
KARMA

(What goes up, must come down....including you)

– **B.K. David**, Paignton, England

God's hand might be invisible to everyone on the planet but it can be felt in your heart if your heart is pure enough and tuned into spirituality and you make the right kind of effort at the right time. You need a very open, full and broad heart if you wish God to take your hand and go with you for a walk, hand-in-hand.

We live in a poor world wherein people wish to become richer on the outside at the expense of richness inside

A lot of people make the wrong effort in life and seldom the right effort, and so, of course, create a life of wrong-doing with little righteousness in it. It is with little wonder that with one prominent negative force so evident in their lives and the one force and quality almost void, you can see why people walk around in life confused and feeling dejected. And yet, many in life are too busy looking around searching for happiness, thinking that they will find it somewhere somehow. This search they subconsciously feel

will replace the comfort and importance to be found only in God and in taking His hand. God likes stable and caring hands that are both gentle and giving.

Man is very much the head and in charge of all religions that have become miserly in thought and action. More importance is now placed on pomp, splendour and ceremony than on giving to the poor and trying to forge a link with God and become a better, richer person on the inside. Religion seems to have fallen into the worldly trap of wanting to become a richer person on the outside at the expense of the quality, potential and richness of the person on the inside.

True Religion teaches us to Grow and become Generous

Religion and spirituality are all about growing and becoming better, more generous, with expanding, ever increasing hearts. Each day our religion should give us the nourishment and sustenance to grow greater and greater hearts that can give peace and happiness to anyone

and everyone that we meet any time of day and on any day. We are all guilty of being able to give love to those that are near and dear to us, yet this is not true spirituality or the essence of all religions which want us to give equally to all those who are God's children and without exclusion. God has no favourites as He sees everyone as His child. The differences that come about in life we create ourselves in our recognition of Him and our efforts to meet Him and in becoming a better person to do His work. God does not create favourites in life though through nature, we 'can become' a favourite in His eyes due to our love and efforts. **In nature, some trees grow taller and have more beauty due to their innate power and desire to grow. Some flowers have more fragrance than others as this is their nature but unlike a flower, you can now change for the better and increase your divine nature.**

Most people have a 'traffic light' heart that changes every minute of the day: one minute they are loving and happy whilst talking with someone they like, and the next minute they are sulking, no longer giving and loving, warm and friendly as someone they do not really like dictates they must talk and interact with them. Their giving

open hands of the minute before, have now become clenched and far removed from the giving and loving person of ‘just before’ a moment.

What does God expect from us?

God wants us to grow as tall as He is and this requires much spiritual growth food and much forgiving and maturity to everyone. After all, is it not easy to be able to give to one’s friends? It is to our enemies that we must give the most and which requires great effort.

God wants us to make great effort each day and not mere effort. Basic, moody effort and giving is commonplace which anyone can do. The quality of giving lies in giving to those you do not want to give to or you know they do not deserve it. There is no real quality in being able to give to friends or to whom you want when you want. God would call that the effort of the ‘baby and the rattle’ where he can pick it up and put it down whenever he feels tired and irritable. That is the effort based on ease, comfort and mood.

God wishes us to be giants that walk round with giant hearts—constant and not like the English weather that can change each day, each hour or each minute. To have a constant heart requires one to

have the awareness that we all have the same blood, the same roots and Father and that now some of His children have become poor and that it is your job to enrich and make them wealthy and prosperous once again. A giant’s heart is always on the traffic light green of ‘Go’ and should never change to the red of ‘Stop’. Many people think they are very big and important in life yet how can they be big when they have such a small-heart that struggles to give?

Giving Heart is a Giant’s Heart

A giant’s heart is so big that it can love everyone. A giant’s heart has such a powerful heartbeat that cannot help but want so to give. A giant’s heartbeat becomes so strong because he knows he must start by loving himself, his spiritual self, which gives him his power. A giant becomes so tall and loving because he loves truth, and **to love truth is to love God**. Giants love truth and the knowledge that surrounds and answers the mysteries of creation. This knowledge and self-awareness are the foundation of self-love and world love and which enable a giant to become even more of a giant each day. There is no law saying how big you spiritually can grow and how loving and peaceful you

can become.

Shun Selfishness, Enhance your Value

Without real love in one’s life, one cannot have anything of value; the essence and meaning of life is lacking. To give love is to have value and to be worthy of receiving love, one must have earned and deserved it; so again, you must have real value inside of you. Yet it appears many walk about and develop the habit of having no value in their lives. Selfishness is the cause which slowly decreases a person’s value to themselves, to those around them and within the world generally. Selfishness is the root cause of many problems in people’s lives. By sharing with others, not only will their sweetness increase, but their happiness, self-worth, inner and outer strength, popularity and understanding of life will also get a boost.

What’s the Price of Materialism?

Materialism may look inviting from the outside but it does come with a very high price tag which everyone who gets seduced by it and takes it home will have to pay dearly for. The shop price is cheap compared to the mental price one has to pay later. We have to pay when we walk into the cinema, when we leave the supermarket and petrol station,

and there is a price to pay in the same way when we chase after materialism. You need not even buy anything as even the chase comes with a hefty price. And the excuse that the sword of desire poked you in the back and made you do, it does not hold water.

There will be many sharks waiting underneath this plank as materialism is one of their favourite meals. Many will fall off this plank as materialism makes you very heavy and will send you into an uncontrollable spin. If unlucky, this spin can last a lifetime and where you get to at the end of all this, spinning will be nowhere.

