

## Universal Laws of Karma – Spiritual Healing Program

### Module 1

#### Human Laws versus Spiritual Karmic Laws

We are used to living according to the laws of the material world. Each person has a little bit of knowledge that is specific to a certain area. This includes knowledge to make a living, earn, survive, provide food, shelter and money for you and your family. To earn a living, you need specialized knowledge and training in a particular subject or category.

Whether you are a carpenter, factory worker, handy man, plumber, electrician, cook, business owner or homemaker, you have the knowledge to be effective in that particular area. You could have earned your knowledge and qualification in a professional field or academic institution. If you want to be a doctor, nurse, lawyer, engineer, judge, or be in any other area of expertise, you have to dedicate your time, energy and work hard to gain the knowledge and qualifications for that specific area of expertise.

To effectively live and function in a society, you have to follow the laws of the country. If you want to drive, you have to follow laws of the road and qualify for a licence. To be a law-abiding citizen of the country, you have to follow all the legal laws. To earn a living, you need knowledge or some kind of qualification in a certain area to find a job. So, to live and effectively function in this society, we follow the laws of survival and the material world.

In a similar way, for our soul to grow, it has to follow all the universal laws of karma. The goal is for us to achieve the highest level of spiritual consciousness. Our soul is a small spark of the universal light and our ultimate goal is to merge with the universal light. Over the course of human history, sages, prophets, mystics and enlightened masters have given us wisdom and esoteric knowledge to help our lost souls come back on the path of spiritual enlightenment.

All of us have worked hard to gain knowledge in a certain area of expertise to help us survive in the material world. In a similar way, we must put more effort to gain knowledge to help us progress in the spiritual world! Material prosperity gives you security, comfort and convenience. However, happiness, joy, blissfulness, and true inner satisfaction can only come from deep within you, your spirit! If we can learn and follow the universal laws of karma, than we can truly connect to the core of our being.

All of us have tiny drops of knowledge. If you can, visualize an entire ocean full of water. Now imagine a small bird flying just over the ocean, grabbing a small drop of water with its mouth and flying off. Does the mighty ocean become any less when it loses tiny drops water? Similarly, all humans have tiny drops of knowledge that help us to survive. Also, each person has different drops of knowledge. What one person has is different

from others. This way we can share our tiny drops of knowledge with others. It's also a reminder that the mighty ocean of knowledge is so huge that our tiny drop of knowledge in comparison is almost nothing.

So, it's important for us not to become arrogant with our tiny drop and stay humble. You may be a professional, PhD or a specialist in your field, but on a universal level, your knowledge is a tiny drop, and we still have a lot to learn. Also, there are many levels of knowledge and wisdom going from literal analytical to deeper spiritual knowledge.

In this program, our aim is to discuss and explain the universal laws of karma. We will also refer to the work of some healers, sages, doctors and PhDs to help explain this hidden esoteric dimension of karma. Hopefully this program can help the simple person, healers, seekers, mystics and spiritual coaches to help expand their knowledge of the spiritual dimension.

The universal laws of karma apply to all of us, what you sow so shall you reap. Every action produces an equal reaction. The word karma is a Sanskrit word, which means actions. So, karma is basically energy in action.

Karma takes place on four fundamental levels, physical, emotional, mental, and spiritual. The movements of the physical body are obvious, eating, sleeping, going to work, communicating with your family members, social interactions and so on. The movements of the physical body are based on your 5 senses.

Your emotional body can be divided up into positive and negative emotions. Some of the positive emotions can be love, joy, hope, patience, tolerance, humility & gratitude. Some of the negative emotions can be anger, fear, hate, jealousy, control, dependency, and so on.

Your mental body can be divided up into several components. You have your analytical mind, your ability to rationalize, your logic, your short-term and your long-term memory. The most prestigious part of your mental body, is your intellect.

Your senses are constantly feeding information to your mind. Your intellect decides which part of that information is useful and which part of it needs to be discarded. So it takes the useful information and it uses it as knowledge and discards the rest of it.

The deepest part of you, the core of your being is your spirit. This is the part of you that resonates at the highest frequency. Even though all of us have a spirit within us, for a lot of us it's dormant. It's only active for some people. The switch inside is turned off, the idea is to go within and turn the switch on! Once the switch goes on, everything goes from Darkness to light!

So essentially for the majority of us, karma is taking place within us on three levels - physical, emotional and mental. We are constantly going from one thought to another, from one emotion to another. We have essentially become a highway of thoughts and

emotions. The key to personal growth and spiritual enlightenment is to become conscious of our spirit, the core of our being!

Now all these four bodies physical, emotional, mental and spiritual are interdependent. They are all connected with each other and they all influence one another. For example, if your emotional body is negative, let's say you have a lot of anger inside of you, it will throw off your mental as well as your physical body. Negative emotions can also manifest as serious diseases.

If your mental body is not working properly, then it will affect your emotional and physical body as well. If your physical body has a health problem, an illness, then to a certain extent, it will affect you emotionally, as well as mentally. So all these four bodies, physical, emotional, mental, and spiritual are interconnected.

## **Module 2**

### **Various aspects of Karma**

Karma can also mean the choices or decisions that one makes through free will. Throughout our lifetime, we are engaged in a series of choices. We are tested in a wide variety of contexts. We make choices involving our family situations, our physical bodies, our career, relationships and so on. After a choice has been made, the results of that choice are apparent at various intervals. Many of the results will be witnessed in this lifetime; other outcomes will not be witnessed in this life. The laws of nature decide when and how you will witness the results of your actions.

