



April 1998 Contemplation Theme

Karma

By Rama Berch, C.S.Y.T., E-RYT 500

People only ask me about karma when they are having difficulties. They want to know about karma because they do not like theirs. Nobody ever asks me about karma when they are enjoying the fruits of life. When things are not going well, however, you do not really have the right to complain about bad karma because you actually gave it to yourself. Karma is the results of your past actions coming back to haunt (or bless) you.

If you do not like your karma, change it! How do you do this? Simply do the things you've already heard about: work diligently, live a disciplined and pure life, treat other people well, volunteer your time and give donations to charity, think positively, etc. Yoga's advice is amazingly similar to what you heard from your parents. Yet yoga offers something more because it actually makes this advice easier to follow. When you do yoga, all of these important things become easier to put into practice.

From yoga's point of view, karma is superficial and (mostly) unimportant. More important is your continued yoga practice, for it gives you the ability to maintain a joyous equilibrium regardless of what is going on in your life. In other words, your karma will not bother you. You already know what this is like if you have taken even one yoga class, because you know that you feel differently afterwards, even if your life is not perfect. Your capacity to deal with your karma changes when you do yoga — and so does your karma, because you naturally and easily begin to live your life more in accordance with that list of how to improve your life.

Do more yoga, have less karma!

Namaste,

A handwritten signature in cursive script that reads 'Rama'. Above the signature is a small heart symbol containing the Sanskrit character 'Om'.