

How do you become the slave of another? (p. 154)

Consider Richard's case. How does it show that:

(pp. 155–57)

- ▲ Intense overreaction to current situations can be related to karma from past lives
- ▲ It helps to change our perceptions and reactions
- ▲ Difficult situations can be a blessing in disguise

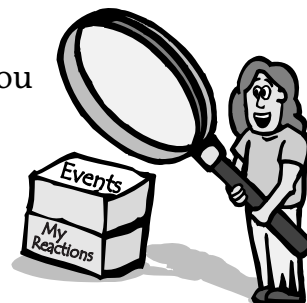


4. The Interplay of Karma and Psychology

What are signs that karma and psychology are intertwined? (pp. 158–59)

What are clues that a situation in your life has a particular karmic flavor to it? (pp. 159–60)

To successfully work through your karma, what must you be willing to do? (pp. 160–61)



5. The Role of Compassion

How do Michael and Toni's stories show that compassion is integral to karmic transformations? (pp. 162–66)

What understandings can sustain you as you work through the build-up of traumas and dramas of the past and present? (pp. 167–68)

6. The Gold in the Mud

Can you relate to the statement, "Mistakes are the portals of discovery"? Think of a specific mistake you made. Did you feel guilty? Did you get over it? Did it lead to growth? (p. 169)

What helps us make it through the everyday tests of our karma? (pp. 170–71)

You Are Pure Gold

(pp. 171–72)

It does not matter how much mud (karma) has splattered onto your soul and shaped your outer personality on the road of life. It doesn't matter what other people say about you. You are still a child of God—pure gold.

*You are capable of that grand spiritual adventure that is your birthright. **And the pilot of that journey is your Higher Self.***

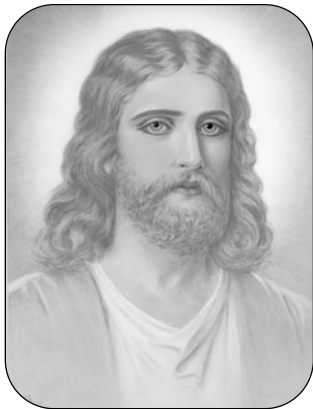
Your Higher Self is your innate higher consciousness, guiding light, wise inner teacher, dearest friend and inner man of the heart. Here are some steps you can take to connect with your Higher Self.

- ▲ Consciously go into your heart and attune with the inner voice of your Higher Self
- ▲ Ask your Higher Self to show you the spiritual dynamics of any situation
- ▲ Ask what steps you must take to resolve problems or challenges
- ▲ You can even ask how to make the most of your good karma
- ▲ Listen!

7. The Grace of Good Karma

Have you experienced “grace” in your life similar to any of these stories?
(pp. 173–76)

- ▲ Babaji and his disciple
- ▲ Jan
- ▲ Rob and his family
- ▲ Mrs. Prophet



What new perspectives about Jesus’ role are presented?
(pp. 177–78)

What can we expect as we bear our own burden? (p. 179)