Many of the decisions we make are complex. They are rarely simple cases of right and wrong or black and white, there is a lot of gray area. If all decisions were simple, we would all be enlightened and the law of karma would cease to exist. What should be the basis of your decision when you are unsure of which way to go? The critical factor is your intentions. No matter what decision you make, if your intentions are good, you are heading in the right direction.

All souls in this world must rectify and learn from the choices they have made. Certain souls are given the opportunity to make choices that affect a large number of people. A political leader often makes decisions that affect millions of people. As a result, his karma is connected with every member of the country. We can refer to this as National and International Karma. The same idea applies to parents making decisions for their children, doctors for their patients, teachers for their students, a sage for his disciples, and so on. Some souls come down with a special purpose. Perhaps they have traveled for a long time to achieve the wisdom to make the right choices.

Let us assume you are in a professional career, and you are making decisions that affect a large number of people. The individuals under your supervision will either prosper or suffer as a result of your actions. This situation is very common and often creates a dilemma. If you make an important decision for selfish reasons, your intentions are misleading you and everyone else. Examples of this can be power, greed, control or manipulation. That one decision will affect many other individuals, and it will be permanently recorded by existence. On the other hand, if a decision is made with good intentions, even if there are more obstacles, your soul will immediately grow as a result of helping others.

Individuals often seek psychiatric treatment because of the guilt they feel. It comes from decisions they made earlier in their lifetime. Guilt is a cancer of the soul; it can destroy your spiritual health. If you know that you acted with good intentions, you will be able to let go of your guilt. Your soul will remind you that you based your decision on the best interests of other individuals; therefore, you have done all you can. Most situations you encounter should be dealt with in a similar manner.

Now let's assume for a moment that there is an individual that has a very powerful emotion within them, and this emotion is anger, a very negative powerful emotion! What would happen to this person?

When this person goes to work for 8 to 10 hours a day, this emotion anger will be very dominant. It will affect this person's performance at work. When this person is communicating with colleagues at work, it'll affect them. It will affect the person's energy and health.

When this person comes home and starts interacting with their partner, with their children, with their parents, anger will be there. So this negative energy will cause friction between this person and everyone around them. You could be walking around with a nice smile on your face, but within you there is a very powerful negative energy that you are sharing with others.

So this emotion anger is a very, very powerful emotion and it will affect this person on all levels, physical, emotional, mental, and spiritual. A big part of your spiritual growth depends on not building any negative karma with those around you. This includes all the people that you interact with, your family members, colleagues from work, social and all other interactions. Not only do you want to avoid building negative karma, you want to finish your karma consciously with those around you.

Now let's assume a person has a very positive emotion that's within them. This emotion is unconditional love. No matter where this person goes, there is so much love coming out. At work for so many hours a day, with their family members, their friends, social interactions and so on. From a karmic perspective, not only is this person creating positive karmic energy, but is actually finishing old karmic relationships in a conscious way. This person will experience tremendous spiritual growth.

If your actions are motivated by negative emotions like anger, fear, sadness, jealousy or control, chances are very high that you will be building negative karma with those around you. On the other hand, if your actions are motivated by positive emotions and qualities like love, joy, compassion, humility, compassion and forgiveness, you will avoid building negative karma, and you will consciously finish your karmic debt with those around you!

The principles of karma do not apply to only one lifetime. It is an eternal system of debits and credits, an invisible bank account with multiple transactions. Let us now consider the eternal cycle of karma. What is predestination? What is free will? How do they relate to karma? All the circumstances that you encounter in this lifetime as a result of choices from past lives are predestined. All the choices you make in this lifetime from the time you are born are products of your free will. It is important for us to realize that both free will and predestination play a key role in the growth of our soul, and we must be open to both aspects.

The law of karma teaches us to accept the outcomes of our past actions. Our physical body, our parents, brothers, sisters, certain relationships, country of birth and family environment are all predestined. After we are born, how we decide to handle our physical body, our parents, our family and relationships totally depends on our free will.

The Vedas, which are the oldest Indian scriptures on the planet as well as other prominent scriptures shed light on this fundamental area. Vedic literature states that the soul is the spiritual element of the human that never dies. The soul is eternal. The soul lives in the body for a certain number of years and goes through a series of transformations. When the body is worn out, the soul departs and, after a short time, re-enters a mother's womb and assumes another body.

Dr. Michael Newton (PH. D.) is a very prominent psychotherapist who has provided very valuable knowledge of what we experience in our past lives. He has mastered techniques that give access to esoteric knowledge. By using "regression therapy", not only could he access what a person's soul experiences in past lives, but just as important what a person is experiencing between their physical lives or incarnations. He refers to this period as "Life Between Lives". This is a superconscious state when we are in the spirit world.

This is where we are interacting with other elevated beings like ascended masters, guardian angels, spiritual counsellors and sometimes previous family members and friends. In this state of consciousness, we are aware of what lessons we need to learn, the level of our souls (young, intermediate or old), all of our past lives, and more importantly the people and lessons that we are choosing for our next life or incarnation on this planet. Dr. Newton has written ground breaking books that shed light on this esoteric dimension. Some of his popular books include "Journey of Souls, Destiny of Souls & Wisdom of Souls. Quite often when individuals are suffering from a serious illness and allopathic medicine doesn't work, regression therapy can heal the individual.

Very talented individuals have done ground breaking work in the area of past life regression therapy and near-death experiences. Some of these individuals include Dolores Canon, Michael Newton, Brian Wise and Raymond Moody. There is a shift of consciousness taking place currently and different individuals in their own unique way are sharing their wisdom to help increase the spiritual level of consciousness!

