

KARMA:

Greeting and welcome to you my dear beloved friends. It is a pleasure to gather together this day to talk about things that are important to your hearts, your souls and of course those individuals within your world that at this time are asking many questions. First of all dear ones you are probably wondering what is happening because something has changed today. We have extra person yes and sometime ago I said to you that I was going to be bringing a new energy into the group, a masculine energy and so you interpreted that to be a man yes, indeed. Masculine energy dear ones is assertive energy, focus energy, active energy, organised energy, is fire energy and this is what our dear beloved friend is bringing to help with this next part of evolution, of creation within this book so I welcome you my dear friend indeed, yes and welcome all of you individually.

So we begin this day by talking about a subject that has been widely debated, has many different contexts, and understandings to it through different religions and philosophies and so from my perspective, from the universal consciousness that I draw upon and bring with me this day, I would like to put the record straight so to speak about how this works and what it really is and of course my friends to invite a conversation with regard to this subject because it is a very important one and affects each and every one of you, whether you are conscious or unconscious, every moment of every day. So Karma is not punishment, it is not someone deciding how good you've been and what merits you deserve and whether or not you can have a good abundant, happy, healthy life dear friends. Karma is, very simply, cause and effect, but although that is a very simple phraseology it is indeed rather complex because there are many degrees within that you see, of cause and effect.

Because every moment of every day you are creating karma and some of that is unconscious dear ones, so there is if you like a different flavour around things that you do with intention and things that you do unconsciously, or without purpose so to speak. So first of all how do you measure your own karma? Well I would say to you, look at your own lives my dear friends, look at your areas of challenge and struggle and look at your areas of mastery and gift.

This is something you know that many of you astrologers understand and something which I will talk about another time with regard to astrology but astrology can very much map your karma if you like. It can show your areas of challenge and struggles as in the areas that you have needed to work upon because of your past karmic experience and the merits and the gifts that you have mastered are the things in life that you are good at, confident about and work well for you.

So with regard to karma. What happens if you kill someone because your government sends you to war, what happens if you kill someone out of passion or fear? What happens if you kill someone for protection for your family, what is the consequence of that? These are the sorts of questions that I want to explore with you, so we get straight to the big stuff yes? What happens if you accidentally hurt something without realising it? Well this is an interesting focus, some of you for instance may be driving in your cars and hit a bird or something and you didn't do it on purpose it may have just flown out in front of you, so what is the result of all of that? Well dear friends, whatever you do has a consequence, and again the degree of your intention or motivation behind it will decipher the degree of karma that is involved.

So it is if you like an experience or a mirror to show you a result of an energy, the subtleties of an energy and many of you are learning about frequencies of energy, so it is not just a black or white, do it or don't do it. It is about where are your thoughts when it is happening? Where is your consciousness when it is happening? What are you thinking about, what you are focussing your attention upon, so when you are distracted and thinking about something totally different and you are not in the moment then you have a danger of creating karma for yourselves dear ones because you are not noticing things and you are doing things unconsciously which is still going to have an affect karmically to you, not the same ferocity as if you had done it with purpose, i.e. knocked the bird over or something like that, but it is still going to have a consequence.

So going through your lives my dear ones you accumulate karma, positive and negative karma so your positive thoughts, your positive words, your positive actions, not done out of obligation or expectation, but done with love and done with purpose have a positive karmic response because it matches the energy that anything was done with. So it is very true that it is not what you do, but it is how you do it and that is what I want you to all understand. So you may do something because you have to do it, or someone's told you to it, or your manager has told you to do it, or your father or mother has told you to do it, but if you're doing it and you are not feeling good about it and you are

resenting it, then you are creating a karma for yourself dear ones. So i.e. in that moment what do you do if you are asked to do something that you don't want to do, well there is a choice, you can in that moment say no, not now or no not every, or you can say to yourself what part of me is saying no, am I saying no because I don't want to give of myself and my energy, am I saying no because a part of me feels out of control, or not appreciated or valued, is this a stubborn pride within myself that is getting in the way of me being lovingly open to what is being requested of me, and you spend a moment in self reflection and if you can change the energy in that vibration from that of obligation and that of resentment and that of, if you like, your own saboteur which can be sometimes your own, sometimes another, but it's important to check it out, then you can come to a place within yourself and say I'm going to change the energy of this, I'm going to change my attitude towards this, I'm going to do this differently, so I'm going to say to myself, alright I was not told that, this is my mind saying that, this is my fear saying that, that is my father saying that in my mind, but truly what is being asked of me is not that, this is my own baggage if you like, or my own issue, so I am in this moment recognising that and I'm not going to react to that, I am going to come within and say yes from my heart I can lovingly do that for you and I can appreciate that and from doing that you feel so good about it and the action that was required or asked of you, the physical part is not what comes into it you see, that is, if you like, the carrot, or the hook to show you how you feel and what you do with how you feel in your life and matches up with what your life is going to be because of it, because of the energy that is going behind it you see.

