

# No need to fear your karma



## Sadhguru

**Questioner:** Sadhguru, can the fear of creating new karma itself be a new karma?

**Sadhguru:** Yes, yes definitely. Fear of creating karma is the worst of the karmas. (*Participants laugh*) So you must understand that karma is not your enemy. This must be understood. You are alive only because of your karma. Do you understand this? I think we have dealt with this in great detail in *Mystic's Musings*. How many of you have read "The only bondage" chapter?

Karma is not your enemy. The basis of your existence right now in the physical body is your karma. Right now if I just grab your karma and take it away; I can. If I take it away, this moment you will shed your body. It's like pulling the plug on you. Just dismantle your karma this moment and you will see this moment you would shed your body. You can't hold on to your body anymore. So karma is the glue; karma is that which has cemented you to the body. Do you want to lose it? *Hum?* So now what we are trying to do with the spiritual process is not just to wipe out all karma immediately. We want to bring a certain awareness to the process of what we're doing.

See, right now if you sit in the car, you seat-belt yourself. The seat-belt is a good thing — it could save your life, isn't it? But now suppose you seat-belt yourself in such a way that you can't open it when you want to.

Now, you know, this is your prison, isn't it? Now you get into the car, you close the door. It's a good thing, isn't it? But what if you get into the car and can't open the door, now this is terrible, isn't it? You just want to know where the handle is. If you know where the handle is you collect a mountain of karma, what's the problem?

As long as your hand is on the handle, if you have a mountain of karma, what is your problem? No problem, isn't it? The problem has come not because of karma. The problem has come because you get entangled in it, you get enmeshed in it. Without karma your life is not rich, isn't it?

How much activity I have performed in my life is how rich I am right now, isn't it? Isn't it so? You did nothing, is your life rich? So karma is not your enemy. Your unawareness of "what is what" is your enemy. So where is the need to fear new karma or old karma? There is no need to fear new karma or old karma. What you need to do is find the handle, where it is.

— **SADHGURU JAGGI VASUDEV**, a yogi, is a visionary, humanitarian and a prominent spiritual leader. An author, poet, and internationally-renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life. He can be contacted at [www.ishafoundation.org](http://www.ishafoundation.org)