The decisions or choices we make in the spirit world revolve around our karmic bonds that we have created with individuals from our previous human incarnations. So when we are choosing our body, parents, brothers, sisters, colleagues, country of birth and all the people we will be coming into contact with, we are specifically choosing a customized spiritual plan with the help of higher spiritual beings. We are optimistic that the chosen lessons and mission that we choose for ourselves, we will be successful in achieving it!

When our soul enters the womb of our chosen mother, we are aware of our spiritual purpose. However, after we are born, a curtain is put over our mind so we will not remember any of our past lives or spiritual purpose. Quite often, the question comes up, why can't we remember? Why has the Divine put a curtain over our memory? This sounds unfair or even harsh?

## **Module 3**

### **The Internal Battle**

Within us there is a constant battle taking place. This battle is between four powerful forces. These are your four major dimensions, physical, emotional, mental and spiritual. Imagine a square with a small dot inside of it. Now this dot is your consciousness. On the top left is your physical body, top right, emotional body, bottom left mental body and bottom right the deepest part of you, your soul. The great majority of times your consciousness is pulled towards physical, emotional and mental bodies. Very rarely does it go toward your soul!

The secret to becoming aware of your original spiritual purpose, the one you chose with the help of the ascended masters before you were born, is to move your consciousness towards your spirit (or soul). The only way to achieve this is to go within and become aware of the deepest part of you, the core of your being. You have to detach and create a little bit of distance from your physical, emotional and mental counterparts. If you can achieve this ultimate goal, than you will become aware of your purpose and the curtain in your mind will open up within you.

Between our physical eyes, in the center of our forehead, there is a third eye. The third eye is invisible to normal eyesight. It contains a blueprint, in minute detail, of each action of our present life and all our previous lives. The ancient sages of the East engaged in lengthy sessions of meditation. They could meditate for many hours without a break.

They mastered the techniques of meditation to such an extent that they were able to approach the blueprint at will. They were able to read the blueprint page by page.

Each element in the universe revolves around a certain set of laws. The body has a set of laws. If you eat too much, you become sick. If you sleep too much, you become lazy. If you don't exercise, your body starts to deteriorate. The soul also revolves around the laws of the spiritual world. It has to follow all the evolutionary stages, starting from life in the sea. The soul has a responsibility to keep a balance between the world of spirit and the world of matter.

Before a soul enters the womb of a mother, it chooses one mother and one father. Before the soul comes down, there are millions of potential mothers. Why does it choose that one particular mother? One of the main reasons is karma. A special bond was created between the mother and the child through a choice that was made in the past. The soul waits in the spirit world for the mother to be able to conceive. The link between the mother and the child continues for many lifetimes.

It is mentioned in the holy Gita (an ancient sacred scripture) that a mystic only chooses birth in the family of a mystic. The holy Gita teaches us that there has to be great compatibility between the soul that is taking birth and the parents who are giving birth. A mystic is a spiritually elevated soul whose karma is based on good or positive decisions. A soul with such an impressive record will only choose parents who also have spiritual qualities.

Family trees continue from one generation to another. It is possible for a grandfather to come back as a son. A family is a very special unit chosen by existence. Do not take the presence of your family members for granted. Your grandmother, your grandfather, father, mother, brothers, and sisters have been with you more times than you can imagine. Love them, help them, learn from them, and respect them. Build positive karma with them. You will need their help not only in this world but also in the spiritual world and other worlds.

Those who have had a near-death experience claim that when they are going towards the spiritual world, a deceased family member comes to receive them. They are absolutely correct. When we are in the spirit world, we have multi-sensory perception. We are aware of all our past lives. Family relationships continue in the spirit world. You should learn not to build any negative karma, especially with your loved ones. Jealousy, hate, tyranny, manipulation, and emotional abuse are all tools of negative karma. If one was to pass away after inflicting pain on his family members, he carries that burden of pain and guilt into the next world. He is then given another chance to return to this world and make things right.

According to the Gita, journeying between this world and the spiritual world is an ongoing process. Arjun, a disciple of Lord Krishna poses a very important question to the master. He asks the master if he had any past lives. Krishna explains to his disciple that he has evolved through many lives, but he was not aware of them. The concept of past lives was

mentioned over 5000 years ago. Today, many individuals are coming forward with experiences of life after death, near-death experiences, and experiences relating to reincarnation. All these concepts are linked to the law of karma.

## **Module 4**

### **Life Review Process**

Individuals who have had a near-death experience claim that there is one moment in particular that is very vivid. In an instant, every event that took place during their lifetime flashes before them. Good actions bring happiness and bad actions cause pain. All the events that we witness are the actions that were recorded in our personal blueprint, the diary of our daily lives. Clean up your diary and get rid of the blots on it. Start taking proper care of your soul by creating positive karma. Life after death and reincarnation have been assured in many Holy Scriptures. The more open you can be to esoteric concepts, the better your chances will be for spiritual growth.

Dr. Raymond Moody has done incredible work in the area of life after death. He has interviewed thousands of individuals who have had near death experiences. These include doctors, surgeons and other prominent individuals. He was the one who coined the term “NDE – Near Death Experiences”.

According to Dr. Moody, there are several common experiences that everyone who had a near death experience reported. Firstly, they were floating outside on top of their body. Next was the experience of travelling through a tunnel. Then they were greeted by a previously departed family member or friend. The next experience was very important. Each and every experience this person had in their physical lifetime was replayed like they were watching a movie screen. If this person had acted in a negative or harmful way toward others, they felt immense pain and disappointment. If they acted in a positive loving way, they felt immense joy.

