

October 2012

In the last couple of emails we tried to get a feel of what karma is. In this email I would like to go over in a little more depth how karma affects us. We know that karma is full of grief, sadness, pain, fear, and sometimes terror. When the waves pull in strongly it has a big effect on us. I would like to use the old metaphor of a glass of water half full.

The karma looks down - that is its nature. It sees the glass as half empty, it is full of negativity. And when its powerful waves pull in many of us go with it, we go with the attitude of looking down (glass half empty) much of the time. When we catch ourselves doing this, this is when we really want to emphasize our meditation and spiritual training. We want to see the glass as half full. We want to see, emphasize and feel the Love of the Eternal - The Flow of the Water of the Spirit in everything. How do we do this? How do we allow our attitude to be imbued by the purity of the Love of the Eternal rather than looking at the glass as half empty?

To do this we have to be very mindful, mindful especially of where our karma takes us. In other words we need to learn to recognize when we are looking down, and the specific ways (attitudes) in which we look down. When we notice ourselves going in these directions, we simply let them go. The purity of the Love of the Eternal is always present in each of us, and by letting go of what covers it up (karma), we give It a chance to show Itself. Sometimes we need to be very persistent in this letting go, we may need to say "no" to these attitudes over and over again, as the karma continues to pull at us. Each time we simply let go the kind of attitudes that look down and return to wholeheartedly doing what we are doing at that moment. Our ability to do this increases over time as we train and meditate. We start to notice more and more the ways in which we are pulled into seeing the glass half empty and our ability to let them go strengthens the more we do it.

By training in this way, by making the repeated effort to "look up", we help our karma, we help it to convert to peace, acceptance and Love. All along within our karma is The Love of the Eternal, but it is a love that has become confused and that confusion may have deepened over time. By "looking up" in our meditation and training in daily life we refuse to allow the confused karma to affect us so much. Over time then the karma loses its power, it is seen as less real, and its true nature, the Love of the Eternal, is revealed.

To give an example of what is being talked about, I would like to take a look at one of the many ways we can go with our karma. Something came up for me years ago, and I called it the "Three Major Blames". The attitude of mind inherent in these blames is one that is very complaining and judgmental. Looking at the "Three Major Blames" may be helpful as it may help us recognize when we ourselves are going in the direction of seeing the glass half empty.

The first blame: we come down on ourselves strongly. We judge ourselves harshly; see ourselves as unworthy, inferior, and just not good enough. The second blame: we start blaming others for all our problems/suffering. They, she or he is the problem. We may blame people close to us, or leaders of the government, or our boss etc, etc..... The last major blame is to blame our environment. We may blame where we live for our problems, our city, our country, our situation right now, and so on.

I find in myself, when my karma comes up, I can go with these blames and get caught in them as if in a merry-go-round. I can find myself complaining all the time about everything and being very judgmental. When we do this we feel we are helping ourselves, we feel that by blaming some external thing we will relieve the pain and suffering of the karma. Our habit of moving into blame, complaint, or judgmentalism may be deeply entrenched, so that it is the only way we know to try to help ourselves. However, when we adopt these attitudes it is as if we are pouring gasoline on a fire - the pain and suffering of the karma is, in the end, made much worse.

Instead of pouring gasoline on the fire, we have another way. Through the Teaching, meditation and the mindfulness we talked about, we can allow the Water of the Spirit (Love of the Eternal) to well up and permeate through the karma. This is what works, this is what will put the fire out and allow the karma to feel the Love it so longs for. To live in this way is truly a wonderful way to live.

Take Care

With all my Heart

Rev Basil