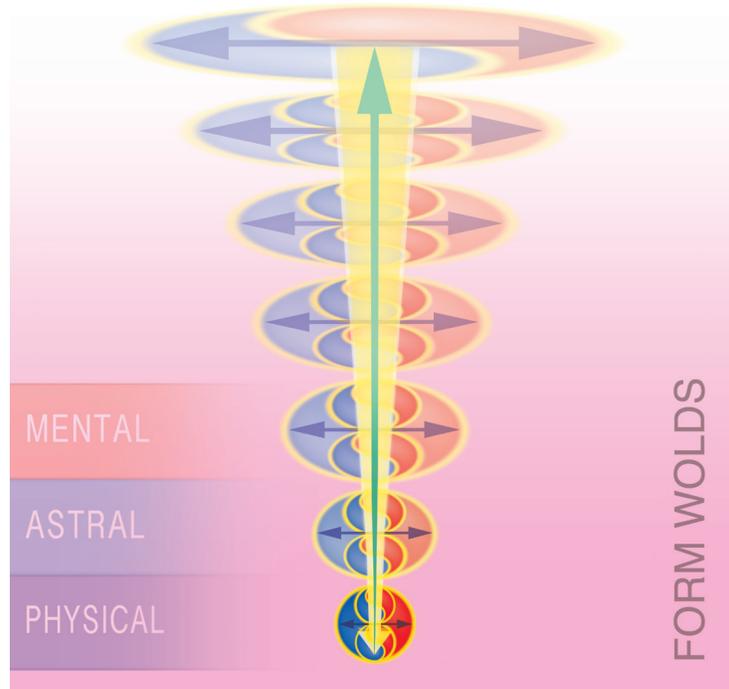


Karma

Karma is the law of balance. The simplest explanation is that every action has a consequence. A positive action has a positive result and a negative action has a negative result. For your own life that is easy to imagine. If you are a genuine nice person everyone wants you as a friend. If you are very negative about everything and everybody, you will have a very small circle of friends. What you radiate out will come back to you. We can understand that and 'feel into' that. But is everything that happens to you a result of a previous action? Sometimes a very nice person gets really ill or gets into serious trouble and you wonder if that really belongs to his or her life. Sometimes, it seems unfair. Yet everything happens within the law of karma. To really understand karma we should look at it from a large cosmic perspective.



Disturbance of harmony in the form worlds

The entire structure of the dimensions is based on harmony and balance. All dimensions are 'alive' in the flow of the 3rd creative principle, the Breath of God. Each dimension consists in a harmonious balance between a masculine and a feminine part. The entire system works with a balanced exchange of energies on every level. All dimensions are based on harmony. In that harmony the entire system can bear fruit. We are living in this wonderful Creation but we do not really participate in this harmony-scheme. We have been disturbing the cosmic harmony in the form worlds for a long time now (Ch16). This is the story of the Fall, the fall in an isolated consciousness (Ch5). What do these disturbances mean in practice?

Firstly there are the disturbances within the **physical** dimension (nature, the Earth). We use the Earth and return a lot of waste. The more we develop technically, the less that garbage can be incorporated into the existing circles of nature. We extract energy and matter from the existing cycles in nature and disrupt the balance of those cycles. We use and manipulate animals and crops for consumption. We disturb the natural rhythms of the plants and animals. We also distort our own rhythms. For economic reasons we produce a lot at the expense of nature and ourselves. We have a material consciousness and we are only looking for economic gain. We do not consider the larger context in which we live. We disrupt the natural cycles which are fundamental to life itself. We disturb the balance within the physical dimension.

We also disturb the Equilibrium within the **astral** dimension. All negative experiences of human emotions are unbalanced astral forms which linger in the astral dimension. The astral dimension reflects and maintains. The Astral is partially 'polluted' by all the negative emotions that humanity put out over the last 400 million years. In your dreams you can move into astral areas where you encounter absolute 'horror'. The Astral in her magnetic power maintains the emotional 'output' of humanity. In the same way we disturb the physical Earth, we also disturb a part of the astral dimension (directly around the Earth - Ch18).

Also in the **mental** dimension our negative thoughts cause a disturbance of harmony. Any negative thought or 'egocentric' oriented thought holds energy back which causes a block, a rigid area in the mental world. All these thoughts are fixations in the mental dimension which don't belong there. In the previous chapter we saw that almost every idea is stimulated by an emotion. Emotions are the driving force behind our elementals. All ego-centred (ego-concerned) activities within the astral and mental dimensions lead to disturbances of harmony. We hinder the Divine flow in the astral and mental dimension. All these disturbances create karma.

We disturb the harmony in the form dimensions. It is a cosmic law that all disturbed harmony should be restored again. The whole 'structure' of the 7 dimensions exists by virtue of the balance between the masculine and feminine qualities at every level. When an imbalance is created, the flow cannot go through (in the physical, astral or mental dimensions). The *processing of our karma* ensures that the entire system remains open. **Karma** is Sanskrit and means 'action' (or just 'work'). The human-induced disturbances have to be restored in the Form Triad: the mental, astral and physical dimensions. For us that means our karmas should be '**lived through**', be felt as a negative experience in the right proportion to the disturbance we created. Because most karma was caused by a strong desire, most of our karma will work out as an emotional experience.

