

## Part 3: Karmic Traps

Pages 109–36

### KEEPING IN TOUCH

- *Do you think you're learning a lot of new ideas?*
- *Are you enjoying this book?*

### 1. The Cup of Forgetfulness

Why should the records of past lives not be opened prematurely?  
(pp. 111–13)

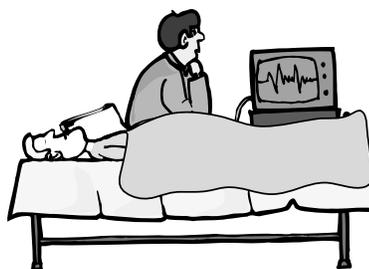
Why exercise caution with fortune-tellers and psychics? (pp. 113–14)

- ▲ Might become preoccupied with the information received
- ▲ Information may not be 100% accurate
- ▲ Don't need to know the details to transmute karma

### 2. Karma Isn't Fate

Does karma determine our destiny or fate?  
(pp. 115–17)

- ▲ NO — our free will choices do
- ▲ Story of Steve and his father



### 3. Going Nowhere Fast

What are some of the ways people try to avoid their karma? (pp. 117–20)



- ▲ Running in the opposite direction
- ▲ Quick fixes to life's inconveniences and pain
- ▲ Choosing a comfortable lifestyle to cushion themselves
- ▲ Suicide

What happens to those who commit suicide? (p. 120)

#### 4. The Sense of Injustice

What does the trap of the sense of injustice look like? (p. 121)

- ▲ Entanglement in an emotional ping-pong match
- ▲ Defensive voice inside your head
- ▲ Action-reaction—a vicious circle



What does the high road out of the trap look like? (pp. 121–25)

- ▲ Forgive even in the face of tragedy
- ▲ Marie's story
- ▲ Play the part with courage and listen for the lesson

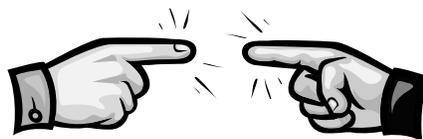


#### 5. Not Everything Is the Result of Karma

If it's not karma, what is it? (pp. 126–29)

- ▲ New acts of karma
- ▲ Testing of your mettle (story of Job)
- ▲ Forces of the human ego
- ▲ Condition leading to a new level of understanding and compassion
- ▲ Voluntary sacrifice to help others learn and grow

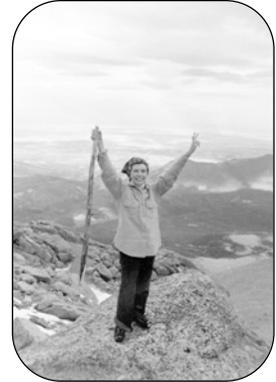
Can we point fingers or make assumptions about karma? (p. 129)



## 6. The Soul's Ascent

What frees us from the trap of believing in endless rounds of rebirth? (pp. 130–31)

- ▲ The truth that reincarnation has a purpose: the soul's ascent



What are some elements of the process of becoming one with your spiritual self and Universal Spirit? (pp. 131–32)

- ▲ “As above, so below”: that which is below becoming the mirror image of that which is above
- ▲ Soul retaining its unique identity
- ▲ Drawing down the light of Spirit into our cells and atoms
- ▲ Letting go of karmic baggage and graduating from earth's schoolroom



What are the requirements for reuniting with our Higher Self and becoming an ascended master? (pp. 132–33)

Why was the percentage of karma required to ascend changed from 100% to 51%?

## Chart of Your Divine Self



your I AM Presence

your Higher Self

you in the violet flame

The Chart of Your Divine Self illustrates the soul's potential and the ultimate goal of our incarnation on earth. This chart is a diagram of your spiritual anatomy and your potential to become who you really are.

The upper figure is the I AM Presence, the Presence of God that is individualized in each one of us. Your I AM Presence is your personalized "I AM THAT I AM," the name of God that was revealed to Moses. "I AM THAT I AM" means simply but profoundly *As above, so below. As God is in heaven, so God is on earth within me.*

Your I AM Presence is surrounded by seven concentric spheres of spiritual energy that make up what is called the causal body. These spheres of pulsating energy contain the record of the good works you have performed—your good karma.

The middle figure represents your Higher Self—your inner teacher, dearest friend and voice of conscience. Each of us is destined to embody the attributes of our Higher Self, which is sometimes referred to as the inner Buddha or the inner Christ, or Holy Christ Self.

The shaft of white light descending from the heart of the I AM Presence through the Higher Self to the lower figure is the crystal cord (or "silver cord," as Ecclesiastes calls it). It is the umbilical cord, or lifeline, that ties you to Spirit. Your crystal cord also nourishes the divine spark that is ensconced in the secret chamber of your heart.

The lower figure represents you on the spiritual path, surrounded by the protective white light of God and the purifying spiritual fire of the Holy Spirit, known as the violet flame (see pages 194 and following). The purpose of your soul's evolution on earth is to grow in self-mastery, balance your karma, become one with your Higher Self and fulfill your unique mission so that you can return to the spiritual dimensions that are your real home.

When "the below" (your soul in embodiment, the lower figure) becomes as "the above" (your Higher Self, the middle figure), your soul then reunites with your I AM Presence (the upper figure), free at last of the rounds of rebirth. The three figures in the Chart of Your Divine Self become one in the ritual of the ascension.

## 7. Making It a Reality

Take the opportunity now to give this simple affirmation to establish the protective white light shown in the Chart. Visualize it surrounding you and remember that within it is the purifying violet fire that dissolves negative karma.

It is best to give it aloud. Ancient spiritual traditions as well as modern scientific studies have shown how powerful sound is in creating change.

### TUBE OF LIGHT

*Beloved I AM Presence bright,  
Round me seal your tube of light  
From ascended master flame  
Called forth now in God's own name.  
Let it keep my temple free  
From all discord sent to me.*

*I AM calling forth violet fire  
To blaze and transmute all desire,  
Keeping on in freedom's name  
Till I AM one with the violet flame.*

