

KARMA AND REINCARNATION

*Transcending
Your Past,
Transforming
Your Future*



ELIZABETH CLARE PROPHET
and PATRICIA R. SPADARO

Karma and Reincarnation

BOOK STUDY GROUP

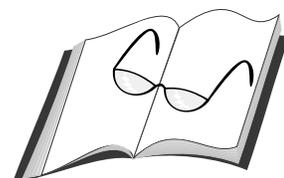


FACILITATOR'S GUIDE

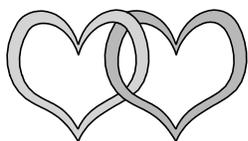


Tips

- ◆ Be sure to read the **"Being a Good Facilitator"** section of the Book Study Guidelines for lots of helpful tips that aren't repeated here.
- ◆ After doing **introductions** in the first meeting, pass out the first discussion guide.
- ◆ One way to start is to **take turns reading** the discussion guide questions and then reading the pages in the book covered by each question.
- ◆ Try to **keep conversation centered** on the material, but realize that all the points in a discussion guide might not be covered during the meeting.
- ◆ **Special note for meeting #5:** As you hand out the discussion guides for the last meeting, you might want to suggest that people fill in the Personal Transformation Worksheet beforehand.
- ◆ Before ending each meeting, **hand out the next discussion guide** and tell participants what pages will be covered. (All the book study materials can be copied and freely distributed.)
- ◆ Simple **refreshments** can bring warmth and comfort to the group.
- ◆ You may want to schedule a **celebration** after your last meeting to commemorate your time together!



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Heart-to-Heart

First Meeting: Introductions

- ◆ Tell everyone your name and share some personal background information.
- ◆ Ask how everyone heard about the book study or why they are interested in the topic. This helps people get acquainted and feel comfortable.



All Other Meetings

Keeping in Touch – At the beginning of each meeting ask questions like:

KEEPING IN TOUCH

- *How was your week?*
- *How did you like this week's reading?*
(You'll find out if people didn't have time to read it!)
- *Is there something from the reading you would especially like to discuss?*

Similar questions appear at the beginning of each discussion guide. It's a friendly way to help people get back in touch with each other.

Closing

You can use the last point in the discussion guide, a moment of meditation or any other idea that works for you and the group. Thank everyone for coming.

The Last Meeting

At the end of the last discussion guide are some suggestions and ideas for you and the group to consider. These book study guides are courtesy of The Summit Lighthouse 1-800-245-5445.



*Follow your heart,
go with the flow
and have lots of fun!*

Karma and Reincarnation

Name _____
Phone _____ Email _____
Address _____

Karmic Conundrums

Pages 1–3

What is karma? (pp. 1–2)

- ▲ Talents and good things
- ▲ Limitations and challenges
- ▲ What goes around comes around
- ▲ Accountability and payback



Why is reincarnation another word for opportunity? (p. 2)

- ▲ Pay debts and reap blessings

What seemingly paradoxical questions about life can karma and reincarnation help answer? (pp. 2–3)

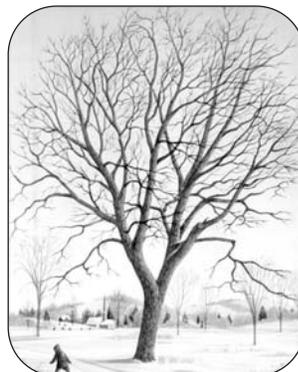
- ▲ Why me? Why not me?
- ▲ Other “whys”?
- ▲ Stimulus to dig deeper: questions about your own life?

Taking a Cue from Nature

Pages 3–6

How are the cycles of karma and reincarnation patterned after the cycles of nature? (pp. 3–4)

- ▲ Cycles of the seasons and new life at springtime
- ▲ Cycles of the soul: birth, maturation, death, rebirth



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- ▲ Part of a moving stream of consciousness
- ▲ Life experiences and evolving souls
- ▲ Phoenix analogy

*In spiritual terms,
the rebirth of the phoenix out of the
fiery flames portends both the testing and the
reincarnation of the soul. Through the sometimes
fiery trials and traumas of life, the soul is
purified and refined, ascending to higher and higher
levels of consciousness.*



Part 1: Karmic Truths (1st half)