It's not god or the divine that punishes us for misusing our freewill and harming others. We ourselves will feel the pain that we gave to others and will be extremely disappointed with ourselves. We will be in shock and disbelief that we, ourselves actually created these negative karmic actions. It is here that we come to the realization that we create pain and sufferings with our own karma and freewill. We get the realization that God is unconditional love and compassion. So all the pain, sufferings and difficulties we see on this planet has been created by our own misuse of freewill.

When you decided to take birth, you came with a very large agenda to fulfill. In one lifetime, an individual endures much adversity, suffering, and pain. Ask an old man about all the events that took place during his lifetime and he will tell you volumes. Life will

make all kinds of demands on you. It will ask for your money, services, love, happiness, health, and reputation.

So, you may be asking, how does all this benefit my soul? The answer is simple: it is not possible to attain spiritual union with the essence until all your karmic debts are paid off. So be wise and pay off as much as you can. There are many areas to consider in order for you to end the cycle of karma.

We are all individual souls on a journey towards the unknown. We don't own anyone or anything. Everything in this world is temporary. Even your physical body has been lent to you for a higher purpose. Every time you make a decision, make it consciously. Get into the habit of pausing a few seconds before making a decision. All decisions made out of anger, hate, and jealousy will hinder your progress. All decisions made out of love and awareness will enhance the quality of your soul.

During the course of the day, we are forced to make many decisions: decisions at work, decisions with our family members, decisions while driving, etc. In order to make you more conscious of the decisions you make on a daily basis, use the following technique. First you must always listen to your heart; that is where God resides. Any decision that does not involve another person, you can make immediately, as long as it does not harm your body, mind or soul. Any decision involving another person should be postponed for twenty-four hours if you feel at all unsure. After twenty-four hours, your decision will be made more calmly and consciously. Get into the habit of reminding yourself that your actions are interconnected with others around you.

## **Module 5**

### **Choosing Your Life Lessons**

Before you are born, when your soul is in the spirit world, it gets a chance to decide what kind of a physical body it wants, the condition of the body, the health of the body, strong features, weak features. The way that you choose the features of your physical body as well as your potential relationships will be based on your past karmic actions. There are certain lessons that we have to learn in our life. We choose certain life events for ourselves to help us to learn, grow and ultimately increase our level of spiritual consciousness.

Dolores Canon who was a pioneer of past life therapy has done incredible work in the area of spiritual growth, past lives and reincarnation. She has mentioned in her teachings that there were certain souls who were waiting to take birth in a handicapped body. So, a logical person might ask the question, "Why would anyone choose a handicapped body"?

When you are in the spirit world, your understanding and consciousness is on a very high and deep level. We are aware of the essence, karmic and spiritual laws. In this

super conscious state, we are making intelligent and wise decisions. If we are choosing a handicapped body, we are definitely doing it for a higher purpose.

The handicapped physical body can be chosen for multiple reasons. The body can serve as a vehicle of enlightenment. It can act as a gauge to remind you to stay within your life purpose. It can keep you humble and stop you from misusing your free will which you may have done in a past life. The difficulty and suffering that you experience through your body can help you to purify your karma and increase your spiritual consciousness. The handicapped person can be an inspiration to family members and friends. It's also possible that this person wants to help find a cure for the world and signed up for their body to be a test subject.

Dolores Canon has also mentioned how many times we get it wrong after we are physically born on this planet. In the spirit world we have a deep level of awareness when we are picking and choosing our lessons and physical life. Right before we are born, there is a curtain on our memory and we forget about our spiritual aspect. If we live our life according to the desires of our mind and negative emotions, we don't achieve the spiritual purpose that we had chosen before our birth. If desires and negative emotions like anger, greed, jealousy, power, manipulation and control dominate your karmic actions, you can never achieve what you and the Universe had chosen before your birth.

When you go back to the spirit world and assess what you did in your previous life, quite often you become very disappointed because you didn't achieve what you were supposed to. At this point when you are choosing your next life, it gets harder each time. The lessons you choose for yourself become harder and you are stricter with the choices you make. The type of body you choose, family, friends and circumstances will be more challenging than those in your previous lives. These will be chosen by yourself with the help of guardian angels and the universe.

## **Module 6**

### **Difference between Fate Related Suffering and Free Will Suffering**

Before we are born, we choose the condition of our physical body, our parents, relationships, country of birth, the type of society/people, worldly situation and so on. We choose rich or poor families, difficult and painful scenarios and life situations. These choices are based on the lessons and amount of growth we need to experience. We ourselves with the help of ascended masters are choosing this when we are in the spiritual dimension through our own wisdom.

It's quite possible a person can choose a terminal or chronic illness as a vehicle of spiritual growth. They can also decide how long they want to live for, 6 months, 10 years, 50 or 100 years. They can choose to be born in a poor family, poor country, and an unforgiving

society where there is nothing but struggle. From a human and emotional point of view, this may sound very harsh. However, simple human perspective and universal spiritual laws are two totally different perspectives. There are many scriptures that mention God's attributes to be Mercy, Unconditional Love, Justice, All Knowing and so on. God and the universe are definitely all these wonderful attributes and more!

So why all this suffering, difficulty, pain, horrible and evil acts taking place on this planet? First and foremost, all the difficulty and suffering has been created by our own free will. When we make negative karmic choices with our freewill, all the suffering we see around us is the result. However, if we see this from a larger spiritual perspective, suffering and struggles help us to learn, grow and increase our spiritual consciousness. The divine allows us to make choices with our free will, whether they are right or wrong.

