



*"The path to enlightenment is an easy one: do no harmful actions, do not become attached to the cycle of death and rebirth, show kindness, respect the old and have compassion for the young, do not have a heart that rejects or a heart that covets, and have no worry or sadness in your heart."*

**Dogen Zenji**

## **Karmaphala Karma: To Whom or What Have You Entrusted Your Life?**

### **The genocide of our genetics**

*"The mind creates the abyss; the heart crosses it."*

**Nisargadatta Maharaj**

***Genocide: The systematic destruction of all or a significant part of a racial, ethnic, religious or national group.***

***Genetics: The study of heredity and the variation of inherited characteristic.***

**Webster's Dictionary**

**What I have to offer, what I can truly give to you that is worthy of you as a spiritual being, can never appease the apparatus of human genetics that comprise our DNA and typically devours our lives in a literalism that destroys the essential truth and beauty of our life.** The meaning of my offerings to you are accepted or rejected generally as a covariant to your particular set of genetics that each person has within the body. It does not have to be as such, but for the most part it is, due to how we succumb to our genetics.

Our genetics basically become the genocide of our ability to experience anything that is not contained in the hubris of our inherited characteristics, which are based in the body's

DNA, and its genetic disposition. In other words, we generally can't understand or accept anything that our genetic inheritance cannot assimilate.

So simply put, if we put ourselves in the place where our genetics are allowed to form and determine our preferences for living, we will only be able to live according to our genetic lineage. You see, our genetics is the Information System by which we create, filter, collect and process information and worldly phenomena that can only be compliant and complementary to our inherent traits that were passed down to us through our parents and their parents on a cellular level. If, in any way, we do not genetically relate to information because it is unsupported by our DNA, many of us will just reject that new information.

It all can get very primitive here. Simply put, our DNA is about the emotional need for survival. Our genetics is about how to achieve survival. Put the two together and you have the makings of a person's life and their individual lifestyle, which for the most part goes unquestioned. To introduce new ways of thinking or living typically is not sustainable to the person who is willfully locked into their genetics.

But if a person is willing to see the process and the machinery of genetics and DNA, they suddenly realize the cul-de-sac that they are in. There are many who just fall into depression because it all seems so futile. For others this insight gives rise to curiosity as to how to slip the noose of all of this and find an authentic meaning to the life that they are in. Still others devote their entire lifetime to the cause of escape from the influence of DNA and genetics.

If one is slightly interested and aware, they can sneak out the side door of intuition and find the freedom to self-realize and become something other than a genetic disposition that lives for the sake of its own survival and breeding. This is becoming more rare as we reintroduce generations of human beings (what I call pods), who are ruthless beings, back into this world (through reincarnation) that are genetically predisposed (due to their Karma) to live at very primitive levels of survival through their inherited genetics and DNA.

We are all here, living in a human body, in order to realize the simple Truth that it is all about Love. I remember being in college and taking a course in human biology in which we had to study the systems of the body (which is very intelligent) and watching my fellow students fall into what I call the "knowledge syndrome." These students were/deeply invested in the hubris of their intellect and are willing to just live there as the meaning of their life.

They were living in the state of absolutism about science, wanting it to prove speciesism. This was the only thing that seemed to matter to them and they reeked of formaldehyde and not the flowering of a lotus, if you know what I mean. They used science as a "god" and lived for beakers, test tubes, specimens and scientific explanations that would later be proven incomplete or even wrong. They were looking to become empirical in their scientific deliberations, never being open to anything that did not associate with their genetic logic. They were not seeking to find; they were seeking to be absolute. This is the kiss of death for true evolution.

This world, I realize, was founded in a hard-core reasoning and logic that locked them into absolutism that never invited the mystical to enter into their calculations. How many

times has Steven Hawking, a theoretical physicist who is well known and regarded as the most important physicist in the world, changed his theories? Well, he wrote many a book with one theory, then another denouncing that same theory in his next book. He is open and receptive to the invitation that his calculations cannot possibly prove.

He seems open to change and entrance into the inexplicable, unfathomable and unthinkable. His language is the mathematics of physics, which speaks volumes that our genetic minds cannot comprehend. He, to this day, seeks to discover the indefinable facts of our origins. I so admire this. He went beyond his genetics...into a world that is enriched by the unknown. He is indeed a true pioneer and deeply respected for his efforts.