Pages 7–32

1. The Universal Law of Love

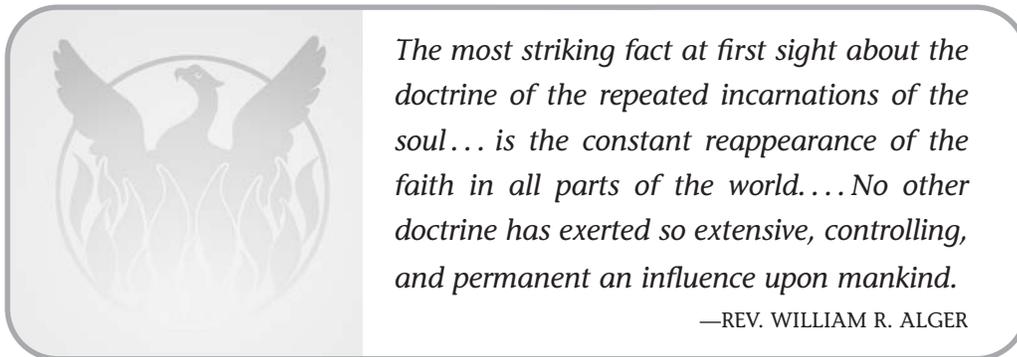
How does karma pick up where the golden rule leaves off? (p. 9)

- ▲ Someday it will be done unto you
- ▲ Returns to us the good we have done and our mistakes

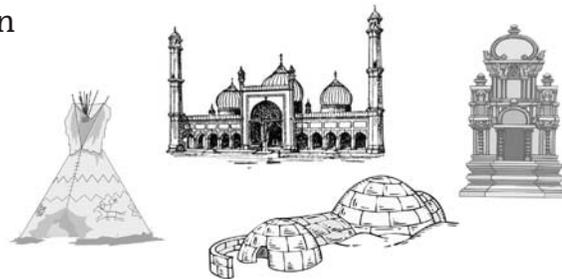
Why is the law of karma actually the law of love? (pp. 10–11)

- ▲ Opportunity to understand and grow
- ▲ Teaches love and gives hope
- ▲ Avianca flight 052: chance to pay debts and time to develop soul potential

2. A Belief without Boundaries



Ancient and modern, Eastern and Western... (pp. 12–14)



3. Karma in the Bible

How do these Old Testament stories illustrate karmic law? (pp. 15–17)

- ▲ David and Bathsheba
- ▲ Stories about Moses

How did Jesus and Paul affirm the same law of cause and effect? (pp. 17–18)

4. Did Jesus Teach Reincarnation?

What evidence supports the idea that Jesus taught reincarnation? (pp. 19–23)

- ▲ Man born blind
- ▲ John the Baptist as Elijah come again

5. Reincarnation in Early Christianity

Which early Christians embraced reincarnation? What did they believe/teach? (pp. 24–27)

- ▲ Gnostics
- ▲ Clement of Alexandria
- ▲ Origen of Alexandria

Why did the belief in reincarnation go underground several centuries later? (pp. 27–29)

- ▲ Emperor Justinian/Church Council
- ▲ Inquisition



What secret traditions kept the belief alive through the nineteenth century? (pp. 28–29)

6. West Meets East

Who were a few prominent Western thinkers who have seriously considered reincarnation? (pp. 29–32)



GOETHE



BENJAMIN FRANKLIN



ALBERT SCHWEITZER



RUDYARD KIPLING

Why is belief in reincarnation on the rise? (p. 32)

- ▲ Accounts of near-death experiences
- ▲ Past-life recollection

Part 1: Karmic Truths (2nd half)

Pages 33–61

KEEPING IN TOUCH

- How was your week?
- Does anyone have any reflections about “Karmic Truths” to share?