Karma and time

There is a difference between the law of karma in the 3rd dimension, and the law of karma in the higher dimensions. Karma (the law of balance) in the higher dimensions is simultaneously done, experienced and processed. The action and the effect are there at the same time. Karma in the 3rd dimension is bound by space and time. The law of karma works for us with a time-delay. An action of disturbance in the physical dimension (or directed towards a happening *in* the physical dimension)

sets an energy circle in motion in the mental dimension where its causation is kept (beyond the physical rhythm of time). This is according to Divine Justice. This circle will rotate through the 4th dimension and the result happens 'later' in the 3rd dimension. The creative principles operate in cyclic processes (Ch3.8), as does the law of karma. Every action done in the 3rd dimension creates a time-circle in the higher dimensions and the effect echoes back later (Ch9). Because we've been engaged in these actions for a very long time (Ch16), we sometimes process karmas of many lifetimes ago. This is why sometimes the question can rise: "Why is this happening to me, now?"

There is also **positive karma**. If an action is selfless, done out of love, the karmic effect is also an event where love will flow *to* you. Ego-driven actions come back as negative karma and selfless deeds come back as positive karma. In this chapter we focus mainly on the negative karma (the disturbance of the balance) because that brings suffering and questions.

Every action creates a time-circle in the astral and mental worlds and the effect comes 'later'. The circle turns and the effect comes back to you with the same intention and the same power as it was put out. It can take a long or a short time; the circle is large or small, but it *will come back*. The law of karma does not necessarily have to be negative in your life. The law of karma works. All actions we consciously do at the expense of others (or nature) create negative karma. All actions that we do for others or for the larger community, environment, provide positive karma. There is a difference between the actions we do for self-preservation or survival (in which we might kill and destroy) and the actions we consciously do for ego-driven goals. It all has to do with the conscious intention you have while you act. Small children and animals are not causing karma, because their consciousness is still 'in development'. They cannot be held responsible for their actions.

The 'intent' of our actions determines the nature of our karma

Our actions are limited to the physical, astral and mental dimensions. The karmic effect will only develop within these dimensions. In the physical it will be a discomfort or a disease; in the Astral it will be negative emotions like fear, anger, grief, loss or feeling suppressed and on the mental level it will be endless thinking or brooding. The majority of our karma is astral karma, in which we follow our desires (lust, possession, greediness, power). Therefore most karmic effects are of an emotional nature: pain, fear, sadness, limitation, humiliation, and in response more anxiety, depression or anger. Even if the karma works out in illness or physical discomfort, the karma is *processed* as the negative emotional experience of pain and restriction (being limited).

Karma is a cosmic law. For us, bound by time and space, it can bring unexpected and unpleasant experiences. On the other hand, karma is the primordial law of restoring the Divine Harmony. By the negative experience the balance is restored. In other words, **the flow coming from the higher dimensions is restored**. In the midst of every karmic experience you can become aware of that flow. A moment of great karmic effect (illness, loss, depression, intense emotional experiences) may lead to a crisis, but if you really feel the (Divine) intention behind it, it might lead to a **major change in your life**.

Everything that happens to you happens according to exact cosmic logistics. Your karma is a program of experiences waiting for you in the time line of your life. When you realize the cosmic law that everything is connected, you can change your attitude toward your karma. Each karmic effect can be an opportunity for you to experience the Divine Connectedness of yourself to the world and the people around you. Ultimately you will restore the harmony and the **Divine Love** will flow through you, if you really process your karma. When you have the courage to go deep, really experience the pain, you do a good job (on the cosmic scale).

In most karmic 'work outs' you experience negative emotions in your astral body (the cosmic element of Water). The emotions are stimulated by the energy from the Mental (the cosmic Fire), since the flow from the higher dimensions is restored. In the East they call it '*burning* your karma up'.

The processing of karma can only be done while you are *in* incarnation, where you experience your karma *in* your individuality. Karma is the result of attracting thoughts, desires and matter *to* yourself. The experience of that karma will always be a 'lonely' event. Then we can turn inward and become aware of our own individual responsibility, but also of our own connection with the source (Ch9-10). In the after-death condition our consciousness goes through a reflection phase and we cannot grow in our awareness. The circle of reincarnation is directly connected with the law of karma. This will be explained in the next chapter.

The law of karma is the law of balance which works in the entire Creation. In the physical dimension it works out in an action and a reaction which are separate from each other. If you don't know that, it seems that negative events are happening *to* you. If something good happens to you, you like to explain it as the result of your own actions, "I worked hard for this". If something bad happens to you, you often search for the cause outside of yourself. The negative things seem to come *from* the outside. **We perceive everything from our separated consciousness and not from our connectedness.** The insight into the law of karma can lead to change; you accept your life as it is and you fully take responsibility for your life.

