

Neutralizing negative karma

There are many ways to get rid of negative karma. Important among them, as Master Choa Kok Sui implies, are using law of forgiveness and law of mercy and learning new lessons

The law of karma, when applied positively means "Do unto others what you would have them do unto you". It can also be used to avoid undesirable things or events as is exemplified by the statement "Do not do unto others what you would not have them do unto you".

This law when applied positively and negatively, will produce harmony, health and prosperity in one's life and protect one from the vicissitudes of life. An intelligent understanding and application of this law is the key to a healthy life. The law of Karma is not fatalistic.

According to Grand Master Choa Kok Sui, founder of modern pranik healing & arhatic yoga, negative karma can be neutralized by:

Learning the lesson that has to be learnt:

Meditate and learn the lesson that is to be learnt and make a firm resolution to do the right thing.

Using the law of forgiveness: "It is in pardoning that we are pardoned". It is necessary to forgive and bless those who have hurt you. This is done by making a list of people who have caused you pain.

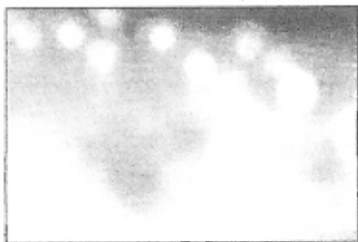
Visualise them. Mentally forgive each one of them and bless them with "what is best for them". Mentally request for

the Lord's mercy and forgiveness.

Using the law of mercy:

The law of mercy means "to receive mercy, one must be merciful". By being kind, helpful and gentle to others, mercy will also be shown to us. It is advisable to do charitable acts, especially to alleviate the sufferings of the others. Avoid injuring, bullying and being cruel to other

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people. Mercy cannot be shown to those who do not show mercy to others. These acts of mercy will generate good karma which will entitle one to receive mercy. In case of severe ailments, it is highly recommended to be vegetarian. Avoid cruelty and show kindness to others; this is a major key to good health, to happiness, and to avoid severe painful ailments.

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