1. Compelling Evidence

Why have some prominent orthodox Christians and nonbelieving researchers come to accept reincarnation? (pp. 33–38)

- ▲ Flashbacks
- ▲ Spontaneous memories
- ▲ Dreams
- ▲ Visions



Why is it important to be cautious about hypnosis? (p. 35)

- ▲ Can cause spiritual vulnerability
- ▲ Opens one to the practitioner’s subconscious and unconscious
- ▲ May prematurely uncover past life events

2. Out of the Mouth of Babes

What makes the 2,500 cases of psychiatrist Dr. Ian Stevenson different from those of other researchers? (pp. 39–40)

- ▲ No hypnosis
- ▲ Children with spontaneous past-life memories

Why don’t people usually remember past lives? (p. 46)

- ▲ Forgetfulness is mercy
- ▲ Helps to focus on assignment for this life

Why are some people shown a frame or two from a previous life? (p. 46)

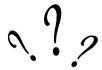


3. The Great Creative Plan

Why must each of us give our unique gift to humanity throughout our incarnations? (p. 47)

What are some aspects of the great creative plan? (pp. 47–48)

- ▲ Evolve spiritually
- ▲ Use free will to co-create with the Divine
- ▲ Fulfill divine plan and mission
- ▲ Return to spirit



After we strayed from the plan, what happened? (p. 48)

- ▲ Fell from Self to self
- ▲ Forgot reason for sojourn on earth
- ▲ Created karmic debts



What does it take to graduate from earth's schoolroom? (p. 49)

- ▲ Learn lessons
- ▲ Complete assignments
- ▲ Prove self-mastery



4. An Energy Equation

What's the spiritual dynamic between energy and karma? (pp. 50–51)

- ▲ All life is energy
- ▲ We decide to put a positive or negative spin on it

"... it is not the circumstances we find ourselves in that matter but how we react to them." How do the following illustrate this key lesson on the path of karma? (pp. 51–53)

- ▲ Movie *Groundhog Day*
- ▲ Mark Prophet's story about the man who hated his job
- ▲ Stories from your experience?



5. Karmic Consequences

What aspects of our lives might be a manifestation of returning karma?
(pp. 53–56)

- ▲ Family, relationships, health, career, temperament, challenges
- ▲ Thoughts on this?
- ▲ Cayce examples: no two karmic portraits are the same

6. The Roots of Our Genius



*Genius is experience.
Some seem to think that it is a gift
or talent, but it is the fruit of
long experience in many lives.*

—HENRY FORD

SOMETHING TO THINK ABOUT:
Your special aptitude or talent is a
reflection of your genius!

Isn't reincarnation the only logical explanation for extraordinarily talented people or childhood geniuses? (pp. 59–61)

- ▲ General George Patton
- ▲ Risë Stevens
- ▲ Mozart



Part 2: Karmic Threads

Pages 63–107

KEEPING IN TOUCH

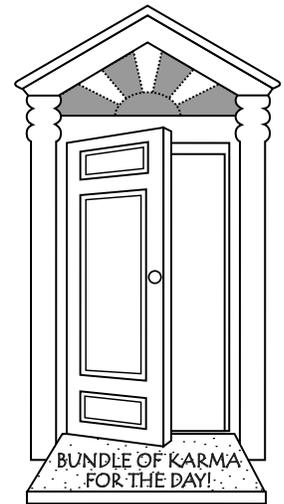
- *Anything noteworthy happen since the last meeting?*
- *Did anyone try out the perspective that how you react to circumstances is what matters most?*

1. Cycles of Karma

What greets us every morning at our doorstep? (p. 65)

Based on the cycles of karma, what is important about a child's first twelve years and why? (p. 66)

What type of events can you think of that demonstrate the intricacy and precision of karma? (pp. 66–67)



2. Group Karma

How does karma work like a magnet? (pp. 67–68)

- ▲ Relationships
- ▲ Families, towns, states, nations
- ▲ Vendettas and hostilities
- ▲ Calamities caused by unresolved group karma

Why must we respond to calamity with compassion? (pp. 68–69)



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- ▲ We may need support
- ▲ Not always karma
- ▲ Carry another's burden
- ▲ Exercise love

What are some examples of positive and negative bonds of group karma?
(pp. 69–70)

- ▲ Kindred souls offering gifts
- ▲ National collective genius

3. Second Chances

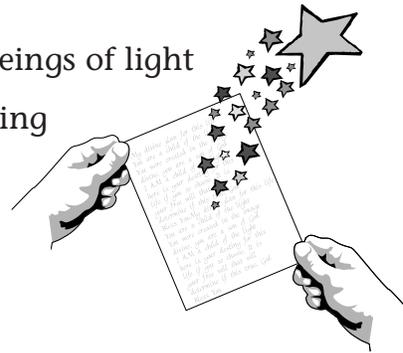
How is the story of Thomas Becket and Henry II a dramatic example of karmic opportunity?
(pp. 71–74)



