



August 2022 Graduate Program Lesson

Exploring Lesson Two – The Universal Karmic Pattern

Introduction

Lesson 2 of the “Dissolving the Ego” course states that there is no cause and effect, or we could say the cause is the same as the effect. It may also be helpful or easier to say as you are “inside” you will see reflected “outside”. Whatever our beliefs and emotions are in any particular area will limit the reflection in our lives of abundance to seeming lack and limitation.

As inside, so it is outside because inside and outside are one/the same. We think that we have a location in a particular place and that is the “inside” and the outside is everywhere else around “my” body. We know that as we lighten the frequency of thoughts and emotions inside it will change the outside. But it could be this that “inside” is not at all what we think.

The pattern that holds all karmic patterns in place is the idea that “inside” is one location in time and space and that we are a separate being.

In Lesson 3 we begin to see we cannot find this separate being and that we are in fact limitless and everywhere. We do not have a location. As we see this, we begin to drop the idea of “my karmic pattern” and “my body” etc. The “inside” will be seen as a vibration/dimension/layer that is everywhere and the “outside” is the physical reality that we know.

Simply put there is only ONE karmic pattern being experienced in all bodies at the same time.

It is the ideas of “me” and “mine” that make us try to work on things by ourselves and we may resist sharing problems we are having, opening to our GP buddies and sharing in sanghas due to a feeling of shame. If an emotion comes up in us again, we may feel

that we should have been able to deal with this before and that there is something wrong with us because we haven't managed that yet. So we do not open to get help.

What if the only thing that was holding the karmic pattern in place was the unwillingness to share about it and therefore open up to help, thereby keeping us in the vibration of a separate person with "my karmic patterns"?

As we come to see this pattern is not "mine" but everybody's then we can relax and open more. We may not even need to share or talk about it once we are willing to. It will often just go on its own then. We can begin to see that the unworthiness, fear or anger we feel in any moment is being felt by all the people around us and that we can help all of them by working on this within ourselves. We are not powerless to help others and we can make a difference in the lives of our loved ones just by seeing this.

Exercises for this month's lesson

Let's take another look at any karmic patterns, emotions or ways of thinking that keep coming back for us. With this deeper understanding that the "inside" is everywhere we can feel whatever emotions we feel in a different way. No longer then is this "my guilt" or "my fear" but simply guilt or fear that is being felt in all our bodies. Of course, some beings are more aware of it than others and can work on it consciously-this is you! 😊

Have a look at whatever still plays out in your life the way you do not want it to and make an effort to see the inside is everywhere and that this is not just your personal pattern.

There are no personal patterns! There is only the One Being and it is experiencing its own karmic patterns in 7.5 billion human experiences!