So with all of this said, I want to ask you a question. TO WHOM OR WHAT DID YOU LEAVE YOUR LIFE UP TO? What are the origins of your life? How did you decide the manner of which you would use to live your life? Translation: Who or what is the architect of your life? Did you pattern your life after your parents, or in contrast to your parents? Or maybe you found someone you admired and set your course to be like them? Do you have some philosophy that you applaud and seek to live by as a credo or cause?

Frankly, I have asked this question of my students and some friends that I have and all of them said that they had people that they admired, but none of them were of any real influence. The answer most given was that they had no idea who they left their lives up to and just recalled at random people who have either “helped” or “hurt” them and went on from there to live their lives in either avoidance or in hope of a better lifetime through what they believed was their “own means.”

You see, my dear reader, rarely do many of us in this world live our own life or lifetime. We generally live by our genetics and the DNA of our basic need for survival. Hence, many of us live by the same fears and hates that our genetic lineage dictates to us through the cellular level of the body that is translated through our unconscious mind. So we live someone else’s life (our parents) in unconscious ways.

To the “whom” or to the “what” that we left our life up to, in order to live, is a serious question and should be taken with great care. Most of us simply do not know the origins of our designs. We like to believe that we are individuals, when we really are not. I have talked to hundreds of people in my career who wanted to think that their problems or lifestyle, and even their life, was different than their parents.

They just could not see, nor recognize, that genetics were at play here and the way they looked at their lives had much to do with traits that the genetics carried within them from their parents. It would have helped them to recognize it all for what it is in order to realize what the real struggle is in moving into an authentic spiritual practice.

But we keep on hitting our heads against the glass ceiling of an imagined potential, thinking that we are “better” or “different. This creates a depth of arrogance that is hard to overcome. So we just keep on keeping on, doing what we “want” and thinking that we are living beyond the “whom” or “what” of our genetics and DNA.

Then of course we turn around through breeding and keep the wheel of genes going endlessly by creating bodies with genetic traits that are inherited from people we might never have known to other people, like our children. Then, as you know, these children mature and breed their genes into bodies that become people we may well never know, as we live out our lifetime and eventually die in the cycle of futility.

Genetic traits are incumbent to having a human body and thus are the mechanism of our primary principle of life, of which we make profound life decisions that determine how we will live and what will be valuable to us. Also from these traits we will determine what to achieve, as well as the outcome we can accept/want due to our individual heredity.

We do all of this in a split second without any question, whatsoever. Hence it is a hereditary (involuntary) response to seek and find anything that might be an interloper to our innate genealogy, which determines our preferences and abilities, which were bequeathed to us through the birth of our human body. Anything that could be introduced to us that might alter or dispel the population of our genetic disposition is considered a threat to our innate set of ancestral conveyances and typically is rejected and/or destroyed.

So, elements of Love are reduced to a matter of emotionality. The state of our Being is denounced as unreal. A deep emotional war begins to flourish within our bodies as the war of our elements, both genetic and ancestral, begin to fight against each other; as well as congregate legions that fight for dominance within us. We make huge decisions from this premise. We make conclusions that determine our lifestyle and set the course of our Karma through this lifestyle.

For example, how we “love” was determined by our emotionality, which was based in the genetics of our parents. We are predisposed to be emotional in certain ways by how we congregate our emotions in groups. These groups are in direct correlation with our ancestral tendencies that the mind picks up, because we point it that way so unconsciously, and then begin to “think” from these premises without our actual choice. We just “think” the way we think due to the genetic disposition we have. How could it be anything different?

If allowed, the “Gregory” that lives as a body would “think” from his parents’ genealogy. He would rush to conclusions based in the perceptions of Ed and Jean (my parents) and then believe that HE came up with the answer or lifestyle that he has when, in fact, all he is doing is living out his ancestral conveyances. “He” is not being original or authentic to the Heart; he is only living in the muck and mire of his genetic disposition. That is as far as he will go. Oh, the circumstance might be a little different here or there, but the basic outcome is the same. He lives and dies in a willful spiritual ignorance because all he “wants” and can do in this lifetime is pursue what his genetics tell him to do.

