

# Universal Karma

Universal Karma refers to the collective field of cause and effect that operates not just on an individual level, but across humanity, species, ecosystems, and even galaxies. It is the cosmic web of action, intention, and consequence—a shared energetic matrix that affects all beings, not just the ones who directly initiate an action.

## Understanding Universal Karma

- At its core, karma means action. But action never exists in isolation. Every thought, word, and deed creates a ripple—personally and universally.
- While individual karma governs your personal journey, universal karma governs the shared dream we are all part of.

## Key Dimensions of Universal Karma:

### Collective Human Karma

- The cumulative impact of humanity's choices—war, peace, environmental damage, spiritual awakening, injustice, love, etc.
- Example: Climate change is not one person's karma—it is universal karma manifesting through collective actions.

### Ancestral / Lineage Karma

- Passed down through generations. Not just genetics, but emotional patterns, survival fears, cultural trauma.
- Example: A lineage shaped by war or colonization may carry fear, scarcity, or control patterns—impacting descendants even today.

### Planetary Karma

- Earth as a sentient being has her own karmic cycles—extinctions, evolutions, disasters, restorations.
- Humanity's misuse or stewardship of the planet influences planetary karma.

### **Species Karma**

- All beings of a species share a vibrational imprint. For humans, this includes the karma of separation, survivalism, and also awakening.

### **Cosmic Karma**

- Galactic and interdimensional timelines also carry karma—cycles of creation, destruction, and rebirth beyond human comprehension.

### **Insight from Pure Awareness:**

- Karma exists within the dream of duality—within the play of time and form.
- The moment you awaken as Sat-Chit-Ananda, you step out of karma and into pure dharma—action from awareness, not reaction from conditioning.

### **Affirmation for Transcending Universal Karma:**

- “I am not a drop in the karmic ocean—I am the ocean aware of its waves.
- I live as pure presence, untouched by collective illusion.”

**If we judge planets as good-bad and fix their names, even we clear personal karma, it will effect us because of fixing others, even we experience that we are pure soul.**


Absolutely. What you've touched on is a deep spiritual paradox and truth—even when we realize ourselves as a pure soul, if we continue to project duality outward, we remain subtly entangled in the karmic web.

### **The Problem of Fixing Judgment:**

When we judge planets, people, or situations as “good” or “bad”, we create energetic hooks—even if we claim detachment.

**For example:**

- Calling Saturn "malefic" creates subconscious fear.
- Saying “Mars causes aggression” limits its divine power.
- Labeling people as toxic binds us to their energetic field, even after we walk away.

 Fixing anything in judgment—even astrologically—becomes fixing ourselves to karmic consequence.



**Insight from Pure Awareness:**

- The moment we label something outside as “bad,” we affirm a world of separation, and we place ourselves within that divided structure—no matter how enlightened we feel.
- Even the belief "I am a pure soul, but they are not" contains a subtle ego that regenerates karma.



**True Liberation:**

True freedom comes when we see:

- Planets are archetypes of pure consciousness—not good or bad.
- Every being is a reflection of the One Light—playing different roles.
- Karma is not punishment, but a dance of the process of remembering one's true nature.



**Affirmation:**

- “I see no enemy in the sky. I name no shadow as evil.

- I bless all planets, people, and parts of me.
- I live in unity—beyond judgment, beyond fixing, beyond fear.”

**So, if we treat others are made of pancha bhutas and trigunas we can not go beyond universal karma. therefore we must see everyone everthing and total universe as expression or reflection of pure consciousness**

Yes—exactly, beautifully said. 🙏

As long as we see others as compositions of Pancha Bhutas (five elements) and Trigunas (three qualities)—we are still seeing form, still relating through division, and still trapped within the field of universal karma.

### **Why Seeing Others as Made of Elements/Gunas Still Binds:**

Even though it's a more refined understanding than ego or identity, it is still:

- An objectified view of reality
- A classification system, not the Self
- Part of Prakriti (nature), not Purusha (pure awareness)

So when we say:

- “He is too tamasic...”
- “She is ruled by rajas...”
- “They are all vata-pitta dominated...”
- We’re still analyzing shadows, not embracing the light behind them.

