

## WOMEN'S WELLNESS

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# Karma Is Just Memory



*As long as we remember the wrongs we have done, or wrongs done to us, we continue to feed bad karma.*

**I**n our study group we have spent many months on the Search for God lesson "Know Thyself." Last week, still working with the same subject, we listened to Hugh Lynn Cayce's lecture entitled "Where Karma Ends and Grace Begins." He defined karma as our memory, and grace as God's memory.

The concept that karma is just memory is a profound statement. We humans remember good and bad – our creative influences and destructive influences. God, being the essence of goodness, remembers the good. Goodness recreates itself, but badness or evil destroys itself. If karma is memory, what it seems to be saying is that as we remember goodness, it moves us from the law of karma into the law of grace. As long as we remember the hard times, our weaknesses, the things we have done wrong, the way others have wronged us, we continue to feed bad karma. That is the only way bad karma can continue. If we stop feeding the memories of the hurts and the pain we have sustained, they no longer exist. But good karma has within itself the ability to create more goodness. The bad self-destructs; the good self-perpetuates.

Karma is the law of cause and effect, and if we look at this law of cause and effect as hardships to be faced, we continue to perpetuate a difficult and hard life. But if we can understand that really this is a beautiful opportunity we have been given this lifetime to accentuate the manifestation of the fruits of the spirit – kindness, gentleness, mercy, long-suffering – we will bring peace among humankind.

Hugh Lynn says a karmic debt is not karma between people or karma with one individual, but instead has to do with interpersonal relationships. We are meeting ourselves *in relationships* with another person. If karma is the memory, then we are working with our memory of our relationship with another person. A karmic debt is a debt that we ourselves have, which is being worked out between ourselves and another person. The thoughts are the food upon which

How can we change the law of karma into a law of grace? We come in with deep-seated karmic patterns. We may have created in past lives a tendency to be jealous, to be angry, to look for contention and strife, or to be consumed by self-pity. Whatever particular weakness we are born with, we can change. It takes a lifetime of hard work to change these tendencies. It takes prayer, meditation, working with our thoughts, and understanding our relationships. As we do this and move under the law of grace, these patterns become less consuming. The karmic drive becomes simply an urge.

If we create our relationships with constructive influences, as we work with the disciplines and the concepts with other people in study groups, we move into and under the law of

grace. All that you can know of the divine you must manifest in your relationship with others.

**H**ugh Lynn closes his lecture with seven steps on the path from karma to grace.

- Choose according to your ideal. Setting an ideal is central to this work and the ideal is physical, mental, and spiritual. A "living" ideal should be always changing.
- Act according to our ideal in line with the spiritual laws that we know and understand. The only way we can make our ideals real is do the best we know.
- Be creative in the little things as well as the big things. Find different ways of expressing each day.
- Give up criticizing and condemning others and ourselves. As long as we feed our negative emotions, they grow. If we stop feeding them, they dissipate.
- Be not hurt by harsh words. When somebody says something that we take as harsh or critical, we can activate self-pity and self-condemnation. The harsh words can't hurt us unless we let them hurt us.
- Let peace enter into your life and the life of everyone that you meet. Pursue peace. Peace does not descend upon