“He” can’t understand anything other than what his genetic emotionality tells him to. He lives to fulfill his emotionality, and hence has no distance from it in order to recognize his state of Love, which is the single most important aspect of his lifetime. He is just doing what his DNA tells him to do.

When the moment comes in your life to recognize all of this you will sit up and take note as to what is really important in your lifetime. From here everything will change. This is why Jesus said: *“And a man’s foes shall be those of his own household.”* He then went on to say: *“If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters--yes, even their own life--such a person cannot be my disciple.”* Few people that I know can receive this teaching, much less consider it for what it is truly telling us about the body and its lineage.

Jesus is telling us that we are our own “enemy” as we succumb and conform to the tribe of

humanity, merely seeking emotional safety through breeding and procreation—something we will strive for with all of our energies before ever seeking authentic Love. Funny how he never said put “family” first, a common value in our genetic obsessive human culture.

Yes, we make the family the object of our loyalty in order to secure emotional safety through the hubris of our genetics. People want to believe that they have achieved a great accomplishment by having large families that sustain the same DNA and genetics that have made this world what it is today filled with the selfishness that creates violence.

But we do not care to realize the state of our emotionality. We merely seek to justify it through logic and reason. We would not want to admit this to ourselves. Rather it is the ol’ motto: ***The family is everything*** mentality that has made this world not only overpopulated, but progressively immature and violent. The clan is meant to sustain our inherited traits through genetics, and hence there is a promised sense of familiarity through genetic prejudice that we revel in as “family values.”

By living in this way we immediately undermine the state of our spiritual Being, our well being, which is the purpose and reason that we are here for in the first place. We undermine it by being emotionally driven for the intent of some sort of prolific bias that promotes the passion of our genetic need for reproduction. For this we will waste hundreds of lifetimes and merely add to the problems of this world, which eventually will implode upon itself due to overpopulation, which is the manifestation of our unbridled selfishness, once again.

We have many problems here on earth and they cannot be “solved” because this earth is not a place where we seek any authentic personal transformation. Most of us are just trying to get the “good” we believe that we “deserve” in order to be comfortable and “happy ever after.”

Our world is like our bodies that we live in. We are here to learn what they need and how to give them what they require in order to manifest their authentic nature as a conveyance to Love, and not the hubris of mere longevity. To do this we must sustain selflessness. Only in selflessness do we realize our true meaning in this world.

It seems that due to our genetic sense of low self-esteem and willful selfishness that we require some sort of “higher” purpose or power to inspire us to do things that our natural genetic disposition would not be willing of, or even capable of, recognizing much less living. Hence nothing ever really changes. It can’t and it won’t. We are just not motivated to do anything that does not appeal to our genetic disposition.

There is a huge difference between being “motivated” for the sake of some sort of reward and that of the **direct experience**. If I need motivation in order to be kind, I enact the human genetic mechanism, which will do anything for a reward, which is typically tribal acceptance! This changes nothing within us. But if through meditation and inner discipline I come to that place where I can recognize the workings of the mechanism (human genetics), I can have the direct experience and come to realize the Way that is Love itself. There need be no “goal” or “reward” for my efforts. The effort is the reward and the Way. This is totally different from what most people are willing to understand.

This is why people seeking to get off the inner drug of obsession/compulsion, such as

alcoholism and drug addiction (which are often the gifts of our parents to us through genetics), need to have a “god” that oversees them and rewards them if they are “good” and punishes them (through shame) if they are in relapse. While getting off the “drug” is good for the person, they must maintain this abstinence by replacing one obsession with another obsession. That can be “god” or whatever floats their boat.

It is important that the new obsession be something that the obsessed has to “answer” to. Nothing is really achieved on the within here—thus creating an impotent hierarchy for recovery. People can be off the drugs and alcohol but not removed from the cause of these addictions. Many eventually migrate back into their use of drugs and alcohol as we see in statistics about this dilemma.

We have to draw a line in the sand if we are going to truly live. So why do I bring this up? I do this because many of my students futilely want to convert their genetic dispositions to the way of the spiritual path. They interpret everything I offer them to the logic and reasoning of seeking to change the genetic disposition of their human into the relevance of spiritual divinity. It can’t be done. But no matter how I tell them this they, like many in this world, fall to their robotic mechanism of genetics and merely keep hitting their heads against the glass ceiling of spiritual transformation thinking that they have to “break through.” Again a misnomer that is very popular among the pedestrian mentality.

