

## **Closing Energy Circles, Eliminating Karma**

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(I received this information as Spirit Inspiration a few days ago. I found it hugely enlightening, and am eager to share it with you. Please share this with others as well.)

Karma is energy that has not found closure, or 'returned to Source'. Many talk of good karma and bad karma. Good karma is that which arises out of actions that are kind and considerate; bad karma needs no explanation. An open energy circle is the creator of karma. We don't realize how many energy circles we open, and not close.

You might wonder why positive energy circles also need closure. Let's get that explained first. For any energy to be optimally effective it must turn full circle. Where the circle is incomplete, the energy is unable to be fully assimilated and loses part of its potency. This is because all energy that is created, seeks to return to Source. Yes, even as it is created, it seeks to be One with Source. For all energy, (and that includes you and I), separation from Source is the most unnatural and untrue existence. Energy can happily exist as a form that might appear different so as long as the flow of energy is One with Source. An open energy circle loses its potency because a large part of the power of that energy is expended upon looking for its Source. Let me try to give you an example that might help you to understand this. A child, even a happy one, is happiest when it has 'joined' with its mother. When it is separated from its mother, even through its smiles and laughter, a part of it is aware of her absence, and looks for her. Needless to say, a sad child does not find its happiness till it is back in its mother's arm.

The only way that energy can return to Source is when its circle has been completed. Once the circle is complete, there is no karma of that energy left. This brings us to the all important question, 'how can energy circles be closed?' Let us start with the positive energy circles as those are far simpler to close. To close any energy circle, there needs to be an exchange of equal energy. As we give, we must be open to receiving. As we take, we must be happy to give. If we have received, and not given, the energy circle remains open, and the burden of karma falls upon the person who has received but not given. If we have given, but are not open to receiving, once again the energy circle remains open, and the burden of karma falls upon the person who has not welcomed the receiving.

In both these cases, the burden of karma falls upon the person who has unknowingly stood in the way of energy returning to Source. Giving and receiving does not necessarily have to be with the same person. Energy does not recognize form as much as it recognizes a 'like' (similar) energy. E.g. I may receive help (in kind or service) from X. This energy circle of help energy that X has created now becomes my responsibility to close. It remains open till as long as I help another with the same spirit of willingness. I do not necessarily have to help X. I can help Y instead, but in doing so I have closed the circle, and energy returns to Source.

You might rightfully wonder how we would ever know if, let us say the help that we receive, is a circle created and opened by the person who has helped us, or is in fact that person's endeavour to close a circle of help that had been created and opened by another person for him. We shall never know the answer to that question, and the answer does not matter. In any energy equation there are only two persons who are important --- you and the other. The energy circles that the other has opened or closed with another are not part of our spiritual journey or evolution. The spiritual law is as simple as this - *As soon as you receive an energy, the circle has been opened for you to close. As soon as you give to another, an energy circle has been closed.* You might infer from this then that it is better not to receive anything from anyone. This would indeed be very uninformed and short-sighted because through our day-to-day life path we are constantly receiving. Even if you were to live the life of isolation, you would still continually receive water, food and light from the Nature! Instead of this narrow view, let us be open and happy to receive, and let us be joyous and willing to give. In this way, positive energy is constantly created, and returning to Source, and being recreated as an even more vibrant energy. This is how new and expanded ages of Spiritual Evolution come to be.

In the human world, money plays a very important role because it is the easiest, and most tangible method of closing an energy circle. In fact, the ancient system of barter, which is the root of the present money system, was based upon this awareness of energy flow. Our ancestors were closely connected to energy, and knew deeply how energy works. They created systems that were based entirely upon this spiritual knowledge, but over course of time the knowledge behind these systems was lost as energies became denser and darker. When we receive something, or a service, we pay a price for it. However cheap or expensive our intellect might deem this to be, we eventually pay the price that fits with the energy we are happy to exchange for the product or service received. This exchange closes the energy circle. If there is a desire to cheat, in either the buyer

or the seller, that energy of greed and dishonesty creates another energy circle which is distinct and separate from the energy circle of the actual sale. With this awareness that we have now, let us shift our beliefs about money, and be happy to receive money for what we have to offer others, and be willing to give money for what others have to offer us. If we are open to Universal Energy, our inner voice shall guide us each time about the quantum of money that is most appropriate to close the energy circle without creating another one of greed.

