



"Everything that we are is the result of our former thoughts and actions. If we speak evil, or act with evil intention, then suffering follows us. If we speak and act with good intentions, happiness will follow us like a shadow."

~The Buddha

A New Year Insight

Karma: Our Year of Samsara Karma 2013

We alone are responsible for all of the experiences of our lifetime in this world and those to come.

"Pleasures flow everywhere. You float upon them and are carried from life to life. Like a hunted hare you run, the pursuer of desire pursued, harried from life to life. The cycle of birth and death is a longer path for those who do not know the Way."

~The Dhammapada

Karma and reincarnation are not topics that most of us think about during our daily life.

Yet, nothing affects us more than Karma and how it sets into action our incarnations, both in this world and the many to follow. Truthfully, it is very difficult to talk about Karma without including reincarnation. Karma is the cause of reincarnation or rebirth. Cease our Karma and we put an end to reincarnation.

The Tibetan's have a beautiful way of dealing with all of this. So while I am not a scholar of Tibetan Buddhism, I am very well trained in the method of Tibetan Pulsing, which includes the teachings of Karma and reincarnation. The reason I bring this up is that through the rigorous training I went through in India, which translated into my current lifestyle, I have been rendered with insight into the vastness of consciousness that brings forth a state of Karma that will be fulfilled with some of you who are finally ready to move on in your own Karma and its inexplicable meaning in our lives. Together we will find the journey into total liberation through the essence that is Love...which is what Karma is all about.

Please remember that Karma literally means “works” or “actions.” The problem is that we believe in “positive” or “negative” acts and works of Karma. Hence, with logic in tact we come to the theory that if our “good Karma” outweighs our “bad Karma” we have “improved” ourselves for the next life. This is simply NOT the case at all. Anything done in and of this world, no matter what the act may seem to be, is not the criterion for some sort of reward either in this world or the next. Karma is the very flow of Life itself and is in our lives to help us end Samsara (birth, life, death and then rebirth) so we may be at ONE with the whole of this Universe.

Always and always people ask who is the *scorekeeper* in all of this. To some religions such as Christianity and even Judaism, as well as Islam believers, the idea of a supernatural being who keeps some sort of record of debits and credits for each person is in play. In the Tibetan Pulsing world it is not a matter of answering to some obscure entity. Rather, the law of Karma suggests that we alone are responsible for all of the things that happen to us in this lifetime and the ones to come.

For the year of 2013, we will work upon our specific Karma and learn how to recognize its important points that keep us in Samsara. From here we will be able to lift ourselves out of the futility, which is the muck and mire of spiritual ignorance and indifference, and bring awareness to the forefront of our attentions. All it will take is a compassion and willingness to recognize the traits of our past lives and how they have appeared in this lifetime. So let’s consider on this New Year’s Eve some of the things that we might look at that would show us the essence of our Samsara. We will be moving into far more detail in our Workshops and Retreats in this year of 2013. So just consider this an overview.

First: The observation of repetitive patterns of occurrences that we might find entering into our lives. Many people refer to this as their “luck.” But what it really is, as a matter of Karma, is the energy that we have cultivated through every thought and act in our lifetime, which has taken form as the only possibilities one can have in their life. This is Samsara Karma. It is the ebb and flow of our lives and forms as Samsara, which means it is the glass ceiling of our living that most of us do not acknowledge.

In our Workshops, we will observe the pattern of events that is occurring and learn how to insight the core of them and see, through the events themselves, how to recognize the base Karma that is the foundation for our lives being as they are. This means that we must work at being “clear,” which means that we have a healthy distance from our emotional nature.

Second: Seeing how to connect the dots and realize how, by looking back in our lifetime, we can actually see our future as a continuum of our mischief through spiritual indifference. The issue that will occur here for most students is that many of them will not be able to connect the dots because of the state of the unconscious mind and how quickly it can rationalize any “evil” it does not want us to recognize.

Learning how to recognize our Karma without any rationalization is the essence of this step. When we are no longer looking for excuses and alibis for what we have done and are willing to accept our Karma and the limitations that we have set forth

in our own living by the hand of the ego...we have come to a place a tremendous power and responsibility.

Third: Realize the relationship we have with the mind and its great influence, which is emotion. In this year, we will learn how to place our attentions upon the intuition rather than the emotions. This will truly change the way we realize meaning in our lives. Up to now, our unconscious has been fed from the state of our emotions and all of the body memory that we possess from the many different kinds of gratifications that our emotions have hoarded through memory. This has caused us to live in a mental and emotional cul de sack whereby we can expect nothing but the same thoughts coming from the same emotions that all become the same mind and, hence, we live ever so unconsciously in a the pedestrian life throughout this lifetime.

Samsara Karma is about breaking the mechanism that keeps us living as we do. This is hard for many to understand. For it is the “soft fetters” that hold us to our demise. Listen to the Buddha on this subject and I guarantee that some of you will not like what you read.