If we misuse our freewill and make unconscious choices, we will get more opportunities to correct them. This is how we learn and grow. The greatest gift that God has given to mankind is their free will and the freedom of choice that comes with it. The universe gives you knowledge and guidance to make the right choices. However, the Divine does not interfere when we make those Karmic choices. If the Divine was to interfere when we are making the karmic choices (good or bad), than we can never learn and grow. The ultimate wish of the universe is for us the make conscious positive karmic choices through which we can come closer to our creator.

So at the time of birth, whatever conditions we are born with, our physical and mental health, poverty, the city, country, family members, social and political conditions, these are all predestined and were in fact chosen by our own spirit. However, after we are born, how we decide to handle our physical and mental body, relationships, conscious and unconscious karmic choices totally depends on our freewill.

You can be born with a healthy body and yet with your negative karmic choices (freewill) destroy your health. Examples of this can be excessive smoking, drinking, drugs and negative social life. Eating junk food, not exercising, taking a very lazy approach to life are examples of misusing your freewill.

Today, cardio vascular diseases (CVD'S), heart attacks, obesity, diabetes (especially type 2), high cholesterol levels are on the rise. These are all examples of us misusing our freewill. These are not fate related or predestined. You could be meant to live 80 years but die at 50, because of wrong karmic choices when it comes to diet, health & wellness. You could be drinking and driving and God forbid get into an accident and die. This cannot be blamed on fate; this is misuse of freewill.

On the other hand, there are more individuals taking a proactive holistic approach to a more balanced and healthier lifestyle. Knowledge and Interest in nutrition, exercise, relaxation therapy and meditation are on the rise. Individuals are focusing on all the various aspects of a person, body mind and spirit. These are examples of us using our free will consciously.

The greatest gift that the Universe has given to mankind is their freewill. However, there comes a great responsibility with that gift. We choose how we use our freewill, the Divine doesn't interfere with that. We can use our free will consciously by making positive choices which take us towards personal and spiritual growth. On the other hand, we can use it in a way that takes us away from spiritual growth.

## **Module 7**

### **Human Body Is a Gift**

When we compare all the living beings on this planet, human beings are at a very high level of evolution. According to the wisdom of the Vedas, there are 8.4 million different varieties/stages of unique life forms. Before coming to the human stage, we evolve through millions of forms before finally getting a chance to come as a human. Our journey first starts from life in the sea which science has also confirmed. The soul evolves through various forms of bacteria, inanimate objects, plant life, animals and then finally earns the opportunity and blessings of a human body. The ultimate goal is to use our human free will to go back towards the universal light, our creator.

You cannot achieve this goal when you are in an animal body. Of course, animals also have free will and intelligence, but it is limited. Today scientists who have studied the animal kingdom have proven how intelligent they are. The strength and extraordinary abilities of an ant, the importance of bees for humans and the environment, the maternal instincts of a spider, therapy dogs and cats who sacrifice their lives for humans. There are many more examples of animals having a high level of intelligence.

Having taken that into consideration, human potential and intelligence however is on a totally different level. If you look at the wisdom in the Holy Scriptures, these include the Vedas, Bible and Quran, they all mention the human body as a higher form of creation compared to plants, animals and other forms. After evolving for millions of years through multiple life forms, we are finally getting a human body. Human beings have the greatest spiritual potential in comparison to other beings.

Michael Newton and Dolores Canon have actually regressed some individuals when they were able to access past lives as animals and other alien life forms. Some were even in the stage of bacteria flying in space. Regression therapy proves and goes hand in hand with the wisdom from the Vedas and other scriptures that teach us about plant and animal life forms before human stages.

It's very important for us to realize that we have traveled far and long to finally get a human body. This human body through proper use of freewill and intelligence can make significant progress towards spiritual growth and enlightenment. A human being can move forward in their spiritual journey or they can move backwards and go back to the

animal stage, this completely depends on how we use our freewill. Again, god gives us the knowledge and wisdom to use our freewill consciously with the hope we use it properly, but doesn't interfere when we actually make our karmic choices.

It's like a student getting ready to write their exams. If they gained proper knowledge, studied and worked hard, then they will be able to pass their examination and then reap the rewards. Their teachers will not give them free answers under any circumstances. Similarly, the divine does the same. The curtain on our memory which stops us from being aware of our past lives is a spiritual paradox. Your physical mind or brain cannot remember anything from the spirit world or past lives. Your spirit however can remember everything. The key for you to become aware of your spiritual purpose is for you to shift your consciousness from physical to spiritual.

## **Module 8**

### **Why Can't We Remember Our Past Lives?**

The way the divine has created us, by careful design, we are not supposed remember our past when we are born so we can completely focus on this life. The majority of us don't have the ability or inner constitution to effectively be able to live and operate in this lifetime and at the same time remember our past lives. Your emotional and mental body would constantly be taking you into your past life experiences, and this can significantly disrupt and withdraw you from your present life. On the other hand, the spiritual dilemma is that if you don't remember your past lives, your mind doesn't have a reason to believe that past lives actually exist.

The reason the divine has created this spiritual dilemma of not remembering your past lives and yet very much existing and being a reality for your soul is because it has everything to do with our level of consciousness. When you achieve a certain amount of spiritual maturity and you are ready to understand or experience the concept of spirituality or past lives, the universe will send it to you. The universe has many ways of sending you wisdom, but only at the right time and when you are ready. We are fortunate to be living in a time and age where we can talk about spirituality, past lives, reincarnation, meditation and evolution of the soul. In the past, religions, society, dictators, and those who were in power would not allow this to happen. Now you have bestselling authors, courses, spiritual groups, books, videos, the internet and many other avenues that are promoting spirituality!