***Karma* delivers Chocolates and Flowers**

Karma can be the best thing in the world or the worst thing; all according to what sort of *karma* is knocking at the door of your life waiting to step inside. *Karma* can bring you chocolates and flowers or deliver you stomach-ache, backache or a heart attack seemingly without reason or justice. One thing you can be sure of, and that is *karma* knocks at everyone's door every minute of the day and can walk in at any time, such is its authority. Karma can knock with love or menace and that will have

been decided by yourself in your past. If you've thought good thoughts and done good deeds and spoken with honesty in the past, it would be reasonable to expect karma to come and knock in love and be wearing the shoes of peace and have a very nice gift for you. The opposite also works when our past can be found to have been trod without wisdom, love, peace and without open and generous hearts to those we have met.

Our Lives are shaped by *Karma's* Permission

Your good *karma* makes you calmer, whilst your bad *karma* can cripple or make you ill. Should you doubt this invisible philosophy and its automatic workings of karma and its power and intelligence, you just need look about you at the endless people leading imperfect or near perfect lives. You are seeing not only people and their situations, but the unseen mind and hands of *karma* that shaped and allowed them to create such lives for themselves. It is by *karma's* permission that anything good or bad steps foot into our lives. It is through the Office of *Karma* that every reward is officially stamped and approved and sent out in the post recorded delivery for you to open. This is why at any given

time, life can make you smile or cry, break down or leap for joy as you open your delivered mail addressed to you from *karma*. Yet this parcel may also contain a bomb that takes your leg off or causes you a severe headache or breakdown due to its toxic gas inside that you filled the parcel with, in the past in ignorance and that you had forgotten about.

There are letters of love and parcels decorated with smiles or tied with a bow of barbed wire. There are never any mistakes in this office as it's the office of 'cause and effect' of the unseen nature of thoughts and actions. This office deals exclusively with both the black and white sides of your thoughts and actions and the goodness and badness contained within them and the consciousness they were performed in. *Karma* often waits and holds on to your mail and does not send it out immediately for reasons known only to it.

Love Truth, be Happy and at Peace with Yourself and Life

This is the secret world and workings of the law of *karma* which, if you can act upon it and turn it to your advantage each day, will be able to turn anything upside down in your life to the

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indulge the taste buds with too much of a certain taste, such as sweet, we may find that the ability of the mind to perceive the sweet taste is impaired; and thereby the body becomes challenged in its ability to process sweet foods. Maintaining the clarity of our senses is an essential part in allowing the mind and body to integrate their functions and help in keeping us healthy and happy individuals.

SOUL

Ayurveda believes that human beings are comprised of a certain energetic essence that precludes the inhabitancy of our physical entity. It is named as soul. In fact, Ayurveda considers that we may indeed occupy many physical bodies throughout the course of time but our underlying self or soul remains unchanged.

Ayurveda has its own beliefs and basic principles. These are the following:

Panch Mahabhuta (Five Elements) Theory

One of its most important basic principles is *Panch Mahabhutas* (Five elements). These five elements are Air (*Vayu*), Fire (*Agni*), Water (*Jala*), Earth (*Prithvi*) and Ether (*Akash*). *Ayurveda* considers that each human being is made up of these five

elements. But to be a live human being, soul (*Atma*'s) attachment as an escort is necessary. If soul is detached from these five elements, then the human becomes a mortal.

Tridosha Theory

Another most important Basic principle is *Tridosha* i.e. *Vata*, *Pitta* and *Kapha*. These are the three *doshas* which control all the physiological activities in the human beings. These are also formed by these five elements. These *Doshas* also are active only in living human beings. Rather we can say *doshas* are the basic element of human physiology. As soon as a human becomes mortal, these *doshas* also stop functioning.

Vata consists of *Vayu* and *Akash Mahabhutas*. All the movements viz. circulation of blood, nerve impulses, respiration, elimination of waste material etc. in the human beings are due to this *Mahabhuta*.

Pitta consists of *Agni* and *Jala Mahabhutas*. It controls the process of transformation of food into two parts as *Sara* (Nutrients) and *Kitta Bhaga* (faecal material) and the process of metabolism.

Kapha consists of *Jala* and *Prithvi Mahabhutas*. It is responsible for the strength, mucous formation, lubrication of

movable joints (synovial fluid) and protection of different organs, i.e., Lungs (Pleural fluid), Heart (Pericardial fluid), Central Nervous system (Cerebrospinal fluid) and many other viscerae in the body.

Shaman Treament

Each individual is a unique make of these three *doshas* and therefore, different treatment protocols that specifically address a person's health challenges are explained in *Ayurveda*. When any of the *doshas* (*Vata*, *Pitta* or *Kapha*) becomes aggravated, *Ayurveda* suggests specific lifestyle and nutritional guidelines to assist the individual in reducing that aggravated *dosha*. Certain herbal supplements are also prescribed to hurry up the healing process. This type of treatment is named as *Shaman* treatment.

Shodhan treatment or Panchkarma Theory

If toxins in the body are abundant, then a purification process known as *Pancha-karma* is recommended to eliminate these unwanted *doshas* (waste material and toxins). *Shodhan* Treatment (Purification therapy) is based upon five different *Karmas* (procedures). These are as following:

Vamana (Therapeutic