

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)

- ▲ Change perspective
- ▲ Go within
- ▲ Climb to a higher vantage point



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)

- ▲ Anger and pain
- ▲ Look at things in a different light: not a victim
- ▲ Choice: bitterness vs. forgiveness
- ▲ Souls need completion
- ▲ Slow down: what you do matters and has consequences

2. Opening the Channels

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

- ▲ Forgiveness does not equal absolution
- ▲ Need to take responsibility (balance the scales)
- ▲ Tested again and again to gain self-mastery and healing



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

- ▲ Not our job to dispense justice
- ▲ Lack of forgiveness is de-energizing; forgiveness rechannels energy
- ▲ Enlightened self-interest: “Forgive us our debts as we forgive our debtors.”
- ▲ Forgiving as you go is the best way to prevent karma from building up

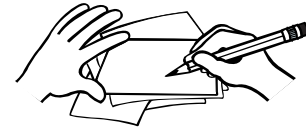
How does Donna’s story and her healing illustrate that it’s enlightened self-interest to forgive others? (pp. 149–53)

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.



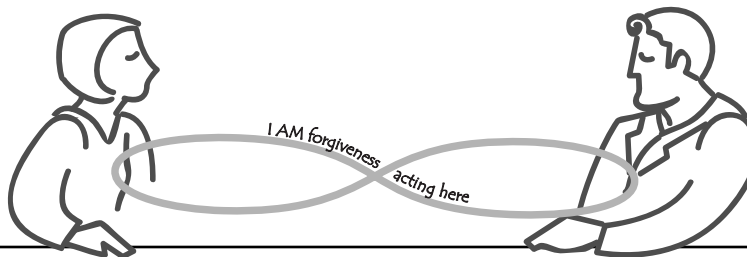
You can create your own surrender ritual. Some elements might be:

- ▲ 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)

- ▲ Habits, defense mechanisms, phobias, addictions . . .
- ▲ Specific examples?

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

- ▲ Emotional overreaction
- ▲ Intensity of emotional release at resolution

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



- ▲ Watch how you react to events
- ▲ Understand that there are no accidents or coincidences
- ▲ Accept every encounter as opportunity
- ▲ Follow inner direction

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)

- ▲ You are the final arbiter of your destiny
- ▲ You may approach soul work with responsibility and compassion
- ▲ You learn from mistakes
- ▲ More?

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)

- ▲ Higher perspective of a situation
- ▲ Inner perspective of our own divine reality (“gold in the mud”)
- ▲ Buddhist and Gnostic perspectives

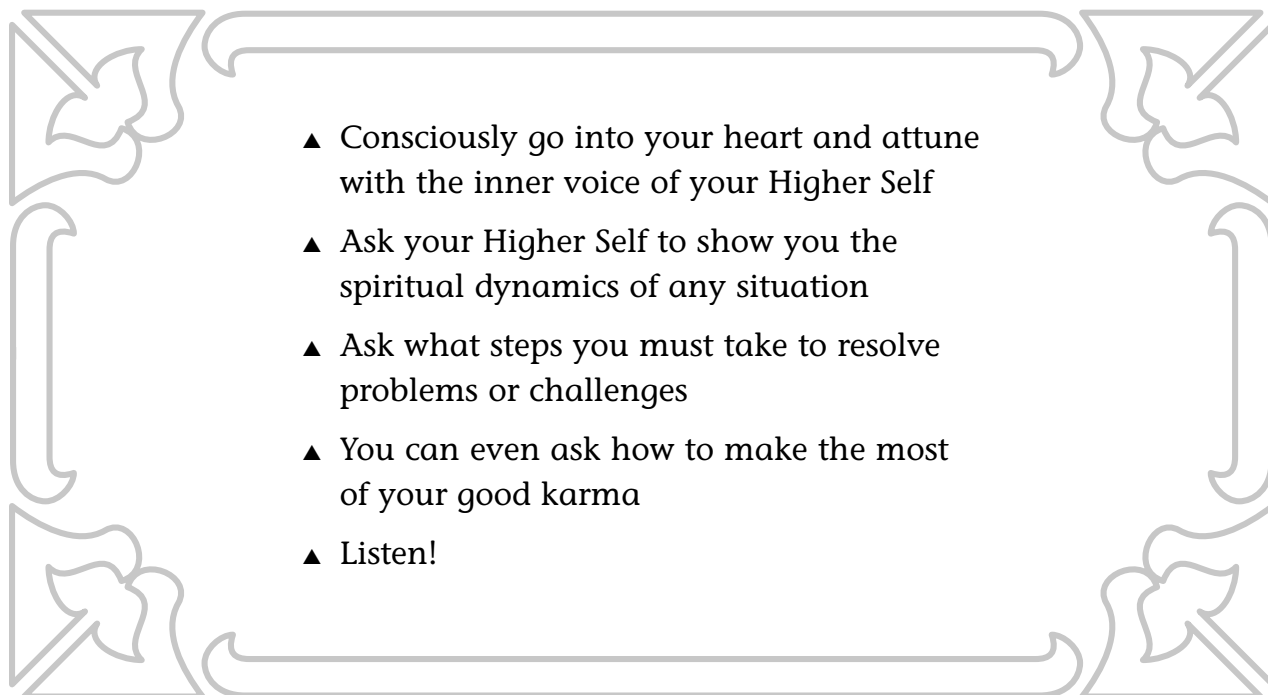
You Are Pure Gold

(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.***

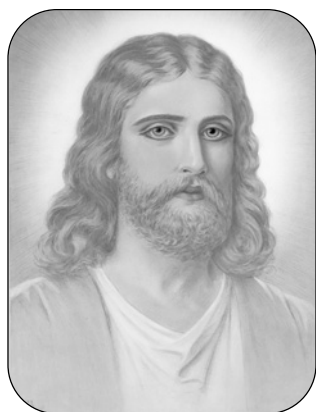
Your Higher Self is your innate higher consciousness, guiding light, wise inner teacher, dearest friend and inner man of the heart. Here are some steps you can take to connect with your Higher Self.



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)

- ▲ Demonstrated oneness with the Higher Self as an example for us to follow
- ▲ Carried the weight of our karma temporarily—extended grace to us
- ▲ In the Aquarian Age we must each assume the burden of our own karma

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