

I M R E V A L L Y O N

Heavens & Hells of the Mind

Chapter 59
TIME AND ETERNITY:
ACTION AND DESTINY



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CHAPTER 59

Time and Eternity
Action and Destiny

Past, Present and Future

Time the Past is infinite. Time the Future is infinite. The Universe is formed, dissolved and re-formed in an endless succession. But Eternity Is.

*The Future is ours
to create, Now*

Time is Rhythm. There are rhythmic tides of ebb and flow in the material dimensions of the Universe; there are also psychic or subtler rhythms; and there are infinite Spiritual Tides of Eternity.

When the limitless numbers of self-conscious units in the vast Universe will function as One, in infinite complexity yet utter *simplicity*, this Creation will achieve Perfection for this MAHĀMANVANTARA (Great Age or measureless Cycle of Time), and the MAHĀPRALAYA (the Great Dissolution, or disappearance of the Universe) will begin.

Time past is infinite. Time future is infinite. The Universe comes and goes in an infinite series of successions, and so do You.

Memories fade away with the Cycles of Time.

Keep your attention focused in the Present, in the Here and Now. Don't get lost in past memories, wounds and pains, nor in future hopes, imaginings and fears.

It is *That* which is before you *Now*.

We are all shaped by our Past, defined by our Past, but the Future is ours to create, *Now*.

The Past has only as much influence upon you as you allow it to have.

Just sit *still* and *feel* the Silence, *Now*.

Accepting your condition is accepting how things are for you *Now*. In this *acceptance* there is Inner Freedom.

The Sense of Time 22

The Creation of the Universe 166

The Law of Cyclic Activity 248

Intelligent Use of Free Will 297

The Principle of Choice 1380

The Kingdom is at Hand 1453

Make every Moment positive. Every Moment you have a *choice* to be positive or negative. Choose to be positive.

Being simply in the Moment is not to seek for something else, but just to experience What Is. Not seeking to escape from It, nor dwelling in the Past, nor wishing for the Future, but simply experiencing *Now*, as it Is. The worldly-minded do not understand this Principle.

Victim-consciousness is completely unnecessary. You need not cling to past hurts or memories, for you have the power of Choice, moment by moment. Make yourself *free* from the Past, *Now*.

If you get *stuck* on the idea that you have been victimized by someone in the Past, that you have been hurt, that your life has been ruined, this evil thought-feeling will generate for you endless negative circumstances and experiences, *Now* and in your Future. Change your attitude to the Openness of Life.

People who live in the Past feel nostalgia for the good times they had, and guilt, shame or anger for the evil times. People who live in the Future are full of expectations for good things to come and full of fears and worries about what evil might befall them. Have Faith. Be fully in the *Present*.

Just Be in the Moment. Stay in the Moment. Flow with the Moment.

To live in the Present is to be without anxiety for the Future.

The world changes, so must you.

Live day by day in the Strength of the Lord.



*Make yourself free
from the Past, Now*

Why do people find it difficult to leave the Past behind? Why do they cling to it, hang onto it, clasp it tight? Why do they become so *attached* to past sufferings (real or imagined)?

It gives them a sense of *identity*, a label, a designation, a category, a means by which they can explain away all the misfortunes in their lives. They like to consider themselves “victims” or “survivors” so they do not have to *choose* in the Moment and be responsible for their lives.

Unless you let go of your past hurts, problems and mistakes (physical, emotional or mental), the door to your Future remains tightly shut.

Let Go of the Past 1241

Action (Karma)

*Karma is Corrective
Action by the Universe*

YOGA KARMASU KAUSĀLAM

Yoga is skill in action.

In the State of Oneness all actions are skilfully executed.

Correct actions spring from the State of Union.

First seek Union before acting.

YOGA: Union.

KARMASU: actions.

KAUSĀLAM: art or skill.



Universal Karma is the self-corrective experience of the Universe. Thus, all Laws are balanced out in the Cosmos.

Karma is a complex system of intersecting, interacting energies and forces administered by the Universal Mind and, within It, the hosts of Karmic Angels, the Agents of Karmic Law.

Karma is Corrective Action by the Universe.

For every act of destruction in your life there is an act of reconstruction. This is the Law of Karma or natural re-adjustment.

Karma, as Retributive Justice, operates not only on the Physical Plane, but on the Astral (emotional) Plane as well. On the Mental Plane, Karma is resolved by thought power.

Karma is multi-dimensional—physical, astral and mental—affecting the body, mind and emotions equally.

For every physical action there is a karma. For every feeling there is a karma. For every thought there is a karma.

Karma is both good and bad, pleasant and unpleasant. It is a totally impersonal Law.

While your Soul is in the state of embodiment, it is subject to Karma. Thus, while you live on the Physical, Astral and Mental Planes, you are subjected to the Law of Karma, and there are no exceptions for anybody.

Every event in your life is the result of your Karma, good or evil.

Your Karma did not begin with your present birth. You have inherited your Karma from past lives. If you do not learn the lessons of your Karma in this life, you will be forced to repeat them in another life.