*“It is not iron that imprisons you
Nor rope nor wood,
But the pleasure you take in gold and jewels,
In sons and wives.
Soft fetters,
Yet, they hold you down.
Can you snap them?
There are those who can,
Who surrender the world,
Forsake desire and follow the way.
O slave of desire,
Float upon the stream.
Little spider, stick to your web.
Or else abandon your sorrows for the way.
Abandon yesterday and tomorrow,
And today.
Cross over to the farther shore,
Beyond life and death.”*

The further shore! What does the Buddha mean? People talk about wanting change and, for the most part, they are talking about wanting their outer life to become more convenient and gratifying.

Allow me a story that Buddha told many times in order to help his monks to understand how to cross over from this world to the “further shore” as he put it. It is said that he offered this story to those who wondered how to live more willingly in the pursuit of awakening.

Once there were five men (representing the five senses) who had journeyed hundreds of miles to reach a village where they were to meet their authentic Master. They had come to a raging river that had to be crossed in order to climb the treacherous mountain trail, which was steep and narrow.

They did not know what to do. The river was far too wide and dangerous to swim and none of them were strong swimmers. A woodsman was standing there watching the five men run up and down the side of the river in a quandary as to what to do. The five argued among themselves as to their predicament and were about to come to the conclusion that it was impossible to get over to the other shore.

The woodsman suggested that they find large pieces of wood and tie them together and make a raft that would merely float over to the other shore. He offered them help and the rope that they needed and they made a very strong and durable raft.

They thanked the woodsman and cast off on their beautiful new raft to the other shore. They made it with no problems. But, of course, the five were used to making problems for themselves as they had on the other side of the shore. They now had to debate what to do with the raft. They were so prideful about how smart they were to think of making it. And because it helped them cross over to the other shore it was useful as well as well-built. So they decided that it was valuable. If nothing else, they might sell it to someone and make a little money.

They argued and finally decided that they must carry the raft on their heads up the narrow mountain to show the people on top of the mountain how very wise they were to make this raft that safely transported them to the other shore. And what if the floods were to come? They reasoned that they might need the raft to escape! So they decided it prudent to lug the raft up the dangerous mountain paths.

The journey was very hazardous and a few times they all were on the edge of death. After days of hiking with this great weight upon their heads, they reached the village at the top of the mountain.

When they got there the villagers were amazed to see a raft. They asked why the raft was up in a mountain. The five men told the mountain people that they had built it and how clever they were for making it. They showed them the craftsmanship of the raft and hoped to be honored, even revered, for such an achievement.

But the villagers all laughed at the five men. Then they asked: "What good is a raft in the mountains? A raft is only useful where there is a large body of water. There was neither on the mountain top."

The five men were mortified and lugged the heavy raft down the mountain as they were too insulted to complete their journey to the Master...who was only a few feet away.

Such is the way we live. The synergy of the anger of the five men was now bigger than the energy to meet the Master, which was why they went through all that they had done. The emotion of self-righteousness had been threatened by mortification and now the whole effort was lost to pride. This is what happens to those of us who live by the "soft fetters" of gratification that indulge us to live from pure illusion.

In the year of 2013, you will have every chance to be embarrassed by the way you have lived. There is no advantage to this. When you get the first real inference of the

ego and its influence over you all of these years...it can be a real shock to suddenly realize that the ego was not and is NOT your friend. If this synergy has not overcome the energy of deep inner awakening within you, a great insight will be born and you can come to the place where Karma, as Love, may overtake your entire lifetime.

The effort of this New Year will be to place our attentions upon the energy and allow it to become the synergy of our entire life. You will have this blessing...you will have this opportunity. Many will be called to this, but few will be chosen. Chosen? What does this mean? It means that few of you will choose not to fall back into the default of mortification due to the insult that you will meet within yourself - then move on to meet the Master of your being...Love.

SUGGESTION FOR THE WEEK:

Just ask yourself one question: "Can I live with my life the way it is, as the state of myself any longer?" Just this. You will know if it really is your time to enter into the blessing of Samsara Karma.



Samsara Karma

"What one does in life determines who he is. Those who practice evil become evil. Those who perform acts that are pure, themselves become pure. We are what we do in life. It is our will that determines our fate."

~Krishna Brihadaranyaka Upanishad

Reincarnation has always been so difficult for many people to grasp due to how the mind has been indoctrinated into a mechanism that believes in the logic of reward and punishment or "heaven and hell." You know, the logic of: "...there has to be a pony in here somewhere," which appeals to the person who is looking for reasonable antidotes for all the troubles that one goes through in this world in order to wind up in a "good" place. For many of us humans the matter of reincarnation is merely a doctrine and not the insight that comes through the practice of meditation.

Many realities of Life are revealed through the process of meditation. Meditation can free us and offer us insight into aspects of Life that just cannot be understood by the complication of a mind that is limited in its abilities and scope, due to our incessant need to tether our minds to emotional fears. Typically, the mind is merely looking for "answers" that it can understand through the process of logic and deductive reasoning. Nonetheless, we are subject to the Law of Karma and its ebb and flow as

Samsara Karma. If reincarnation is still a matter of debate for you, then you are simply not at the place where you can enter into the deeper aspects of Life and its flow of Love. Your time will come.

