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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Group Karma

By Janet Ilacqua

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Karma is the spiritual equivalent of the law of cause and effect. The existence of favourable or unfavourable karma depends on whether past deeds were good or evil. Most people have both good and bad karma because they have performed both good and bad deeds in the past. So most people lives are a mixture of misery and happiness. Karma is not limited to actions taken during one's present life, but can extend back into the infinite past and forward into the infinite future.

Thus, it is karma that forms the connecting link between one's consecutive lives. Karma applies mostly to the acts of individuals, but it may also be the overall result of actions by many people acting as a group; such as groups of persons, family groups, groups of nations, and the like. In other words, there are such things as group karma, family karma, and even national karma.

Further complicating the mix are the needs and agendas of others around you that affect you on a deep and profound level. Sometimes you may have made agreements with other souls to work on certain issues together, helping each other through several lifetimes. Karma is attached only to souls. There is no such thing as a karmic place. However, strong emotions can easily imprint themselves on the world around us. Homes, workplaces, even hotel rooms, can develop a distinct build-up of emotional residue. These residues linger in the subtle reality, affecting everyone who comes into contact with them on a deep and unspoken level.

Thinking Exercise: Family and Group Karma

1. Think of your family relationships, including your parents, siblings, spouse, children, aunts, uncles, and in-laws.
2. Who in your family have you felt close to?
3. Who have you felt distant from?
4. Think of your friends. Are there any that you felt closer to than your family?
5. Are there any that you think that you have been with before?
6. Think of your neighbours and/or co-workers.
 - Are there any that you instantaneously liked or disliked for no apparent reason?
 - Do you feel that there is something more to them than meets to the eye?

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·Try to visualize it or make a story about them.

Silicon Valley's story: group karma at work?

The past 200 years preceding the "Silicon Valley" miracle in the last decade of the 20th were filled with genocide, environmental destruction, greed, trickery, and exploitation. In 1776, at the time of their first contact with the Spanish explorers originally who were looking for gold, Santa Clara Valley was an untouched Eden with maybe 10,000 Ohlone Indians. By 1830, these peaceful, basket-weaving peoples who had been living there for over 10,000 years had completely disappeared, killed off by epidemics and the mission system.

In 1848, the land, originally part of Mexico, became part of United States. Americans, many of whom were failed gold-seekers from the mother lode, started to pour in and acquired Mexican cattle ranches,

often through force and trickery.

The rich alluvial soil—some of the best in the world— proved ideal for orchards. The Valley during the spring was a canopy of white blossoms—"The Valley of Heart's Delight." However, an orchard of another type grew around the seeds planted by William Hewlett, David Packard, Fred Terman, and other researchers at Stanford University. Today, Hewlett-Packard is one of the world's largest producers of computers and electronic measuring devices and equipment. The names of the branches of the tree are familiar: Stanford Industrial Park, Varian, Apple Computers, Intel, Yahoo, CISCO, Netscape, etc. Creativity leads to innovation, and innovation leads to prosperity. Prosperity attracts restless, bright, often unscrupulous people, with often troubled and unhappy pasts, from all parts of the world. The old-time farmers sold their farms off for a king's ransom and move. The orchards were bulldozed to make room for subdivisions and industrial parks.

At one time, the largest mercury mine in the U.S. was located in the New Almaden hills in the back of San Jose. Mercury, which is used to separate silver from base ore, seeps from this 100-year old open sore and poisons the Guadalupe River and San Francisco Bay. Silicon Valley has 29 "Superfund sites"—toxic sites slated for cleanup by the federal government. This is more than any other area in the country. High-tech manufacturing created 24 of the 29 sites; 18 are tied to the computer chip industry. The Hispanic hamlet of Alviso lies partly on a landfill created by the dumping of asbestos-lined pipes in the 1950's by the Certainteed Corporation.

Not long ago, Silicon Valley found itself at the centre of the world, a job- and money-making machine fueled by the popularity of the Internet and technological innovation. Those days are a distant memory now. Now, the Center of the World has become a technological Rust Belt. The streets, once throbbing with energy, are empty and quiet.

Empty new buildings stand like bleached mausoleums in the sun with big, indiscreet signs slapped on them: "AVAILABLE. A full 20% of the valley's jobs have been lost since March 2001, and hi-tech jobs continued to be lost as companies downsize or outsource jobs to Asia. The business and political leaders of Silicon Valley are at a loss as to what to do to restore the former prosperity.

Bio: Janet K. Ilacqua is a freelance writer based in Tracy, California. She specializes in academic writing and ghostwriting of books and manuals for individuals and small businesses. For more information about her services, check her website at <http://www.writeupondemand.com>

Remembering Where We Are Going

By Sibyl McLendon

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Those of us who are attempting to walk the spiritual path in this lifetime often have a difficult time. Over and over again, I hear my friends say that they are tired of always being *broke, sick, depressed*... whatever the challenge may be. I am sometimes guilty of this myself. We are human here, after all. It would be so nice to have extra money every month after the bills are paid, or to wake up in the morning feeling wonderful and well. However, the spiritual path is seldom this easy.

We all need to try and remember, every day, why we are here, where we are going and what the goals are. If one believes truly in the laws of Karma, then one must them accept that we are here to transmute past Karma and to step up to a higher level, in this life or in the next. We are here for one reason only: to advance. Where we are going is home, back to spirit where we belong. What are the goals? It is to live every day to the fullest, in the most honorable way possible and to do whatever good we can do in the process. Accepting the negative energy that comes to us, and then sending it back out in as positive a way as we can.

None of this is easy! In fact, it is as difficult a task as anyone can accept. Many times the negative that comes to us feels unfair. We are always attempting to be the best that we can be, so why do these problems keep coming up? Why does it seem as if we can never get ahead? I believe that exactly because we are spiritual beings, aware of Karma, reincarnation, the universal laws that govern us all, there is a subtle little pool of quicksand, waiting to suck us in... and this quicksand pool is named, "I deserve better."

Simply because we are aware of Karma doesn't exempt us from it. The very awareness that we have can make us feel somehow superior, as if we don't have to deal with the energy of our past lives simply because we are aware that we had them. The knowing that we are transmuting the negative somehow makes us feel as if we have done enough of it and should not have to do it anymore.

Ah, my friends, this is so not the case! The awareness is a gift, and the gift is that we now know what we are doing. We are living our lives fully awake, and fully a part of the miraculous. This doesn't exempt us from the trouble; it makes us more aware!

We should be grateful and thankful for that gift. Every adverse situation that we go through takes us one step closer to our ultimate goal: never needing to come back here again! Every day of illness that we live through, every adversity that we go through and emerge on the other side of is a gift. We have accomplished what we are here to do. Every day that we make it through to the best of our abilities is a triumph that we should be proud of.

I believe that when we can reach the point in our lives where we honestly thank the Creator for another problem is the day that we take that one giant step towards never having to do this again.

Sibyl McLendon is 1/2 Navajo. She is the owner of Spirit Web Design <http://www.spirit-webdesign.net>. She has been designing sites for 3 years. Visit Spirit Web Design for useful information on website marketing.



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