

THE HIGHER POWER OF KARMA

The Higher Power of Karma brings results from actions based on the moral fabric of the universe. It is the force behind addiction, recovery, and spiritual growth. We use this power to transform ourselves and our world through intentional thoughts, words, and actions.

Prayer: I turn my will and my life over to the Higher Power of Karma. I vow to live in harmony with the moral laws of the universe and to use the power of Karma to support my spiritual and worldly growth.

Exercise: Limiting Beliefs Our beliefs about who we are have a great effect on our lives. In this exercise you will look at those beliefs and see how accurate they are.

1. Gather pen and paper and find a quiet place to sit. Begin by taking five minutes to sit quietly and still with your eyes closed. Breathe consciously and relax.
2. Now, reflect on the major decisions you made early in your life. Write a few of them down.
3. Ask yourself what was behind those decisions. Did you make decisions based on negative beliefs such as I can't do X so I'll settle for Y, or I'm no good at Z so I won't even try?
4. Write some of these beliefs down.
5. Ask yourself what early conditioning created that limiting belief. Was it based on empirical evidence or something else? Is there any evidence to the contrary?
6. Write down the contrary evidence.
7. Now, sit quietly with this information. Are there changes you might consider trying to make in your life if you realize that you've made decisions based on inaccurate beliefs about yourself?

Exercise: Karmic Responsibility Our moral choices in many ways set the direction of our lives. When we align ourselves with the moral fabric of the universe, we come into harmony with the Higher Power of Karma. In this exercise, you will work with the Five Precepts, the basic set of moral guidelines the Buddha laid out. They are common to almost all religions, although in Buddhism, rather than acting as commandments or strictures, they are seen as guidelines for living. You can do the exercise in one sitting or over a longer period, taking one precept at a time.

1. I take the training precept to refrain from taking the life of any living being.
2. I take the training precept to refrain from taking that which is not offered.
3. I take the training precept to refrain from sexual misconduct.
4. I take the training precept to refrain from false or harmful speech.
5. I take the training precept to refrain from the use of alcohol or drugs that lead to intoxication and heedlessness.

To "take" a precept, elaborate what it means for you and how you are willing to follow it. For instance, does the first precept mean you must be a vegetarian? What if there are rats in your house? Can you kill them? Once you have elaborated each precept for yourself, choose one precept to follow strictly for a certain period, such as a week or a month. See how making this commitment affects your mindfulness and your relations with others, as well as your feelings about yourself.

All text: Griffin, Kevin. A Burning Desire (pp 19, 27-28). Hay House. Kindle Edition. Copyright © 2010 by Kevin Griffin