We waste our energies trying to do something that simply cannot be done. We follow the “human” rather than the “human” following the Divine. We cultivate no sense of the Heart in this lifetime, so we relegate our life to human terms, which means we live to satisfy and gratify our mere emotionality and never transform. This is the road most traveled by many of us here on earth and why we miss the meaning of our life.

Religions, politics, and philosophy all depend upon hope and self-righteousness. None of these can be the answer to our true issues here on earth. This earth is here to teach us how to live in harmony and oneness with the planet itself and to do this we must live in the congruity that is Love. Love is not an emotional premise. Love requires the absence of fear. It really is that simple.

But how do we deal with the fear? Ah, this is the crux of all of our matters here on earth. We use fear in many ways to get what we “want” through leverage and deception. So the issue is a matter of our “within-ness.” The issue with our inner “within” is a matter of overcoming the fear of living without emotionality. It all comes down to survival. In selflessness, we seek to live in order to dissolve the energies of many past lives. Few of us on this earth are willing to hear, much less recognize, all of this. But it is the facts of living here with each other.

#### SUGGESTIONS FOR THE WEEK:

It might be interesting to live as though this world is our actual death (living in what the Buddhists call bardo) and how we live in this experience determines the form and quality of our “birth.” Thus how we live in this “death” experience, (what we do to transform) which to our human understanding looks like a lifetime—is really the deciding factor (through Karma) about the form of which we will enter when we are delivered into the next life experience via our own spiritual progress (the ultimate being that of consciousness) here on earth. In other words, what we call “death” in this world is the emergence of a new genesis depending upon what we do here in “death.”

So it might be helpful if we live backwards. Instead of being “born” to die we are dying to be born. Then to add to all of this, everything that we are doing in our “death” mode (like a caterpillar in a cocoon) determines the form, shape and quality of the experience that we will be born into.

Maybe deep within us we know all of this and this is why we are so afraid of what we believe death to be. Could it be possible that the way we have lived here on earth (our true death experience) causes us to fear the birth experience that is at the end of this death cycle? Hmmm.....



## Living To Be Born

*“Develop a mind that is vast like space, where experiences both pleasant and unpleasant can appear and disappear without conflict, struggle, or harm.”*

*Majjhima Nikaya*

What I have tried to offer to you in this Commentary is a suggestion that living from birth to death is a futile effort. But living by *dying to be born* might be something worth considering. The two are vastly different, though through common logic a person could say that they are the same. They are not the same. To live deathless through life is a huge step forward in our spiritual evolution. Living into birth is the posture of the enlightened in this world.

We are all living to be born– we just can’t recognize it with our emotionality. This means that we are here on earth doing what we do, or don’t do, in order to emerge from our death into the birth that is in direct proportion to our spiritual progress here on earth. To make death *bad* and birth *good* is a real mistake that many of us make. The effort is to move our attentions beyond our genealogy, heritage and confinement to the Karma we have created through our “death” experience here on earth and move into Love at all costs to our many fears that exist through emotionality.

If a person can sit and be meditative for a moment and just observe the situations and conditions of their earthly life, one can clearly realize that all of this “stuff” we call “living” is based in the law of impermanence. This is the first clue that earthly life is a preparation for birth; for the only thing we can really take with us through the birthing experience that we call “death” is what we have realized in the form of Love, being the synonym for Life itself. If we take it just that simply, we can begin to move away from our fragmented form of mind and begin to journey into a new mind.



What is this “new mind” that I speak of? It is a mind that is not fractured by the ideals of “good” and “bad.” It is a mind that has no opinion of, nor holds any contempt for, the state of its contemporaries such as the emotionality of fear and hate. It is a mind that is referred to in Zen as “no-mind.” We take this mind with us through the birth experience, and hence through Karma, in order to determine the quality and tenor of our adventures here on earth.