4. Life Between Lives

From near-death accounts, what are some experiences people might have between lifetimes? (pp. 75–79)

- ▲ Visit glistening cities and beings of light
- ▲ Study in vast halls of learning
- ▲ Meet with Karmic Board
- ▲ Review karmic script



5. Family Ties

Why do people come together as a family? (pp. 79–80)

- ▲ Greatest opportunity to resolve karma
- ▲ Something to give one another or mission together
- ▲ Taking different roles

No matter what family you were born into, what lesson comes across loud and clear in reincarnation studies?
(p. 81)

Besides karmic debt, why might family members reincarnate together? (pp. 82–84)

- ▲ To overcome limitations or support each other
- ▲ To benefit from situations that may seem tragic



6. Karma and Adoption

Why can adoption be a part of someone's life plan?
(p. 85)

What is the most tragic consequence of abortion?
(pp. 86–87)

- ▲ Aborts the divine plan of the soul
- ▲ Cuts short divine plan of groups of souls



7. Soul Mates and Twin Flames

What does a union between soul mates look like? (pp. 88–89)

- ▲ Partners, coworkers, friends
- ▲ Learning same lessons, similar karma, common mission

What are twin flames? (p. 89)

- ▲ Other half—souls who share a unique pattern of identity
- ▲ Created together in the beginning

How did twin flames become separated and what did that cause? (pp. 89–93)

- ▲ Incarnated as masculine and feminine polarity of Divine Whole
- ▲ Separated by negative karma
- ▲ Innate desire to find one another again



Why would you want to be cautious about seeking your twin flame?
(pp. 93–94)

- ▲ May not magically transport you into a perfect relationship
- ▲ Is not the soul's primary mission



No matter what kind of close relationship we have, all love is really love for our twin flame and love for God. All love moves us closer to reunion with our twin flame and with God . . . Rather than turning our gaze here and there in search of “the one,” we can begin walking the road to our greatest love starting right where we are.

8. Karmic Partners

What marks a karmic marriage? (pp. 95–96)

- ▲ Mutual karma
- ▲ Soul’s desire to right past wrongs
- ▲ Love-hate relationship



What is the unguent that heals the wounds of karmic relationships? (p. 97)

9. A Prisoner of Love

What attracts us to a person in the first place? (p. 98)

When “the honeymoon is over,” what keeps us going and giving in a relationship? (pp. 98–99)

What’s the pattern of a karmic relationship before it dissolves? (pp. 99–102)

- ▲ Intense love and healing old wounds
- ▲ Prisoner of love
- ▲ Mrs. Prophet’s story



Why is it important to stay in a relationship until the debt is paid? (pp. 102–03)

- ▲ Master a quality or virtue
- ▲ If you walk away, you’ll face the same issues in other relationships
- ▲ Take advantage of present opportunity

How will you know when it's over? (p. 104)

- ▲ Feeling resolution and love no matter what
- ▲ No longer the same intensity
- ▲ Going into your heart and soul searching to get the right answer

10. Not All Relationships Are Healthy

What is important to remember when you meet someone and feel attracted yet ill at ease? (pp. 105–06)

- ▲ Pay attention to your feelings
- ▲ Give the gift but don't get entrenched
- ▲ You have a choice

What is important to remember when you are considering marriage?
(pp. 106-07)



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)

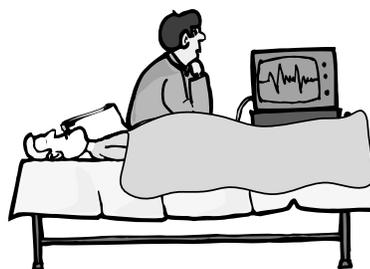
Why exercise caution with fortune-tellers and psychics? (pp. 113–14)

- ▲ 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

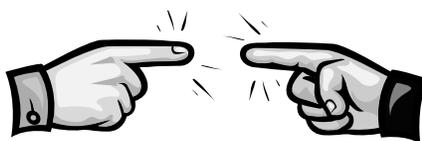


5. Not Everything Is the Result of Karma

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

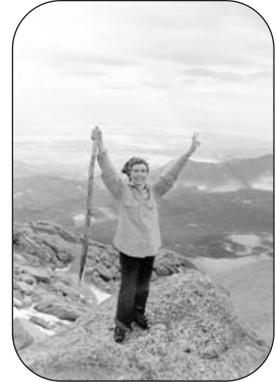
Can you point fingers or make assumptions about karma? (p. 129)



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.*



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.