*Your whole life is
a karmic process*

The source of the painful situations in your life is Karma on the level of your personality. The causes are inherently *within* yourself. This fact applies also to a family, a group of people, a race, a tribe, a nation and the whole planet. Think this through.

Karma is reactions in the Present to actions in the Past. And actions in the Present create reactions in the Future.

Every so-called accident, misfortune or disaster that happens to you, to your family, group or nation, or to the planet, can be traced back to some previous wrong actions, either in this lifetime or in other lives.

It is Man who creates the causes; Karma creates the effects.

Nothing can happen to you that is not allowed by your Karma, or the Karma of your family, group, nation or religion, or the World-Karma of Humanity.

Your whole life is a *karmic process*. Have faith in it. The circumstances in which you find yourself in your life are *karmic necessities*.

What you are experiencing in this lifetime is compulsory Karma, that portion of your total Karma which is apportioned for you to work out in this life-cycle.

The Wheels of Justice (Karma) turn slowly, but sometimes the effect is instantaneous.

*Types of Karma 243
The Wheel of the Law 247
Destiny and the Permanent Atoms 250*

NEMESIS

Greek: The Goddess of retribution, vengeance, punishment, Karma.

Suitable people are drawn together to become agents or adjusters of each other's Karma. It is never only one person's Karma, but the Karma of both.

Face your Karma with Wisdom. Turn it into a catalyst for Spiritual Unfoldment and Transformation.

If you can learn Wisdom, all pain, suffering and limitation caused by Karma is educative to your Consciousness.

What you experience is always appropriate to the Karma you are working through. Every experience will teach you a lesson. Be Awake to the Wisdom you are being taught by Karma.

Your *nemesis* is your own mind.

If you get *stuck* with guilt, remorse, fear, anger and sorrow for past events, this will create a further cycle of negative Karma for you.

Look upon difficult circumstances ("bad" Karma) as a great Blessing, as a chance to practise your Spiritual Path more intensely, as a chance for your Soul to take greater notice of your personality.

A "bad" karma in your life can be turned into a good karma if you learn the inner meaning of it all. All events can be instructive.

Handle your allowed Karma, no matter how hard it seems.

If you have placed yourself intelligently on the Path of Spiritual Evolution and the purposeful Spiritual Life, you will not be given insurmountable Karma, for Grace will be with you also.

Effort is rewarded with good Karma. To succeed, try again and again.

To lead a virtuous life you must train your mind to have an intense *Faith*. Even so, your past Karma will intervene, bringing you conflicts and troubles.

The price of behaviour is karmic backlash which is often out of all proportion to the original acts. This is due to the tendency for extreme reactions by the worldly consciousness.

Sometimes you have to bear unpleasant things necessitated by Karma (karmic necessities), but you do not have to be overcome by them.

The spider is not entangled in its own web. Do not become entangled in the web of your own Karma. Within yourself, remain *Free*.

*Action that is free from
attachment and ego is
Karma Yoga*

Understand the causes of your own sufferings (Karma, the endurance of it and the freedom from it) by embracing Universal Compassion for yourself and for all human beings on this planet.

We are all entangled in the Planetary Web of Karma in some way, and only by living the Way of Compassion can we save the planet.

Those karmas which have already been precipitated onto the Physical Plane have to be completed, no matter what. Endure them with Wisdom and Dignity.

Once you have set them into motion, your Inner God (ĀTMAN) has no power to stop your karmas.

The Third-Eye Centre is connected with the working out of your Karma. You can *modify* your Karma by mental direction and intention, but to *overcome* it you have to *transcend* to the Higher Planes.

In Super-Vision, or Higher Consciousness, you see the karmic patterns underlying everything, in the Past, Present and Future.

When the observing of all activities (Karma) by the Inner-Witness Consciousness has ceased, only the Self (ĀTMĀ) remains. That is, you alone *are*.

Action (Karma) is Duty (Dharma). You always have to act. Action that is free from attachment and ego, without seeking self-rewards or fruits therefrom, is KARMA YOGA.

*Success is Born of Action 256
Action and the Spiritual Warrior 994
Karma Yoga: Divine Union by Action 1132
Heart Action 1331*

*Karma is an impersonal
energy-balancing by
the Cosmos*

Perfect action (Karma) can only be done in God-Consciousness, where you no longer enjoy or suffer the fruits of your actions (Karma).

In God-Consciousness (BRAHMA-VIDYĀ) you do not work to satisfy some personal whim or desire, but your actions (Karma) are for the benefit of All.

A good deed (karma) erases a bad deed (karma). Therefore, be full of good deeds so that, on the Day of your Judgment in the afterlife, your good deeds shall speak louder for you.

The world remembers only your evil deeds, but Heaven remembers also all your good deeds. Therefore, rejoice in Perfect Justice (Karma).

Karma is an impersonal energy-balancing by the Cosmos.

Karma is the immutable Law of the Cosmic Nature to re-establish Cosmic Harmony (SATTVA).

Karma is payback time.

Karma is settling your accounts.



Karma and the Guṇas

All actions (Karma), and their after-effects or reactions, are done by the three qualities (GUṆAS) of Nature (PRĀKRṪĪ).