But if you have some willingness within you and are seeking to know that which is the energy of Karma and willing to make it the synergy of your entire life...much will and can happen for you. So what is the energy that must turn to our synergy? Simply this: that impermanence transforms everything into the blessed state of Samsara Karma where "birth" and "death" become one in the process of transmutation.

This means that through the induction of universal vibration (the tones contained within Tibetan Pulsing Meditations) and the discipline of conscious living through the awareness of the presence of impermanence, we may clearly realize that the "other shore" is a place of consciousness within us. That it is not a philosophy or doctrine used to intimidate people into behaviors that are considered religious. It is only here that the phenomena of Life is truly revealed to us, beyond the hallucinations that are imposed upon our thought processes through emotion. In all of this we come to the place where we can actually experience ourselves as pure Karma and utter Love.

During this year we will be entering into a variety of inner phenomena where we can clearly realize the purpose of this lifetime and what we are really to be living from and to. This will be unique to each person...but there will be many a similarity to it all as we gather together in a lifetime, not only to be with "others"...but also to find that we are the "other" that we meet. Yes, some of us are in many different people simultaneous to the person we believe ourselves to be here and now. There is a meaning to this that is quite profound.

Here is my closing story for you this New Year's Eve. It is about a young man named Injin who met his fate and destiny through another person...who was himself in another form. I can only hope that this story helps you.

In a small village on the banks of the great river Ganga, there lived an immensely happy boy named Injin. He was full of the energy of life and seemed to be tapped right into the hidden stream of spontaneous joy that runs through the heart of every human being.

His contagious smile made the whole village a happy place and all the villagers loved spending time with this uplifting spirit. All except one...the Seer.

The eldest member of the village was the wise, old Seer. She had the great ability to see a person's future and every time she met the delightful Injin, a great sadness would overwhelm her being. She knew that terrible suffering was in store for Injin and it hurt her to the core to know that someone so joyous was to have to endure such pain.

Injin's parents knew well of the Seer's prognosis and they, too, feared for the fate that awaited their dear son.

Many years passed and Injin grew up to be a wonderful, deeply spiritual young man. Finally the time, as per the Seer, grew closer for the onset of the suffering and Injin's mother prayed hard for mercy and salvation for her son. Her prayers

seemed to be answered by the arrival of a holy man who was called The Saint of Suffering.

There had been a lot of talk of a great Saint who possessed the power to relieve people of their suffering and news was that this great Saint was going to pass through Injin's village. Injin's mother could hardly contain her excitement when she heard this news and she immediately asked her son to go visit the Saint when he arrived.

Injin bowed deeply to the Saint, who stood smiling in front of him. A mesmerizing light seemed to emanate from this great being and all around him was a palpable silence, a silence far beyond the reach of words and thoughts.

The Saint looked upon Injin with infinitely compassionate eyes and sighed deeply as he saw the great suffering that the young man was to endure. The great Saint knew the workings of Rienbandha (The Law of Karmic Debt) and also knew the secret techniques of how to absorb the debt of others and, thus, suffer on their behalf. Using these great Yogic secrets, he has taken on the suffering of many and, of course, was willing to continue to do so for others as well.

"Dear Son, what can I do for you?" asked the Saint.

"Lord, I have heard you are able to relieve people of their suffering?" asked Injin quietly.

"Yes," the Saint replied.

"The suffering is a result of Karmic debt and this means you take on the suffering of others and, thus, clear their debt?" continued Injin.

"Yes," came the reply.

"So this means you know the secret techniques for the transfer of Karma?"

"Yes, I do," affirmed the Saint.

Then Injin made a request, which the Saint had not heard until this day. He said, "Great Saint, please teach me this technique of Karmic transfer, so that I can take on your suffering and that of others, and relieve you all of your burden."

The great Saint smiled sweetly and bowed deeply to Injin. It was always nice to meet another Saint.

The power of this story is in the fact that Injin met himself upon the path of his own life, in a form that was to help him transform his life through his Karma and, thus, his life debt, which so many of us refuse to understand or accept exists in our living. I have had this direct experience in my life. I have kept it a deep secret all of my life as my Master instructed me to do. I will not go into the details but I can say that it has happened to me. It may well happen to you, also.

During this year of 2013, we shall move into this story of Injin. We will become Injin who will meet a "Great Saint" which lives within us all. We will have the opportunity for the blessing to occur. If you can be diligent, if you can be humble, if you can allow

yourself to be free of the emotional influences, you will find a new identity within you and a profound way of living in this world as pure Karma.

I am so ready for this in my life with my students. The invitation is being extended to you in this Commentary. Many have been “called” and I am sure as Jesus talked about in his own life...“few have chosen.”

Have a very meaningful New Year’s Eve and a powerful New Year’s day filled with some contemplation and meditation. May all of this that I have offered to you in this Commentary serve you well, dear one, as a beginning to our journey into Samsara Karma.

Enough of me for today...please forgive me.

Metta to you,

Swami Chaitanya Siraj

(Gregory Penn)