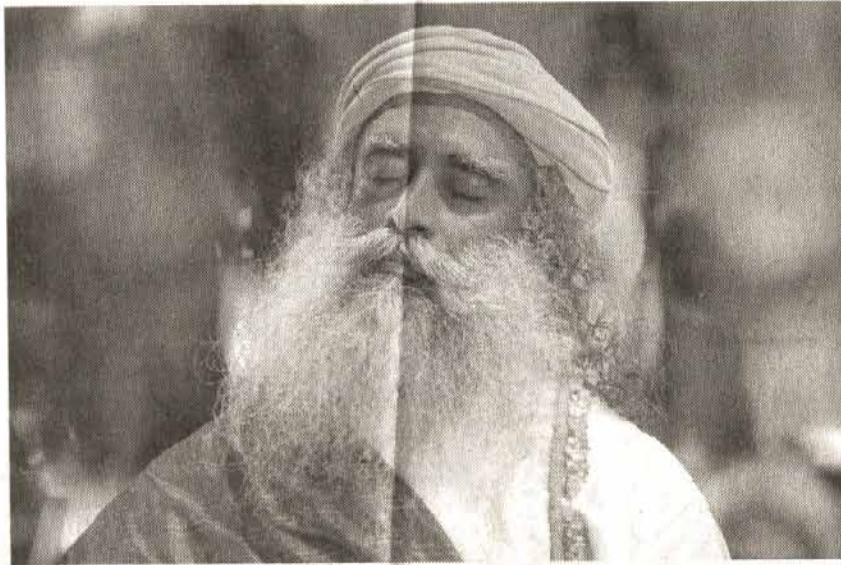


Karma – Your Creation

BLISS



BY SADHGURU

Karma means action - your action. Action is performed in four ways - bodily action, mental action, emotional action and energy action. Actions constantly happen at all these four levels.

Some of it you are consciously doing a large part of it unconsciously. The imprint of every action you perform in these four dimensions is always left within you. These imprints gather over a period of time and develop their own tendencies.

This is like software; you unconsciously write your own software depending upon the type of the actions you perform in your mind, in your emotion, in your body and in your energy. Accordingly you write your software.

Your present day functioning depends on the kind of software you have been writing through your actions. Once you write a certain type of software the whole system functions only in that way.

It is not written by some other dimension or force, it is written by you, but because you did most of it unconsciously you can't believe you did it.

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You went up a mountain and as you were walking down you just dislodged one small pebble. This pebble rolled down and slowly became a huge avalanche and wiped out a whole village.

Now you can't believe you did it, isn't it? You can't believe you did it, because you just dislodged a single pebble. But it picked up momentum. Similarly, this is what happens to you. Now is only a consequence of your past imprints.

(Next Inner Engineering Program: September 22 at Panaji Contact: 9822 100305, goa.ishafoundation.org)