

Thoughts for Today

“Defeating Desires and Cravings”

Thursday, May 16, 2013

Last evening we received an e-mail from a student who had been concerned about her food cravings for some time. She wrote, ‘are cravings and bindings for food an indication of desires unfulfilled over this and several past life times?’.

Food cravings may or may not be unfulfilled desires in that sense. There is a greater depth to this understanding than what may appear obvious. More importantly the desires and cravings set us up to experience a particular outcome from our destiny, based upon how we respond to the cravings and desires.

Our destiny is deliverable through decisions and actions we take. In general, desires that we act upon are the most easily programmed genetic karmic incentives that stimulate us to act in a particular way for a good or bad result. This includes cravings for food or other things that we give in to and act upon.

This type of stimulus creates situations for us that delivers us our most closely active karmic consequences through the mind and body route. This is known as the ‘adhyatmik’ delivery of our troublesome karma.

The other two so-called miseries are the ‘adidevik’, which come from natural calamities, or acts of God, and the ‘adibhautik’—the miseries caused by other living entities.

The adidevik is the macro-management of collective karma as through the overall external environmental factors; adibhautik is the karma delivery on our home-ground environment—people and other living beings that we interact with, including animals, plants, bacteria, germs and so on. The fine tuning delivery of our karma comes through the adhyatmik mind-body-soul route. The prefix ‘adi’ of course means ‘ancient, old, from the beginning’, and in short, here refers to old karmic accounts to be settled through life experience. What is not completed in this lifetime gives us a push and carries us forward to our next bodily position of life.

Unfinished karmic accounts and desires that motivate our actions keep us within the circuit of a loop of life after life. Healing ourselves with this knowledge in the background can better incentivize us to change our response to desires that arise in us. The karmic healing capability in knowledge of this mechanism speeds the changes in the results of destiny deliverable, and hence our life situation.

Healing changes and transforms all those things that we need to experience according to our old karmic accounts, and it gets the best possible settlement of our old karmic debts. While helping us to satisfy and pacify our desires and cravings, the karmic healing empowerment gets us out of the circle of rebirth in a very short time despite our currently unfinished karmic business and desires.

**THOUGHTS FROM THE KARMA HEALING
TIME-MACHINE ARCHIVES**

MAY 16, 2012

Desire is the driver that delivers a person to their destiny. Desire is the motivator for actions, and actions have consequences that come in time. The effort to fulfill desires creates a fluctuating sense of happiness or unhappiness depending on the success achieved in fulfilling desires.

Philosophers propose becoming desireless in order to be happy and satisfied. On the face of it, to become desireless is impossible, as the desire to be without desire is also a desire. Those on the path of self-realization fall into four categories, the most common of which is the 'karmī' or 'kāmi,' (from the words 'karma'—action, and 'kāma' or desire). The karmīs act according to vedic recommendation in order to get material benefits. Charitable activities, and welfare activities fall into this category.

The jñānīs desire to become one with the Supreme by mental speculation and knowledge gathering, while the yogīs desire to attain material perfection by practicing various austerities with the objective of connecting with the Supersoul (paramatma). A fourth category of seekers are those whose activities are meant for the satisfaction of the Supreme Lord. Such activities are considered niškām—desireless. Those who act in this way—knowingly or unknowingly, are categorized as the desireless devotees of the Supreme Lord, who is the Supreme Source of all sources.

Reiki and KQ healers are such hidden devotees of the Lord, because by surrendering to and depending on the Supreme Lord's healing energies for everything they do, the superior healing Divine Grace available to them works to liberate them and those they are in contact with from material karmic bindings, returning them to their true spiritual nature. This is fulfillment of action for the highest satisfaction of the Supreme, and it is true desireless action that overrides all personal motivation—'karmī' or 'kāmi' while at the same time fulfilling the goal of personal satisfaction. This rapidly takes the healer to the direct personal association of the Supreme Lord, while all personal goals are also fulfilled with no separate effort needed.

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