To think this way, we must remove ourselves from the situations of our emotionality so as not to confuse the circumstances of our earthly life with the state of our emotions. It is to realize that in this world, prepping for our birth through loving-kindness and devotion to Love is what is all-important. Few of us can allow for this due to our total fear in the cycle of our emotionality which is so appealing to both our “dark side” and more “optimistic side,” neither of which can sustain the truth. In the pedestrian mentality everything is interpreted through emotion, and hence we create what we believe is “good” and “bad.”

But when we no longer are willing of this cycle of fear and hate, it means that being consistent with the “no mind” mentality becomes so all-important and revealing. Now instead of interpretation of circumstances being an emotional issue of either “right” vs. “wrong,” we see into the situation beyond how it appears so logically to our emotional mentality and come to realize that nothing is happening by accident, nor the way “Gregory” thinks it is. Everything is occurring according to the Karma we have entrusted ourselves within through many a life, both here on earth and wherever.

There is a wonderful Zen proverb that goes like this: *“No snowflake ever falls in the wrong place.”* You see, everything has its place according to its nature. You and I have our own character that is based in the reactions of our emotionality towards events that we have interpreted through our genetic mentality. Until we are willing to abandon our reactions (both mental and emotional) we will find our *“snowflake”* landing right where it is now. In other words, our lives will remain just as they are, the way that they are, due to how we live in this world as either a genetic propensity or a spiritual being.

Every occurrence has its own nature and its own disposition. From species to genre everything has its own temperament, makeup and psyche. Learning how to observe these elements of Life, as forms of Love, are what the “no-mind” offers us. We are so busy with our survival issues that we cannot seem to realize the facts of our living. Allow me to suggest one.

The Tibetans have a word for the body and that word is “lu” which means; something you leave behind. We are travelers taking temporary refuge in this life, in this “body,” and we need to realize this in order to awaken. But awaken to what? Well the great Zen master Ikkyu said it perfectly.

*We come into this world alone,*

*we depart alone.*

*This is also an illusion.*

*I will teach you the way not to come and not to go!*

Ah, *“...the way not to come and not to go!”* This is the great insight, the great Way. We are not here to get what we want, we are here to stop the “coming and going” as it were. We



are here to go beyond the appearance of death and begin to see that we are constantly emerging into our birth in order to eventually become “birth-less and deathless.” You see, my dear reader, birth and death are one. They really are the process that we migrate into over and over again because we live from the body, for the body and as the body. We have no other identity but what the body gives us.

We watch movie stars who appear to be exceptionally attractive and wish we could be like them. We want their “glamour” and the attention that they get for being “beautiful” or “handsome” because we think that adoration is authentic Love. Few of us ever question our emotionality that defines the state of our “love.” But we do not see the back end of all of this and the damage that is done to a person who falls for their genetics. Much Karma comes from all of this that is anything but beautiful.

How the soul is put aside for the sake of the vanity that many succumb to through living in such shallowness. The power to emotionally manipulate a lifetime through this “skin-deep” mentality is a heady and potent intoxication for most of us. Living in envy, pride and vanity places us in the illusionary cycle of living from *birth to death*, and hence we never really understand our life in relationship to Karma.

All of this delusion and illusion about wanting to be “loved” occurs due to our fear of deterioration (old age) and living alone into death. This is the crux of our lifetime. This is why “family” is so important to us. At least we will not be alone at dying time. We want people to send us off into death telling us how much they “love” us for all we did for them in this world. So, as we drift off into death, we hear the applause of those whom we want to believe needed us so very much and hence “loved” us, thereby erasing and nullifying our mean-spirited and ignorant ways.

The “way,” as Ikkyu spoke of it, is to find the end of the illusion, of “death,” and begin to realize as Jesus taught:

***For the Son of Man is going to come in the glory of His Father with His angels, and WILL THEN REPAY EVERY MAN ACCORDING TO HIS DEEDS.***

***"Truly I say to you, there are some of those who are standing here who will not taste death until they see the Son of Man coming in His kingdom."***

While every bit of ornate language is spoken here to paint the picture for the average person of his day, Jesus is telling us in a nutshell that “death” is not what we believe it to be. That if a person is willing, they may become “deathless” via the beauty (glory) of the recognition that (Father with his angels) authentic Life is realized as a matter of our willingness (deeds) to live beyond the fears we produce through our indifference to authentic Love. So simply put, if we are willing to find the beauty of Life through the state of Love, everything that we do will manifest the Karma of Love in daily life.

