

August 2012

I recently heard a show on National Public Radio that I thought it might be good to talk about, since we are going over karma. The show had an interview with an author who just wrote a book about dreams and sleeping. The author talked about the many dimensions of dreams, but didn't talk about, or address, karma within dreams.

I have found in myself, and in talking to many others, that our dreams are a big time for our karma to come up. The author talked about how they noticed that many dreams had a violent theme. They said they didn't quite understand why. With our knowledge of inherited karma, we can know why. We know that karma that is looking for conversion will be uneasy in some way and often painful. Thoughts with a violent theme would be one example of just such karma. Nights tend to be a very quiet, still time externally and internally, and therefore a good time for that which is not quiet and still (karma) to show itself.

Many a time I have woken after a dream and said to myself "What Was That". At this point in my training I can now meditate and try to be still instead of being very agitated or disturbed. And instead of worrying that I can't get back to sleep I can use this time to help this karmic stuff. We don't want to analyze it or try to figure it out, we just want to meditate and be still. This is what works, this is what helps the karma.

I would like to talk about a dream I had in the past. It was a recurring dream (and that sometimes means that what is manifesting is something karmic), but once this dream came up really strongly. In the dream there was some kind of railroad freight car with a lot of people crammed into it. The smells were horrific. When I woke up these smells of urine, poo, vomit etc. were still with me. There was also a lot of despair and sadness which was felt during the dream as well as afterwards.

It would be easy to speculate as to what is going on in the dream, and I am pretty sure what it is. However, that is not the point. We should avoid becoming fascinated by, or attached to, the content of such dreams. The point is for me to provide an opening for this karmic stuff to find what it is looking for. As we have said before, it is looking for the Peace and Love of the Eternal, and the best way we can help it find this is by meditating and being still. When such a dream has just occurred the karma is close to the surface, and so more "available" for such help, so meditating just after such a dream can be very helpful in bringing forth the Love to meet it.

I know that training with our karma is very painful and difficult. However, I have proved to myself that this is what works, and that it is very worth it. The Love of the Eternal is the only thing that truly helps. All our karma will eventually get there, but I can do this now. I feel very lucky to have been shown that by meditation and training I can let this

meeting happen. Anyone out there who is willing to train and meditate can do it too. To work on the cause of suffering is truly one of the best things we can do in life.

Take care,

With all my Heart,

Rev Basil.