It's also very important for us to understand that within our human form, there are many levels of consciousness going from basic to higher levels. There are lots of young souls, less intermediate souls and very few older souls. The soul that is in the animal body will also eventually get a chance to come in a human body. Every soul has to follow the evolutionary stages starting from life in the sea and then finally reaching a human stage.

**The great Sufi poet Jalal al-Din Rumi in his famous writing the “Mathnawi” expresses his philosophy of evolution.**

“For several epochs I was flying about in space like atoms of dust without a will, after which I entered the inorganic realm of matter. Crossing over to the vegetable kingdom I lost memory of my struggle on the material plane. From there I stepped into the animal kingdom, forgetting all my life as a plant, feeling only an instinctive and unconscious urge towards the growth of plants and flowers...rising in the scale of animality, I became a man pulled up by the creative urge of the creator whom one knows. I continued advancing from realm to realm developing my reason and strengthening the organism. There was a ground for ever getting above the previous types of reason. Even my present rationality is not a culmination of mental evolution. This too has to be transcended, because it is still contaminated with self seeking, egoistic biological urges. A thousand other types of reason and consciousness shall emerge during the further course of my ascent; a wonder of wonders”

The following quotations and information are from the book “Coming Back – The Science of Reincarnation” by A.C. Bhaktivedanta

“The timeless Vedic scriptures of India confirm that the soul, according to its identification with material nature, takes one of 8,400,000 forms and, once embodied in a certain species of life, evolves automatically from lower to higher forms, ultimately attaining a human body.

Thus, all of the major western religions – Judaism, Christianity, and Islam have definite threads of reincarnation throughout the fabrics of their teachings even though the official custodians of dogma ignore or deny them.” (pg 4 & 5)

Many prominent figures in our history have expressed their belief in reincarnation. These include Benjamin Franklin who wrote “Finding myself to exist in the world, I believe I shall, in some shape or another always exist” (pg 6)

Former US president John Adams also clearly expressed his belief in reincarnation. Other prominent individuals that expressed their belief in reincarnation included Napoleon, Emerson, Whitman and Thoreau.

Henry Ford, the Automobile Entrepreneur said “Genius is experience. Some seem to think it is a gift or talent, but it is the fruit of long experience in many lives” (pg 9). Also, George S. Patton, a former US general believed he was present in many ancient battle fields, and this is where he acquired his military skills. Similarly, there are many prominent individuals in our history from many different countries who firmly believed in the concept of reincarnation.

## **Module 9**

### **Material success versus Spiritual success**

When we experience material prosperity, we tend to use the same approach to achieve spiritual success. Educating ourselves, setting high level goals, working hard, being competitive, being aggressive with our jobs and businesses. After developing a recipe for success, we repeat the same recipe for more money, prosperity and success. The more prosperity we experience, the more we get attached to the material world and the more we want. Material desires, success and prosperity quite often lead us towards greed, arrogance and material attachment.

On the other hand, if you want to be on the path of personal search, spiritual growth and enlightenment, you will have to take a humble, non-aggressive approach. We have multiple old egotistical patterns within us. These are aggressive, stubborn and arrogant patterns that we have developed over multiple lifetimes. The divine doesn't care how many accolades, degrees, big houses, expensive cars, millions or billions we have. These useless toys don't mean anything to the divine, they are only pleasing to our egos. The divine only wants us to be detached from the material world and cultivate unconditional love in our hearts. Deep unconditional love for the Divine and his creation is the ultimate form of love.

**"It's very simple to be happy, but it's very difficult to be simple." Rabindranath Tagore**

This simple statement speaks volumes! Simplicity is the key to enlightenment! We have forgotten how to be simple. Simple lifestyle choices, simple foods, simple language, simple house, simple car...You don't have to run away from the material world. Live in the material world but be detached from it at the same time. Fulfil your responsibilities as a child, a partner, a parent, a friend and as a worker. However, don't chase the material world, learn to control and detach from your desires. Whatever is meant to come to you will automatically come, don't chase it and become greedy.

Sages often refer to the example of the lotus living in the Lake. The top part of the lotus, the head, always floats and stays above the water. The bottom part, the stem goes all the way down into the deep part of the water. No matter how strong, deep or dirty the current of the water, it manages to keep itself alive and well by keeping its head above the water. Similarly, we need stay alive and detached from this world even when the material forces and desires try to overpower our consciousness.

Michael Newton mentions in his wonderful book "Journey of Souls"

"I believe almost three quarters of all souls who inhabit human bodies on earth today are still in the early stages of development. I know this is a grossly discouraging statement because it means most of our human population is operating at the lower end of their training. On the other hand, when I consider a world population beset by so much negative cross cultural misunderstanding and violence, I am not inclined to change my opinion about the high percentage of lower level souls on earth. However, I do think each century brings improvement of awareness in all humans.

He categorizes human souls in five different levels, levels 1 to 5. The great majority of the souls are at level 1 and 2 (young souls). Only 1 % of the souls are at level 5 (older more enlightened souls). Pg 123

He explains further...

"I have had many cases where a client has been incarnating for up to 30,000 years on earth and is still in the lower levels of 1 and 2...One of my clients has not been able to conquer envy for 850 years in numerous lives, but she did not have to much trouble overcoming bigotry by the end of the same period. Another has spent nearly 1700 years of and on seeking some sort of authoritative power over others. However, he has gained compassion." Pg 124

We can learn from the profound teachings and examples of Michael Newton and others. If our life decisions are based on negative emotions, thoughts and desires like greed, anger, control, money, manipulation and only material prosperity than we can never experience spiritual growth. On the other hand unconditional love, forgiveness, humility, charity, kindness, silence and compassion take you towards personal and spiritual growth.