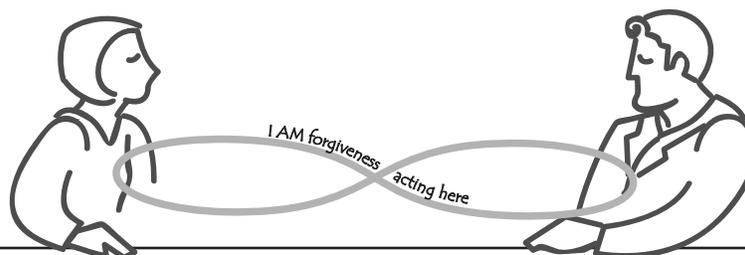
You can create your own surrender ritual. Some elements might be:

- ▲ 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

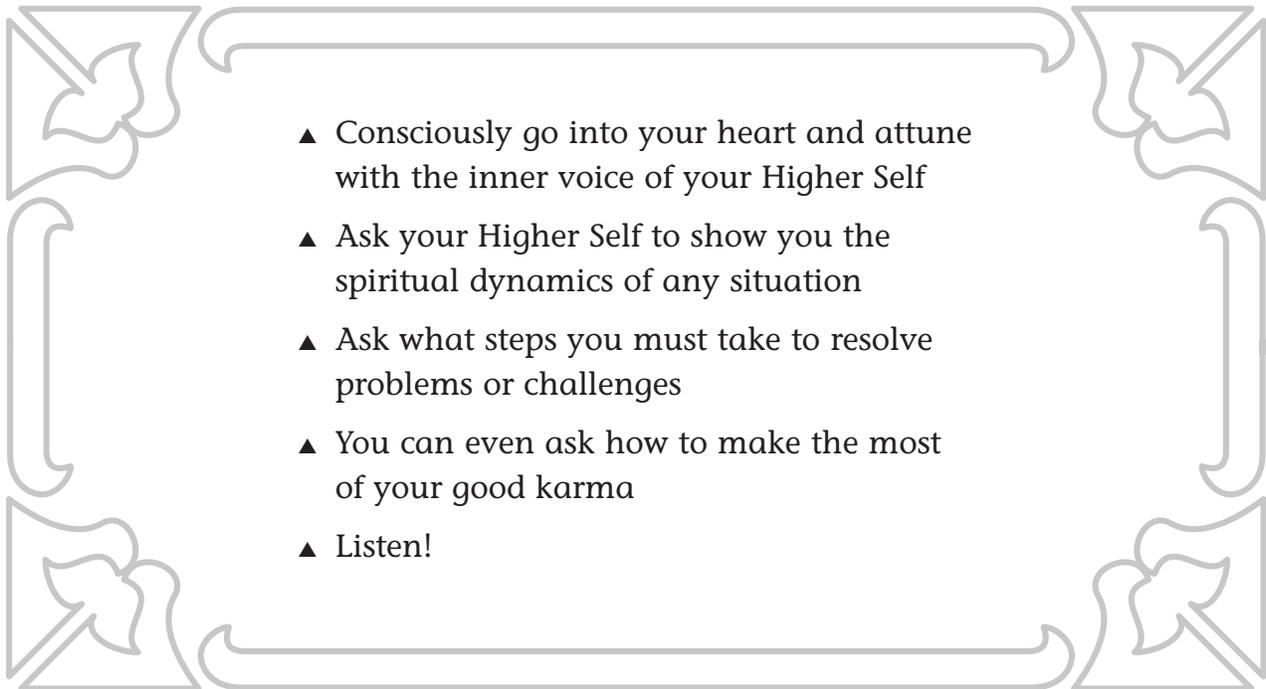
You Are Pure Gold

(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.***

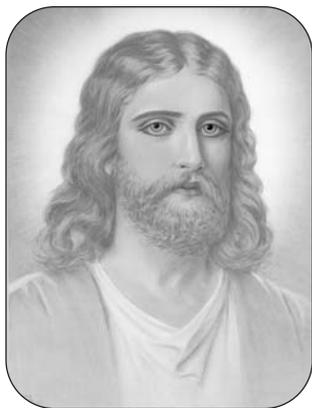
Your Higher Self is your innate higher consciousness, guiding light, wise inner teacher, dearest friend and inner man of the heart. Here are some steps you can take to connect with your Higher Self.