The GUṆAS (qualities, properties, types) of matter and energy are:

SATTVA: That which vibrates to harmony, rhythm, balance, goodness, Truth, Purity, Light. SATTVA is the force of *equilibrium*.

RAJAS: That which vibrates with great passion, force, activity, violence or discord. RAJAS is the force of *mobility*.

TAMAS: That which vibrates with inertia, ignorance, slowness, stupidity, darkness. TAMAS is the force of *passivity, steadiness*.

All actions (Karma) partake of these in different proportions.

The Three Forces at work in Nature and in Humanity 1693

Destiny (Dharma)

SARVĀRTHĀDHARMA

SARVA: all, everything.

ĀRTHA: purposes, means, pursuits, objects, goals.

DHARMA: the Ultimate Truth, the Way, the Law, seeing Reality as it is, Destiny, spiritual practices, the Spiritual Path or Way.

Thus, SARVĀRTHĀDHARMA means:

- Understand that in all ways, at all times, in all situations, how things are for you is your Destiny.
- Make all situations in your life part of your Journey towards the Absolute—sickness and health, success and failure, suffering and happiness, poverty and riches, praise and criticism, life and death. *Accept* all these things as part of your Way to the Absolute (Dharma).

*In all situations,
how things are for you
is your Destiny*

PARAMĀRTHĀDHARMA

PARAM: transcendental, supreme, beyond, above.

ĀRTHA: ways, means.

DHARMA: the Truth, the right way to be.

Thus, PARAMĀRTHĀDHARMA means:

- When you reach the Supreme Goal of Truth, the Ultimate Reality, the Absolute, Nirvāṇa, Eternal Freedom in Absolute Consciousness having been established in you, you walk the Way of Absolute Reality (Dharma).

*Dharma: the Law of Being 244
Your Fate is Before your Eyes 246
The Chain of Dharma 247
Quest for Reality 1178
Action and Destiny (Metanoia) 1420*

Dharma

*Dharma is
the true inherent
nature of a thing*

Dharma is the Force of Righteous Expression on all levels of the Cosmos, the natural and the supra-natural.

Dharma, the Force of Righteous Action, is an invincible force of Nature (PRĀKRṬĪ). It contains all the physical Laws of Nature, as well as the Laws of the Invisible Worlds. Dharma propels physical, psychic and spiritual Evolution and is the basic force of all Life-into-expression.

Dharma is the spiritual, psychic and physical Laws that pervade every level of Creation—the Rules of Cosmic Intelligence, RĀM.

Perfect Law and Order (Dharma) rules the Cosmos on all the higher Planes of Being. This might not *appear* to be the case on the Physical Plane of this planet.

There is a great power in Righteousness (Dharma).

Dharma is the true inherent nature or vibration of a thing, whether of an atom, a molecule, a stone, a plant, a tree, an animal, a human being, an angel, a planet, a sun or a galaxy. This Natural Law or vibration is its keynote or Destiny. Thus you have your own true Dharma also.

The Law of your Being 976

Primordial Balance 995

*Between the Two Extremes,
Find the Middle Point* 1100

The Path of Self-Actualization 1110

Vipāśyanā Yoga: Internal Observation 1222

Be who you are Now

Just *being who you are Now* is to not worry about your self-image, your ego, or what others think of you. Observe how you *are* in this Moment, without trying to be somebody else, and simply acknowledge your fears and hurts, pains and desires, or your memories, or whatever else is going on inside you. Acknowledge this, not with your ordinary mind, but on the level of Silence, in the Source-Mind within you. Then comes Transcendental Peace within yourself.

Being-in-the-Moment Meditation in the Head 1245

Be in control of your own Destiny (Dharma). This is to be done not only in the larger Plan of your life, but moment by moment.

Take responsibility for your life. Do not allow others to control it. Follow your own Destiny (Dharma).

Each situation has its own Dharma (Righteous Action) within it.

To live in the Perfect Order of the Universe (Dharma) is Freedom.

The Force of Dharma is strong in you when you can maintain an internal stability in your auric-field despite outer chaotic environments and painful or stressful situations.

Responsibility (Dharma) means doing what is appropriate in the situation you are faced with.

Do what is the *right thing to do* in your situation. This is Dharma.

Obey the Law (Dharma) of the situation you are in.

True Morality (Dharma) comes not by learned practices but by Inner Transformation.

Do your Duty (Dharma), but do not get attached to the results of your actions.

The KURU-KṢETRA (the Battle-Field) is this relative world, this life, and the DHARMA-KṢETRA (the Absolute-Field, the Eternal Reality), is in this same Place also.

Righteous behaviour (Dharma) becomes possible only when Inner Contentment has been achieved through deep meditation.

Orderly action (Dharma) comes from Silence. Therefore, before you act, enter Silence. ✽

*Each situation has
its own Dharma
within it*

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Scenes of Battle 1158
From Action into Stillness,
From Stillness into Action 1016
Silence, Solitude, Peace 1386
The Warrior of the Light 984
The Warrior Code 1077