Four kinds of karma

From the large history of humanity (Ch16) we can distinguish 3 types of karma:

1. The **personal karma** that reflects your own actions. This can develop into physical illness and physical discomfort. It can also manifest itself as uneasy parts of your character, your own emotional setting that limits your freedom. The encounters with people and situations in your immediate environment are an elaboration of your own actions on the time line.
2. The **group, race, and national karma** reflect the actions of groups of people. This manifests itself in wars, discrimination, family feuds and other group-related processes.
3. The **universal karma** of humanity. This reflects the abuse of our forces towards Creation, nature and the Earth (Ch16.8). This is expressed in natural disasters and diseases such as Cancer and Aids.

The universal karma is the oldest. Group karma is younger and personal karma is the most 'fresh'. Sometimes events are a combination of two or three types of karma. In a natural disaster often multiple (personal and universal) karmic circles work together.

There is a 4th type of karma and that is '**instant karma**'. This actually belongs to the personal karma. Instant karma is karma that is worked out directly, within a very short time. *Two examples:*

- Sitting at the kitchen table you have a telephone conversation with a relative and you feel *very* irritated by his attitude. You hang up and you wish something terrible would happen to him. Because you are incredibly 'loaded' you don't see that the cabinet is open and you bump your head very hard while you try to grab your car keys from the sink.
- Shirley finished her Coke and is ready to leave the outside terrace in Rimini. She already tried to beckon the waiter several times but the arrogant macho Italian is very busy and pretends not to see her. At one moment he can not avoid her and she makes it very clear that she wants to pay. "Pronto, Pronto!" he says, but moments later he comes back with a full tray and disappears to the other side of the terrace. She considers leaving without paying. "Hmmm... maybe not a good idea." When shortly afterwards the waiter starts a broad gesturing conversation with two attractive German women she grabs her purse on an impulse and walks away at a fast pace. A few blocks away she sits down on the edge of a fountain to catch a breath. She wants to share her adventure with her girlfriend (who is at the campsite with her new boyfriend). She looks for her mobile in her purse but..... she left it in the rush on the table of the terrace. Very carefully she walks back, puts her hair in a ponytail and puts sunglasses on, not to be identified and yes: Antonio has already cleared her table and took her mobile

*Instant Karma's gonna get you
Gonna hit you right in the face
You better get yourself together darling
Join the human race*

John Lennon 1972

Karma and our elementals

There are two large influences on our lives. One is our karma, which happens to us according to 'cosmic precision'. Two is the operation of our elementals, our positive or negative attitude to life. To put it simply: you cannot escape your karma. But you *can* change your own thoughts and feelings about yourself and your life. **You can re-create yourself.** There is a big difference between the law of karma and the operation of your self-created elementals. At first glance it seems the same; something you have done previously, comes back to you, later on the time line.

Karma is the cosmic law of balance and creates a mirrored experience: if you have suppressed someone in another life you might encounter a subservient position in relation to that person in this lifetime (in business or in an organization). **Having the experience is doing the karma.** If you really accept the limitation and live it, experience it, the situation may change. Then the karma is gone. You will be transferred or he/she turns out to be a nice person and perhaps you will become friends.

The effects of your own elementals can be changed. Many elementals are formed in a **response to your karma.** You don't want the things happening to you. Still, you can freely choose how you react to your karma. You can rearrange your elementals. This is an internal process that will be described in the next two chapters.

Summary

Karma is the law of balance. Every action that withdraws energy from the cosmic harmony causes negative karma. Every action in which you give energy unconditionally delivers positive karma. The law of balance ensures that any disturbance in each dimension will be restored. All our karmas were actions in the 3 form dimensions. All these disturbances are stored in the causality (5th dimension) and this works out in circular processes in the 4th dimension (the Astral). In the 3rd dimension results up in the regularity of action and reaction with a time interval. This interval can be long (several lives) or very short (instant karma). We all come across things that are a consequence of our own deeds, earlier on the time line.

All ego-centred actions in which the flow of the 3rd creative principle stops, provide negative karma. All actions that we do for others (or the larger) provide positive karma. All actions that we do for a living or survival is neutral and provide no karma.

The law of karma works; it is a cosmic regularity. Our positive karma ensures that we have a pleasant life. Our negative karma provides the painful experiences. Both hold our consciousness in a horizontal experience. While the karma was created by the misuse of the creative vertical flow (the flow through the Hierarchies - Ch5-Ch16), each karmic situation carries the possibility of growth in vertical awareness.

Each intense karmic experience can lead to a realization

What is our attitude towards the law of karma? If we realize our creative abilities, we can understand that we entirely created our own situation. **We are our own karma.** God is not angry or upset. There are just laws at work. It is a combination of the law of balance and the law of cyclic movements in the form worlds. We live by these laws. Karma 'is'. If you accept your karmic, you take responsibility for your own life. With the esoteric knowledge of the law of karma you can make conscious choices in your life and you can use the same law for your own development. This is the subject of the next chapter.