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)

Part 4: Karmic Transformations (2nd half)
Pages 180–211

- KEEPING IN TOUCH -----
- *Did anyone try creating a surrender ritual?*
 - *Any new insights to share?*
 - *There’s a worksheet at the beginning of this guide, so if you don’t have time to use it before the discussion you might want to take a break to do some of it.*

1. A Proactive Approach (pp. 180–83)

On the path of spiritual transformation you must be willing to explore, contemplate paradoxes, observe your reactions, ask your Higher Self some penetrating questions, and listen to the answers.

Here are some key questions to help you on your journey of self-transformation. You can use these questions anytime you feel stuck or you’re looking for a higher resolution.

Personal Transformation Worksheet



❖ FOR REFLECTION ON THE MESSENGERS AND THE MESSAGE ❖

Who or what are the messengers of my karma right now? _____

What am I supposed to learn from being in this situation? _____

What is the pain or discomfort trying to teach me? _____

What am I supposed to give? _____

Is there someone I must forgive, including myself? _____



~:~ FOR REFLECTION ON MY REACTIONS ~:~

Are my reactions appropriate to the circumstance or do I overreact?

What caused me to react the way I did? _____

When have I been in a similar circumstance or felt the way I am feeling now? _____

Was this reaction part of a pattern I have? _____

How can I give a more compassionate response—to myself and to others? _____

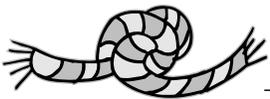
❖ FOR REFLECTION ON MY RESPONSIBILITY ❖

What habit of mine caused this incident to take place? _____

How am I responsible? _____

Is there something I am avoiding facing about myself? _____

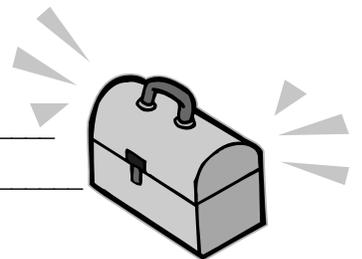
Where have I allowed my energy and my attention to be tied up in negative habit patterns?



❖ FOR REFLECTION ON THE NEXT STEPS ❖

What must I do to turn this challenge into an opportunity? _____

What techniques from my spiritual toolbox can I apply to this situation?



What positive behaviors and attitudes do I need to develop so that when this karmic challenge knocks again at my door I can resolve the karma with integrity? _____

Is there anyone who can help coach me through this? _____

What is the next assignment of my karma? _____

What should I be focusing on right now? _____



~:~ FOR REFLECTION ON THE HIGHEST GOOD ~:~

How can I take full advantage of my good karma, in the form of my good qualities and talents, to help resolve my challenges? _____

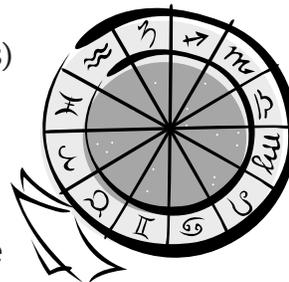
What is the highest resolution that can come out of this situation? _____



2. A Map of Our Karma

How is astrology a map of your karma? (pp. 184–85)

- ▲ Birth chart shows your positive karma (talents) and negative karma (challenges)
- ▲ Proper interpretation can chart cycles of returning karma
- ▲ Shows potential but free will is on center stage



3. The Power of Heart and Hand

What are some of the ways you may be required to balance karma?
(p. 186)

- ▲ Interacting with those you've made karma with
- ▲ Facing same challenges in a different setting
- ▲ Bearing burden in body, mind or emotions

How can you balance karma made with your hands?