## **Module 10**

### **Internal & External Karma**

Karma can be broken down into two major components, internal karma and external karma. Internal karma is the one that takes place within us. This is based on our physical, emotional, mental, and spiritual constitution. This is where positive emotions and thoughts create positive karmic energy and negative emotions and thoughts create negative karmic energy.

What is external karma? It's the karma that takes place outside and around you. So relationships with your partner, your family members and your colleagues. Family interactions, social interaction, community interactions and so on. Anyone and everyone that's around you in your life that you are constantly interacting with. Normally, when

you look at your internal and your external karma, there should be a balance between the two. However, quite often a person's energy goes towards external karma when in fact more energy should be used internally.

When you go to work, interact with family members, have social interactions, and get involved with worldly activities, all your energy is being used externally and it should actually be the other way around. You should use your energy internally first, go within and fix yourself up from inside out. If you have a problem with anger, fear, sadness, control and so on, go within and fix these issues first. Increase your vibration and energy to a higher level of Consciousness and then use this positive energy to interact with others externally. When you create positive vibrations from within you, you will experience a tremendous amount of spiritual growth!

If you do this, not only will you be increasing your level of consciousness, you'll be consciously finishing your karma with everyone around you instead of extending it. Positive emotions, thoughts and intentions like Love, empathy, compassion, forgiveness & humility create positive karmic energy that helps you to finish your karmic bonds with everyone around you. Negative energy created by anger, fear, control, jealousy & power extends and destroys your karmic relationships with others.

So first and foremost, what you have to do is go within and fix yourself. From within, fix your emotional body, fix your mental body and try to become conscious of the spirit. Then your interactions with everyone around you will automatically be more conscious and more positive.

How can we go within and work on ourselves?

All we need to do is look for a way to go within. If we can take out 15 to 30 minutes a day to sit in silence and go within, it can make a tremendous difference. You can use nature, deep breathing, visualizations and meditation as tools to go within. If you can go within and become aware of your inner consciousness, it will give you satisfaction beyond what you can possibly imagine. Learn to let go of your mind, let go of your thoughts and let go of your emotions. When you connect with your spirit, you connect with your creator. This is the highest level of pure unconditional love that you can possibly experience as a human.

Certain individuals who are in a professional career that involve making decisions for a large number of people have to be careful of the kinds of karmic decisions they make. These can include, politicians, judges, doctors, combat officers, scientists and teachers to name a few. From a karmic point of view, you are responsible for the wellbeing of a large number of people.

A good example would be a president of a country. The decisions that this one person makes affects millions of people. This person's karma is on a national and international level. On the day of judgement, this person will have to account for the lives and wellbeing

of millions of souls. Politics can be a tricky and sometimes dirty game. Sometimes politicians in the early stages when they are campaigning to be a future leader, whether it's to be a president, prime minister or other high ranking position make all kinds of promises. This person will be tested in many ways while they hold this high ranking stressful position. Quite often this same person's decisions, karmic choices, energy and aura changes from light to darkness. It's almost like this person is a totally different person after they came into power.

It is said that power corrupts and absolute power corrupts absolutely. If his critical and important decisions are motivated by negative emotions like power, greed, control, money authority and so on, he is building negative karma on a gigantic scale. There will be a time in the future when this person passes away where he will have to account for good and bad karmic choices and actions they made through the term of their office as a president.

On the other hand, if a person in a high-ranking position consciously makes decisions for the upliftment of others and the country, they will experience a high level of spiritual growth. To do this, your decisions have to be based on positive emotions, intentions and qualities like empathy, compassion, unconditional love, forgiveness and humility. How consciously a person makes their karmic choices largely depends on the level of the soul. An older more evolved soul is not interested in personal gains, wealth or status, they are simply motivated by uplifting others. Younger souls on the other hand can have selfish and personal interests motivated by greed and power.

Human beings are a combination of good and bad. There is a potential saint and a potential devil inside of us. At certain times and in certain situations positive qualities like love, compassion, forgiveness and humility will dominate. The paradox is that at certain times with the same person, anger, greed, control, and power can dominate this persons actions. When your life on this planet is over and you return to the spirit world, every single action, decision and karmic choices you made for millions of people will be replayed in minute detail. You will have a higher/spiritual level of awareness and you will judge yourself on your own actions. After this lifetime, you will decide whether you are worthy or not of another leadership/high level position in your future life/incarnation.

The type of karmic energy that you die with, you will be reborn with it in the next life. If you are living a life where the dominant emotion is anger and if in the final moments of your life you end up passing away with anger, chances are that you will be reborn with this negative emotion. Your mission in the next life will be to choose life lessons that help you to deal with and transform anger into positive energy.

## Module 11

### Forgiveness is Essential for Karmic Purification and Spiritual Growth

I have had the honour and pleasure of meeting many unique souls and personalities in my life. I have conducted many workshops, private gatherings and healings over many years. It's been my passion to discuss concepts that focus on spiritual growth and enlightenment. Quite often individuals come and share their personal stories and experiences. There is one experience that someone shared with me which I think can make a significant difference in our life. We can all learn from this and this real-life example illustrates how the Law of Karma works. I will of course keep her identity unanimous.

As we were having a conversation on Karma and spiritual growth, this lovely woman says to me, I want to share a personal story with you. She caught my attention and curiosity and I immediately said, "I would love to hear it"!

She starts off by saying, "What I'm about to tell you has to do with my parents. My parents have a very strange love hate relationship. Sometimes they are at peace with themselves and other times they got into serious arguments. Quite often, there would be conflicts, arguments and differences of opinions between them.