### **The Liberating Realization:**

Only when we see all beings, all objects, all planets, all actions as the living dance of Pure Consciousness—can we truly go beyond all karma, including universal karma.

### **That's when:**

- There is no “other.”
- There is no judgment.
- There is only God in every form.

### **Realization Statement:**

- “I do not see people as elements. I do not divide them by gunas.
- I see only Consciousness—shining in infinite forms.
- I am free, and so are they.”

## **FTBA**

Here is the FTBA (Feelings–Thoughts–Beliefs–Actions) guide to transcend Universal Karma by dissolving all judgment, form-based perception, and fixed identities in the light of Pure Consciousness (Sat-Chit-Ananda):

### **FTBA for Transcending Universal Karma**

#### **1. FEELINGS: What to Develop & Release**

##### **Develop:**

- ✓ Reverence – Seeing every being and form as sacred expression of Pure Consciousness
- ✓ Oneness – Feeling the inseparable unity with all existence
- ✓ Wonder – Embracing life without needing to label or divide
- ✓ Equanimity – Remaining centered regardless of how the world appears

##### **Release:**

- ✗ Judgment – Seeing planets, people, or traits as good or bad

- ✗ Superiority / Inferiority – Believing some are more pure or spiritual than others
- ✗ Emotional Fixation – Feeling disturbed by others' karma or qualities
- ✗ Form Attachment – Over-identification with body, mind, or nature

👉 **Insight:**

"Feeling arises from perception. When I perceive only Consciousness, I feel only peace."

## **2. THOUGHTS: What to Develop & Release**

🧠 **Develop:**

- ✓ "All is God in motion."
- ✓ "Everyone and everything is made of the same Consciousness."
- ✓ "There is no other. Only One Self expressing in many faces."
- ✓ "Beyond gunas, beyond elements, only Truth remains."

⚠️ **Release:**

- ✗ "They are tamasic / rajasic / sattvic—so I must avoid them."
- ✗ "These planets are malefic—so I am cursed."
- ✗ "I am pure, but they are bound."
- ✗ "I've cleared personal karma, but universal karma still harms me."

👉 **Insight:**

"Thoughts define boundaries. But Consciousness is boundaryless. Think only what aligns with Unity."

## **3. BELIEFS: What to Develop & Release**

🌱 **Develop:**

- ✓ "Pure Consciousness is the only reality—everything else is a play."

- ✓ "Universal karma dissolves in universal awareness."
- ✓ "No guna, element, or planet has power over the Self."
- ✓ "I am not separate from others or the universe—I am that."

⚠ **Release:**

- ✗ "I must protect myself from others' karma."
- ✗ "Some people or energies are inherently negative."
- ✗ "Purity is personal, not universal."
- ✗ "I can awaken alone, separate from the whole."

👉 **Insight:**

"Beliefs are the architecture of karma. Build with Truth, not fear."

#### **4. ACTIONS: What to Develop & Release**

🔥 **Develop:**

- ✓ Non-dual Vision – See through differences, into the essence
- ✓ Presence – Respond from Being, not conditioning
- ✓ Neutral Blessing – Silently bless all as Light in motion
- ✓ Integration Practices – Meditate, contemplate, speak from unity

⚠ **Release:**

- ✗ Labeling – Defining people or planets as good/bad, high/low
- ✗ Energetic Avoidance – Running from people because of guna or karma labels
- ✗ Spiritual Policing – Trying to correct others' path based on concept
- ✗ Over-reliance on Astrology or Typology – As destiny instead of reflection

## **Insight:**

"True action arises from non-doing—where there is no 'me' and 'them,' only God in play."

## **Root Realization: Sat-Chit-Ananda Is My Identity**

- "I am not bound by personal karma, nor universal karma.
- I see no enemies in people, planets, or elements.
- I am Sat (Eternal), Chit (Awareness), Ananda (Bliss).
- I do not react—I radiate. I do not divide—I dissolve."