What about karma made with your heart? (pp. 187–89)

What can you ask God to do if you're in pain because your love has been rejected? (p. 189)

- ▲ To bless the one you have loved
- ▲ To help that person become more of his true self
- ▲ To heal both of you of the hurts of the past
- ▲ To help you understand why you are hurting



*At the end of the day,
it's the quality of our heart
and how much love we have given
that will make all the difference.*

4. Mental Matrices

How can you balance karma at the level of the mind? (pp. 191–93)

- ▲ Use thoughts and knowledge to help uplift and teach
- ▲ Use mind as the conduit for your Higher Self
- ▲ Hold in mind the highest image of yourself and others
- ▲ Correcting wrong, misleading or incomplete information you have spread

5. Spiritual Alchemy

How do blockages caused by karma affect us? (pp. 193–94)

What is the violet flame and what does it stimulate? (p. 194)

- ▲ Powerful transforming energy
- ▲ A violet light
- ▲ Frequency of spiritual light
- ▲ Stimulates mercy, forgiveness, transmutation



On a spiritual level, what does “transmute” mean? (pp. 194–95)

At spiritual levels, what does the high frequency energy of the violet flame do? (p. 196)

- ▲ Consumes debris within and between the atoms of your being
- ▲ Allows electrons to move more freely, raising our spiritual vibration and energy level
- ▲ Repolarizes and transmutes energy so that it becomes part of our storehouse of positive energy

What happens as the violet flame passes through the emotional, mental and physical layers of our being? (p. 196)

- ▲ Transmutes anything less than perfection
- ▲ Restores energy back to its natural state of harmony with Spirit

How does the violet flame offer the path of minimum suffering?



*The phoenix is you, every day,
meeting the trial by fire
of your returning karma with the
fire of your heart and the
sacred fire of the violet flame.*

6. A Sacred Fire

What did the apostle Paul mean when he said, "I die daily"? (p. 198)

How do you get in touch with the gentle power of the violet flame? (p. 198)

- ▲ Prayer
- ▲ Meditation
- ▲ Affirmation



When working with the violet flame, what must you do to see results and feel the difference? (p. 199)

- ▲ Allow enough time for it to do its work based on the intensity of the issue
- ▲ Use it consistently
- ▲ If memories from this or a previous life arise, don't block them; just keep giving the violet flame

7. Prayers and Affirmations

When experimenting with these prayers and affirmations, what are some important things to keep in mind? (p. 203)

- ▲ Remember that when you say "I AM..." you are affirming that "God in me is..."
- ▲ Saying them aloud is more powerful in creating change and even healing
- ▲ Name and visualize what you want to take place.



PROVE IT FOR YOURSELF!

**Try 15 minutes of violet flame affirmations
and prayers daily for one month.**

You can use any or all of these:



The Violet-Flame Mantra

An easy affirmation to start with is “*I AM a being of violet fire, I AM the purity God desires!*” It is meant to be repeated over and over as a mantra that sings in your heart. The more you give it, the stronger the action of transmutation you are building. You can recite any of the affirmations on the following pages once, three times or as many times as you want until you feel your heart responding to the healing power of love that comes through the violet flame.

*I AM a being of violet fire
I AM the purity God desires**

*My heart is alive with violet fire,
My heart is the purity God desires!*

*My family is enfolded in violet fire,
My family is the purity God desires!*

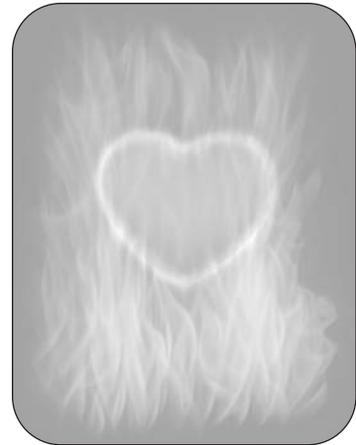
*You can create your own variations of the mantra wherever you perceive the need for a higher resolution in any situation, as shown in the two examples below this mantra.

Energizing Heart, Head and Hand

You can use the following affirmations to transmute the karma you have made with your heart, head and hands. This series ends with a prayer for the protective white light, which you can visualize around yourself, as shown on page 135 of the book.