Let us now turn our attention to the energy that are not positive. These are energies created out of separation and ignorance. When we do not naturally and intrinsically recognize the other as a form of One Source, fear, rage, jealousy, anxiety, greed, meanness, violence, and so on, shall be the energies that shall be created. Such energy circles cannot be closed by 'like' (similar) energy. In fact, for these energies, the 'like' energy creates spirals, and not circles. These negative energy spirals suck away energy, and create energy 'black holes' that drain the space and the people and other life forms of vital energy. Let us understand this with an example. In a particular family the head is a particularly angry and harsh individual. In shouting at his wife, he creates a circle of rage and violence. The wife keeps quiet with him, but yells at the teenage son for the slightest misdemeanor. The son in frustration shouts and mistreats the domestic staff who are not happy and willing workers. They are known to fight with others who reside in that street. Can you see how the energy spirals are created? These spirals drain the home, and the people in it, of vital prana, causing dis-ease, financial drain, and other such conflicts. The more spirals there are, the greater is the energy drain, and the more difficult it is to bring this process to a close. And the stronger is the karma of this energy.

The only way that you can prevent the spirals from forming, is to answer a harsh energy with a positive energy. If the strong spirals already exist, then a continual and persistent use of positive energy over an extended period of time would be needed to bring a closure to all the spirals. In the example above, if the wife would reply to the harshness she has encountered with the awareness of how harsh treatment causes hurt, and would thus handle her son with love and understanding, this would stop the spiral from forming, and the son who would not experience frustration would not shout at the domestic staff. The energy in the home would be one of understanding and tolerance even though the father of the household was creating the energy of anger. In time, with the constant and persistent use of 'understanding', the positive energy of the house would help the father to transform. But what is more important than that is that it would prevent the energy drain, which eventually results in dis-ease in the

home, financial problems, and relationship conflicts even with those outside the home. In the example above, the wife suffers from eczema and fibroids, and the husband's business has shown a steady decline in the last five years.

Energy spirals, like energy circles, are not restricted to the space where they are created. Energy spirals travel at lightning speed and suck away energy from everyone that it encounters who have the same energy output. Have you ever entered a space where all of a sudden, without any reason whatsoever, you begin to feel angry, or agitated or sad? You have encountered an energy spiral. Instead of reacting with that same energy, push yourself to feel and exude love, or laughter, or compassion, or kindness, and so on. By doing this, you shall help to bring one spiral to an end. When an energy spiral is brought to an end, the harsh energy slowly begins to lose its potency. As more of the positive energy consistently irradiates that space or person, the harsh energy becomes weaker, till it is completely taken over by the positive energy. The energy spiral has now been replaced by a positive energy circle. And the karma eliminated.

Energy circles of positive energy move from person to person spreading the positivity. I remember seeing a video about a Japanese school where children and teachers begin the day by hugging each other. I now understand that this action creates several hundred circles of love and togetherness that get closed as hug is exchanged by hug. The energy of love and togetherness reaches its optimum level!

This explains how kalyug and satyug are created. And this more than amply explains how each one of us is responsible for the age that we live in. It is more than imperative now for us to ask ourselves, moment to moment, 'Am I creating a positive energy circle? Am I endeavoring to shut a positive energy circle so that the positive energy is fully assimilated into Source, and returns as an even stronger energy? Am I responsible for creating, or continuing, a negative energy spiral? What is the role that I am playing in increasing or eliminating human karma?' In these answers, and the actions that result from them, lies the future of our world.

Love and Light From Source To Source.