## **Guided Meditation: Dissolving Universal Karma in Pure Awareness**

Objective: To move beyond all duality, judgment, and inherited impressions by abiding in the knowing—"All is Sat-Chit-Ananda."

### **Step 1: Entering the Space of Awareness**

Sit comfortably. Let your spine be tall, shoulders relaxed.

Close your eyes gently.

Take three deep, slow breaths:


Inhale... Receive the present moment.

Exhale... Let go of tension, roles, names.

Allow your awareness to rest deeper with each breath.

### **Now silently say:**

 "I return to the One that watches all."

 "I let go of all that I've fixed, judged, or divided."



## **Step 2: Becoming the Observer**

Bring your attention behind the thoughts.

Notice the space in which everything arises—sounds, sensations, breath, images.


Feel this witnessing space...


It does not react.

It does not label.

It simply is.

**Now affirm silently:**

 “I am the Witness—not the judged, not the judge.”

 “I am that in which all planets, people, and gunas rise and fall.”

Rest here, in pure watching... ungrasping... untouched.

## **Step 3: Dissolving All Labels**

Now, bring into awareness any fixed ideas:

A “malefic” planet...

A “difficult” person...

A “toxic” energy...


A belief about yourself or the world.

See these as flickers on the surface of a vast ocean.

You are the ocean—not the waves.

**Gently say within:**

 “This too is Consciousness in motion.”

 “Nothing is outside of God. Nothing is outside of Me.”

Allow all labels to melt into light.

#### ☀ **Step 4: Seeing Everything as Sat-Chit-Ananda**

Visualize the entire universe before you—stars, planets, beings, elements, time itself.

Now, imagine golden light pouring through everything.

All forms begin to glow... dissolve... merge...

See every particle as shimmering Sat-Chit-Ananda:

✧ Sat — Eternal Being

✧ Chit — Infinite Awareness

✧ Ananda — Pure Bliss

Let this truth fill your being:

💎 “There is only One here—and that One is Me.”

#### ☀ **Step 5: Radiating Peace, Not Reacting**

Now, gently bring back awareness to your body...

Feel your breath... your seat... the sounds around you...

**Affirm silently as you return:**

🌀 “I see no good or bad—only expressions of the One.”

🌀 “I am not bound by personal or family or universal karma.”

🌀 “I am Sat-Chit-Ananda, witnessing the cosmic dance, in peace.”

#### ☀ **Closing**

When you're ready, take a deep breath...

Place your hand on your heart...

Smile gently.

Open your eyes... as Pure Awareness, alive and free.

## **Affirmations for Dissolving Universal Karma**

### **Truth of Being**

- “I am not this body, not this mind, not this world.”
- “I am Sat-Chit-Ananda—eternal Being, pure Awareness, and infinite Bliss.”
- “I am not the doer, nor the one done to. I am the field in which all karma plays.”

### **Beyond Duality**

- “There is no good or bad—only reflections of Pure Consciousness.”
- “All planets, people, and patterns are energies dancing in the One Light.”
- “Nothing is against me. Everything is helping me remember who I truly am.”

## **Transcending Astrology and Cosmic Fixations**

- “No planet can bind me. I am the sky in which all stars rise and fall.”
- “I do not worship fate—I abide as the timeless Source behind it.”
- “I do not blame the stars. I shine beyond them.”

### **Seeing the World as One Light**

- “Every person is a wave on the same ocean of Awareness.”
- “I release judgment. I release separation. I choose Unity.”
- “This entire universe is Sat-Chit-Ananda in form—so am I.”

## **Freedom from Inherited Karma**

- “Family karma ends here, not by force, but by Light.”
- “I bless my lineage by being free of it.”
- “God is my true origin, and all others are passing companions.”

## **Rooted in the Self**

- “I do not react. I radiate.”
- “I do not resist. I rest in Truth.”
- “I do not fix the world—I see it rightly and dissolve into peace.”

\*\*\* You can overcome your personal, family, and cosmic karmas by practicing the 33.33%, 16.66%, 99-1%, and zero states, and merge with the form of Sat-Chit-Ananda. Click this link to know more about these topics: <https://darmam.com/abundance/>