HEART

*Violet fire, thou love divine,
Blaze within this heart of mine!
Thou art mercy forever true,
Keep me always in tune with you.*



HEAD

*I AM light, thou Christ in me,
Set my mind forever free;
Violet fire, forever shine
Deep within this mind of mine.*

*God who gives my daily bread,
With violet fire fill my head
Till thy radiance heavenlike
Makes my mind a mind of light.*

HAND

*I AM the hand of God in action,
Gaining victory every day;
My pure soul's great satisfaction
Is to walk the Middle Way.*

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.*



Affirmation for Forgiveness

Before giving the following affirmations, you can offer this prayer or your own personal prayer aloud:

In the name of the I AM THAT I AM and my Higher Self, my inner Christ and my inner Buddha, I call on the law of forgiveness for all that I have ever done in any of my lifetimes that has hurt any part of life—anything that was not kind, loving, respectful or honorable, especially _____.

I call forth the violet transmuting flame on behalf of all those whom I have ever wronged and all those who have ever wronged me. I ask for a flow of light and love from my Higher Self and my heart to bless all life with whom I have karma. O God, liberate them, liberate me, and let us stand free, one in heart and soul.

Let the violet flame heal my inner pain and transmute the cause, effect, record and memory of all burdens I have ever imposed upon life or that have ever been imposed upon me, back to my first incarnation. I surrender them into the light.

Let this sacred fire purify and rejuvenate my heart, mind, body and soul. Let it restore them to the harmony and perfection of my divine blueprint so that I may joyfully fulfill my soul's true potential. I accept this done in full power, according to God's will.

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.*



I AM THE VIOLET FLAME

*I AM the violet flame
 In action in me now
 I AM the violet flame
 To light alone I bow
 I AM the violet flame
 In mighty cosmic power
 I AM the light of God
 Shining every hour
 I AM the violet flame
 Blazing like a sun
 I AM God's sacred power
 Freeing every one*

Prayer for World Peace

Through our heartfelt prayers and meditations, we can also direct the violet flame into conditions in our community or on the world scene—such as pollution, political turmoil or war—to transmute their karmic causes and bring resolution and peace. You can dedicate any of the affirmations above as well as the following prayer to bring about the highest resolution in any situation you name.

*O violet flame, O violet flame, O violet flame!
 In the name of God, in the name of God, in the name of God!
 O violet flame, O violet flame, O violet flame!
 Flood the world, and flood the world and flood the world!
 In the I AM name, in the I AM name, in the I AM name!*

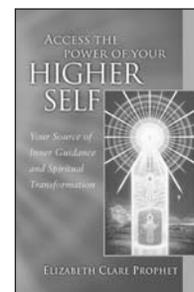
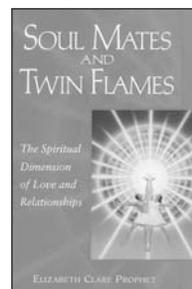
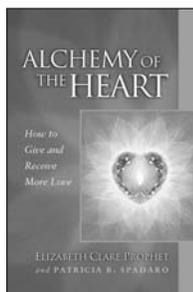
*Peace and peace and peace be spread throughout the earth!
 May the Orient express peace, May the Occident express peace,
 May peace come from the East and go to the West,
 Come from the North and go to the South,
 And circle the world around!
 May the swaddling garments of the earth
 Be in place to magnify the Lord
 In this day and hour and this night.
 May the world abide in an aura of God peace!*



If you want more, check out some of these options!

OTHER POCKET GUIDE BOOKS (*also available as AUDIOBOOKS)

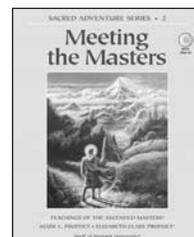
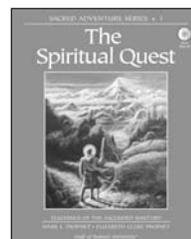
- *Alchemy of the Heart**
- *Karma and Reincarnation*
- *The Art of Practical Spirituality**
- *Creative Abundance**
- *How to Work with Angels*
- *Soul Mates and Twin Flames**
- *Creative Power of Sound*
- *Access the Power of Your Higher Self*
- *Keys to the Kingdom*
- *Violet Flame to Heal Body, Mind and Soul*
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WEB

- Streaming video on angels and other topics: www.tsl.org/tsln
- Free Summit University online course: *Relationships: Explore the Mysteries of Soul Mates and Twin Flames* at www.tsl.org/Events/EventSUOnlineStudy.asp
- Spiritual Transformation Network: www.transformnet.org



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