Is this hard for you to understand? It might be because typically many of us live from the concept that life is a journey from birth to death, which seems logical to our literal mindedness. This is our basic mindset (literal-minded) that determines how we will live in this world as a lifetime. But the masters (who have a no-mind mentality) are all telling us that death is not a polar opposite to birth. The teaching that most of us do not “get” is the truth that there is no “death” and that we live as a continuum of endless Life.

Just because the body fulfills its cycle and a return to its origins, it does not mean that the essence of our energies, our spirit, and the soul is gone as well. To pull death out of the scheme of life puts a whole new spin on what it means to live. We are in truth, a deathless experience that has relevance only in the oneness of this universe. Living from the premise that we live from birth to rebirth changes everything in our psyche.

Here is a closing story from the life of the Buddha. This is so very beautiful to me. I hope it explains the human confusion we have about life and death to you.

*A woman goes to Buddha: her child is dead and she is crying and weeping, and she is a widow and she will never have another child, and the only child is dead, and that was all her love and all her attention...*

*But what did Buddha do? Buddha smiled and said to her, "You go into the town and just find a few mustard seeds from a house where nobody has ever died."*

*And the woman rushed into the town, and she went to each house. And wherever she went they said, "We can give you as many mustard seeds as you want, but the condition will not be fulfilled-because so many people have died in our house." Again and again it happened.*

*But she hoped, "Maybe...who knows? There may be some house somewhere that has not known death." And she went around and around the whole day. By the evening a great understanding had dawned on her: "Death is a part of life. It happens. It is not something personal, it is not a personal calamity that has happened to me." With that understanding she went to Buddha.*

*He asked, "Where are the mustard seeds?"*

*And she smiled and she fell at his feet and she said, "Initiate me. I would like to know that which never dies. I don't ask for my child back, because even if he is given to me, he will die again. **TEACH ME SOMETHING SO THAT I CAN KNOW INSIDE MYSELF THAT WHICH NEVER DIES.**"*

You see my dear one, our personal genocide **which comes from the genetics of the body** that tells us that we come from a birth (from some unknown place/somewhere) and live to death to go to some imaginary place (that we once again have no cognitive proof of other than a Priest or Bible historian) was instilled in the psyche of the masses through fear, which is what truly kills our life long before we physically leave our bodies. This is where we miss the whole experience of living as we keep reducing this life to the limits of our genetic origins. We are more than flesh and bones. We live in the flesh but are not of the flesh. Our lifetime is more than the journey from babyhood to old age. We are the meaning of the journey itself to Love.

Our personal genocide (the deliberate killing of large groups of people) is to live as if the only thing that matters is what our genetics have to offer. Whenever we make a choice to be indifferent to compassion or when we separate ourselves due to race or any kind of personal prejudice, we enact our minds through emotionality to live in the process of birth to death, and hence miss the meaning of everything that is important.

So the question is; to whom or what did you leave your life up to? Did you think that your life would just run on its own? Did you pattern your life after someone else or did you live

in contrast to someone else thinking that you could and would do it better? Most of us just left our life to our genetics and DNA.

I recently asked one of my students in session what she left her life up to. She replied, "Hope, I guess." Most of us never question all of this and if we do, we typically hope it all works out-somehow. But in the end we find the ol' proverb very true; "The apple does not fall far from the tree." How sad.

I do not want to suggest that you live as a "rebel without a cause." I would suggest that you begin to consider your path in this lifetime and question what the hell you are doing in this world and to what you have left your life up to. This question is something that is considered by most a "...waste of time," and hence gets little or no attention. But I feel it is very important.

I guess all of this depends upon the idea of what you might define as "...a life." What kind of lifetime are you having? Do you look into the world to find your purpose in your own life? Or do you go further than the pedestrian mentality and begin to realize that the medium of your life is the message of your living. The message of your living comes from either the genetics (genocide) of the body or the spirit of the Soul. We are the ones that choose.

I would suggest to you not to kill the life for the sake of the body. Just a suggestion, ya know.

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

Metta to you,

Swami Chaitanya Siraj

(Gregory Penn)

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