

Karma II Aham Brahmasmi

If we define karma as *The Law of Cause and Effect* then it stands to reason that we create our own future. As a matter of fact yogis believe that we are the sole creator of our future and we need to take responsibility for that. In yoga there is a sanskrit phrase for this: **Aham Brahmasmi.** *Aham Brahmasmi* is such an empowering concept. You are the creator of your universe! You are the architect of your own destiny! What does this mean? It means that every thought, word or action done in the past has set up your future. Well, you might say that your parents were not loving parents and thus your world as a child was very unloving and you became bitter and started acting out to get attention. It wasn't your fault you started drinking at a young age to get away from it all. That is a real tough one and an example I can relate to. But here is the deal; if we used our 5% free will, no matter how our parents were living out the limitations of their own karma, if we still dared to love and show kindness to others, or maybe a stray dog that came around your house, then you set up your future to have love and kindness be at the forefront of your life. But if you let your parents' inability to love draw hate and bitterness into your life then your life will be rich in bitterness and sarcasm. **You cannot control your parents but you can control how you react to them and how you consciously choose to treat others. Goswami Kriyananda would say this is *karmic attitude*.** It is really tough when you are very young and you don't remember you have free will. But hopefully there was one living being that showed you kindness and love so that you remembered how to love. And as an adult we still make choices everyday by choosing to either live our current life as a victim or choosing to see the karmic patterns and learn to live life as *Aham Brahmasmi*.

Aham Brahmasmi means that we have a choice whether to create thoughts which eventually lead to actions, from a victim viewpoint or from a karmic viewpoint. For example: We came into this lifetime with parents, siblings and karma that were to project us into healing and softening our karma of this lifetime. Once you see that, you can start working to heal that karma. One of the biggest pieces of karma I came into this lifetime with is an addiction to alcohol. And there was no better way than to put myself smack dab into the middle of an entire family with alcohol addictions. For the first 40 years of my life, I saw this in the viewpoint of a victim. Constantly "how was I to become sober when my whole family drank." Or "I was neglected as a young adult and the only thing that calmed me was to reach out to alcohol and drugs." Then one day I woke up and made a choice to stop drinking. And eventually after studying yoga, I can now look at my addiction as karma. I can look at my incarnation into a family with alcohol addictions as the karma I needed to heal and move to a place of healing and free will. To a place where I am at today :)

Lets look at another scenario: Now, you might think "well I certainly did not cause that car to hit me". Let me tell you about a similar but different law of the universe called ***The Law of Attraction***. There is a book and a documentary out there called '*The Secret*'. It introduces The Law of Attraction as the great secret of the order of the universe. Under The Law of Attraction, the complete Universe is determined, including everything that comes into your life and everything that you experience. It does so through the magnetic power of your thoughts. The scientist have confirmed that every thought is made up of energy and has its own frequency. And when this frequency radiates out into the Universe, it interacts with the material world. And so as your thought radiates out, it attracts the energy and frequencies of like thoughts, like objects, and even like people, and draws those things back to you. ¹ And the Universe does not communicate in language so it does not know if this thought is something you want or do not want. So one day you think "I am going to get hit by a car if I don't start paying attention at this intersection." Or talking to someone, "you are going to get hit by a car if you don't stop horsing around." The Universe just reads the energy of the thoughts and words and they include a low frequency energy centered around getting hit by a car. And when this frequency of your thought form radiates out into the Universe, it draws that same energy back to you. And this means there is a great chance that a car accident is of very high probability in your future. Whether it is you or a close friend getting hit by a car. Wow! Then how should we think? How about "I need to be more mindful and alert as I walk across the street to be safe." Or speaking to your loved one, "I highly encourage you to pay attention before crossing the street so we can keep you safe." **Think thoughts of what you want to come into your life and they will come into your life.**

1 [The Secret](#) by Rhonda Byrne

This requires a whole new way of thinking!! Yes, but just think about the endless possibilities!!

Remember: Think about what you do want, not what you do not want. But you hear people all the time, worrying, thinking and saying what they don't want. I don't want you to be angry. I don't want to be unhappy. I don't want to be sick. I don't want to be poor. I don't want to lose my job. The list goes on and on. What about: I want you to be content. I want to be happy. I want to be healthy. I want to have all that I need. I like my job and wish to excel at it. Do you start to get the message? This reminds me of Kriyananda saying "people have some pretty constrictive karma and they work dang hard at getting it." If you think negatively, then negative things will line your path. If you think positive and inspirational things then your path will be lined with harmonious happenings. Om Shanti, shanti, shantih! Aham Brahmasmi!

I work at this all the time, and it does get easier and **more natural**. But it is a big shift in the thought process. Just recently I was writing a response to a student. This student wanted to leave half way through the class. At first I started to respond that I highly discourage leaving class early as it may leave them feeling unbalanced. Then I noticed the negativity in the response. I felt like I was preaching and I was setting them up to be unbalanced and fail. So I rephrased the response to "I highly encourage you to attend the entire class to get the full benefit of the yoga class." With that response I was felt that I was setting them up to find balance and stability in their practice.

How to bring *Aham Brahmasmi* into your lives:

- Become aware of your thoughts. What thoughts are you feeding internally to create your life externally? This is important!!
- Begin seeing limitations and challenges in your life as your karma to be softened and eliminated rather than experiences of a victim of bad luck. And then soften your attitude towards those challenges. "What can I do to soften my attitude about my proclivities and limitations?" Learn to balance. If a piece of karma is mars energy, bring in some venus energy.
- There is a natural harmonious flow to life. Notice when there is a resistance to this harmonious flow as karma to be softened. You may have to reflect a bit on the real issue. But once you see the karma, you can choose to change your attitude towards it. **Attitude is All!!!**

Karma is the simple idea that everything is caused and that each soul confines themselves to their actions of the past and to their thinking patterns. We can change those thought patterns anytime we want. That is why we are here in these bodies with our ego self in this lifetime. **To see our karma, and allow it to move us forward and upward. It is called spiritual evolution. We are not perfect or without karma or we would not be here. We came to earth to follow our desires and to soften our karma.**

The root cause of pain and suffering is karmic attitude. Attitude is all! So change your attitude! Change your thinking patterns and feed the thoughts that bring happiness, joy and Santosha into your lives. You are the creator of your lives, you really are. It is such a beautiful design!

**Aham Brahmasmi
Om Tat Sat Om**