However, there is a big difference in the spiritual level between my parents. My mother is on a much higher level of consciousness. She meditates regularly, believes in karma and is much more open to personal and spiritual growth. My father on the other hand doesn't believe in anything. He is very rigid and mechanical in everything he does.

My mother has been practicing meditation her whole life. She is intuitive and quite often gets messages from the universe. One day when she was sitting in silence she got a very profound message... "You have been married to your husband for 8 lifetimes. You end your lives in conflict, so you are reborn in the next life with the same conflicts. This time forgive him completely before you die and your soul will be free."

This woman continued to tell me..." When my mother got this message, she knew it was true and really affected her deeply. She had to learn and practice how to forgive which was a very difficult task. It took years to consciously learn how to let go and truly forgive. My mother had to be the bigger person here and forgive because my dad was to arrogant to even hear about forgiveness let alone believe and practice it."

This situation applies to all of us in one way or another. Whether your relationship is with your partner, parents, siblings, family members, or a group of people. The older wiser soul will have to be the one to forgive and break the old pattern of unconscious karmic actions that keep bringing you back for lifetimes. The way to spiritual enlightenment is to consciously break your old negative karmic relationships by using the power of forgiveness and compassion.

Another example of the power of forgiveness comes from Dr. Norman Shealy (M.D. PhD.) He is the founder of the American Holistic Medicine Association and a world-renowned neurosurgeon. Dr. Shealy uses meditation, guided visualizations, relaxation therapy and many other holistic methods to heal his patients. He calls his techniques “Biogenics” and he has been able to heal thousands of patients suffering from all kinds of diseases.

Here is a remarkable true story of a woman who was suffering from breast cancer. In his wonderful book “Miracles Do Happen – A Physicians Experience With Alternative Medicine”, he recounts true stories of hundreds of ordinary people who have miraculously recovered from crippling and often terminal diseases through the use of alternative medicine.

Here is a quote from his book:

“A fifty-year-old Black woman I’ll call A.Z. arrived on April 30, 1974, with generalized back pain and massively widespread metastatic cancer of the breast. Her oncologist had told her family she had, at best, three months to live; I was not certain she’d last three weeks! She was so weak; she could not walk; she vomited most of her food. Her body was further weakened by extensive radiation therapy and chemotherapy, which had failed to slow her cancer....

On the seventh day of treatment, I performed with A.Z a guided exercise on forgiveness. She had been brought into the room on a stretcher, but after the experience she arose and walked out of the room free of pain...half the people in the room were in tears. Three months later A.Z.’s cancer was totally gone, never to return.”

A year and a half later Dr. Shealy saw A.Z. again, she was happy and healthy. A.Z. than told Dr. Shealy, “during that Forgiveness exercise you did on me, I suddenly realized how much I hate my family. I was determined not to let my family make me sick and made a strong decision to get well!”

## **Module 12**

### **Collective Karma**

When human free will is misused, the collective human vibration on this planet creates dark energy. When humans live according to the desires of negative thoughts and emotions, the universe strikes back with a vengeance. Negative qualities like greed,

power, control, dictatorship, manipulation and so on are causes of nature intervening in a very powerful way. Political and military power, dictatorship, countries fighting against other countries, destroying the planet and environment, pollution, abusing animals and other life forms are all seeds of negative karma.

The universe strikes back with powerful karmic reactions. Our planet gets hit with famine, natural disasters like hurricanes, tornadoes and tsunamis. Pandemics and quite often deadly diseases are nature's way of giving us a message that way we are living our lives are completely against gods will. We are too busy chasing the material world with our negative desires, and the main reason god created us, which is to come closer to our creator is being totally ignored. We are so lost with material prosperity, success, power and greed that there is no room in our life for our creator.

Human beings are strange creatures. If we can achieve a little bit of success with money, material wealth, businesses, we want a bit more. If we get more, what's wrong with a bit more? So this continues on and on. In the name of prosperity and success, we continue to chase the material world. How much material progress is enough? How much wealth do you really need for you and your family?

There is nothing wrong in working hard and providing for your family. You can get a house, but it doesn't have to be the biggest house. Get a car, but it doesn't have to be the most expensive car. Make simple lifestyle choices. The point is that if you use up all your time and energy chasing the material world and success, what are you doing for your spiritual progress?

You can only focus on your spirit if you take the time to detach from the material world. When you die, your house doesn't come with you. Neither does your money, estate, business, degrees or accolades. Your partner, kids, friends or family members don't go with you. The only thing that comes with you is your karmic actions that you performed during your lifetime. If you acted with conscious karmic actions, you will be happy. If not, you will be very sad. You come alone and you leave alone. So, during your lifetime, why not focus on this aloneness which is your ultimate reality! Why not live your life in a detached way, which helps you to grow spiritually. Spend more time developing your soul and your consciousness since this is the only part of you that is eternal.

The only way to become aware of your spirit is to go within. You must set aside a few minutes every day and become aware of the deepest part of you, your soul. This tiny spark that comes from the universal light is the core of your being. Make a greater effort to become conscious of this eternal part of you. If you become aware of your spirit, you become aware of your creator.

The only way to become aware of your spirit is to sit in silence and go within. Learn to sit quietly in the comfort of your house and go within. The simple practice of staying home, detaching from the material world and spending time with your soul can give you breakthrough results. If you have to, detach yourself from social and even family interactions, not completely, but for short periods of time to sit in silence and aloneness.

Remember, when it's time to go, your family members, social group, money or wealth, nothing is coming with you. Only your karmic actions and spiritual level of consciousness, which if you took the time to work on, will come with you!

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