

October's Theme

The Divine Quest

Today's Lesson:

Your Karma-O-Meter

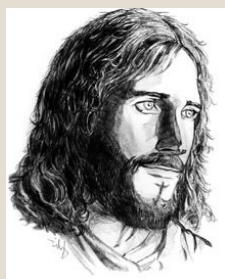
A copy of Rev. Chuck's PowerPoint notes are available @ www.unityofbakersfield.org

Your Karma-O-Meter



Happy Halloween!

Your Karma-O-Meter



And as you wish that men would do to you, do so to them. -Jesus

Your Karma-O-Meter

This statement made by Jesus has been called the "Golden Rule." And rightly so.

It is the foundational concept that involves the spiritual law of karma, that in today's vernacular is, "what goes around comes around." This law is found in almost every major religion in some form or another.

Your Karma-O-Meter

As she has planted, so does she harvest; such is the field of karma.

~Sri Guru Granth Sahib (Sikhism)

As the blazing fire reduces wood to ashes, similarly, the fire of Self-knowledge reduces all Karma to ashes. ~ Bhagavad Gita (Hinduism)

Your Karma-O-Meter

I declare that volition [of all thoughts, acts, and deeds] is Karma. Having willed one acts by body, speech, and thought. - The Buddha, Anguttara Nikaya

Before you begin on the journey of revenge, dig two graves. ~ Ancient Proverb
How people treat you is their karma; how you react is yours. ~Wayne Dyer

Your Karma-O-Meter

Belief in karma ought to make the life pure, strong, serene, and glad. Only our own deeds can hinder us; only our own will can fetter us. Once let men recognize this truth, and the hour of their liberation has struck. Nature cannot enslave the soul that by wisdom has gained power and uses both in love.

—Annie Besant, 20th Century Theosophist / Women's Right Activist

Your Karma-O-Meter

Karma is a spiritual tool that can be used to help heal and advance the soul along its journey to Self-realization and its oneness with God.

In his book, The Seat of the Soul, Gary Zukav, shares his insights about soul growth:

Your Karma-O-Meter

If we are to engage the viewpoint of the soul, we must cease from judging, even those events that appear to be unfathomable, such as the cruelty of an inquisition or a holocaust, the death of an infant, the prolonged agony of a death by cancer, or a life confined to a bed.

Your Karma-O-Meter

We do not know what is being healed in these sufferings, or the details of the energetic circumstance that is coming into balance. It is appropriate that we allow ourselves to feel the compassion that such circumstances call forth in us and to act upon it, but if we allow ourselves to judge these events...

Your Karma-O-Meter

...and those who participate in them, we create negative karma that must be balanced, and we ourselves, will be among those souls that choose to participate in circumstances that are necessary to that balancing.

By your fruits they will know you. – Jesus

Your Karma-O-Meter

Sharon Janis, in her book Spirituality for Dummies, gives us these insights into the activity of Karma:

Karma isn't about looking at your actions with judgment, guilt, or shame. To see how the karmic law is working in your life look at your manifestations.

Your Karma-O-Meter

As Albert Einstein once concluded, “God does not play dice with the universe.”

In other words, the law is always at work to bring about justice in the form of order, harmony, balance.

The ancient Hebrew writers understood this when they wrote, *“Justice is mine, says the Lord.”*

Your Karma-O-Meter

Sharon gives us some great tips on how to shift our Karma-O-Meter from the negative side to the positive side:

1. Want the best for everybody. Wishing someone ill-will only comes back ten-fold.
2. Practice seeing the divine spark in people. Stop judging people for what they say and do as if that’s who they really are.

Your Karma-O-Meter

3. When faced with a challenging situations or a persons, ask the question that will help you obtain greater soul growth: “What is it about my karma that needs to be looked at?”

4. Don’t beat yourself up by fighting the effects of the events you are faced with. Fighting them only creates more of the same energy.

Your Karma-O-Meter

5. Learn to bless each event in your life as an opportunity for creating good karma. As you look at your actions and the manifested effects ask, *“What do I need to change in order to create good karma.”*

6. Use your power of discernment to evaluate all events through spiritual eyes. Using hindsight and contemplation can be helpful tools in this activity.

Your Karma-O-Meter

7. Once you have gain a greater awareness of the challenge, situation, or circumstance of the event, let it go! When we replay events in our minds it creates more energy that will need to be balanced.

8. Listen to your body. Feel what it has to say when you are faced with an event that you find challenging. Case in point...

Your Karma-O-Meter

Our journey toward soul growth can be filled with more peace, order, harmony, and love as we learn to use our karma-o-meter as a spiritual tool to:

- Pay attention to events in our lives.
- Accept them as blessings and lessons.
- Stop judging the events as good or bad.
- Then we’ll be able to say, “My karma ran over your dogma.”