So sometimes yes, someone may come at you a little confrontational, a little aggressive, a little expectant, a little demanding and you can see that that is their energy, but my dear ones you don't have to react to that energy, it is your choice how you respond to it and if you say no sometimes that is out of fear, and that is if you like puffing yourself up and coming up to that energy which of course is the test, well what do I do when I am in that situation? If I was the Buddha, if I was Jesus, if I was an ascended master, if I was an arch angel would I do that? And I don't want you to confuse this with being a doormat dear ones and just letting things walk or ride over you, that is not what I am saying it is about how you process the energy, how you transform that energy and how you respond to life as a result.

So karmically dear ones as you have gone through life your put in certain roles, very good analogy when you talk about actors and films and plays etc, all of you have at times, in your schools, been in some kind of play when you have been given a part and you are asked to be either the wicked witch or the great princess, my beloved was always the wicked witch, yes in her plays at school, but in this situation those roles are really what you are referring to or you are acting out and how you draw upon them is important, so if you are the wicked witch then you draw upon those archetypes within yourself you know, because in some incarnations at some stage you have been what you term to be the wicked witch and I mean by wicked witch is someone that is in a place of power or authority, control or manipulation over another, or you may get to play damsel in distress or the knight in shining armour, or a tree just standing there you know, it is the energy that you see and you work with in that role in your life. So all of you dear beloved ones have come into these vehicles that you have now to play a role if you like of the person that you are and it's not that you are acting per sae, you are embodying that personality which is slightly different from being the actor if you like, because you are not trying to be something you're not, you are embracing and embodying the personality of your name now and all this is.

Which means you are taking on the archetype of that personality, but the karma of the family that you are born into, the culture that you are born into, society that you are born into in that time, but the personality has been in many different incarnations and a part of that personality follows you, so yes the body is annihilated at the end of this incarnation, but parts of that personality continues onward.

So there are parts of your personalities, all of you, that your society will call dysfunctional, you were born into families that your culture will call dysfunctional and yes there is a degree of dysfunction in every family purposely dear friends, purposely. You are put into those situations to see again – do I continue the family karma, the family beliefs, i.e.

My family is very unconfident, or my family comes from a victim consciousness, or a family of poverty, or a family academia so developing in a certain area with high expectations, or coming from a family where having lots of children is very much important and community is important and again it is not that anything is wrong, it is just different ways of karma coming through the families and all of you are getting to a point where you are being asked to break the family karma and do something different. In your culture as you said yesterday dear ones, that person

is usually known as the black sheep of the family, because they break away, they do something totally different to what is expect of them, often frowned upon by their family or society and it may be their sexually, they may be born gay, or they may decide to be an artist when their family want them to be a great professor, or it may be that they decide to go and live in an ashram in India or it may be that they decide to become a Moslem or do something quite extreme to what the family expects and of course what they are doing is a gift to the family to get them to question why they are in judgement of that child, or that other person, what does it bring for them, why does that person have to sit in with that expectation of the family unit. Often it may mean that they are estranged from the family because of the decisions they make, or they may become a political activist, or an environment activist, or they may just decide that they don't want to do anything with their life and they end up in a prison or something, or an institution and all of this even though they are looked upon as the one that is the problem, in fact that one is there to help change the dynamic of the family and to give the family an opportunity.

So with regard to Karma cause and effect, you do something and something will come back to you. If you put out a negative thought, a negative thought comes back, emotions etc. How you talk, how you think, what your actions are, have a consequence. So you cannot say well I have to do this and that is the point of it, it is not what you do my friends, consider how you do it, consider what you think about when you do it, how your feeling when you do it and it is not just because you are doing it, because of what you want to get back from it, it is living consciously so what you are doing, you are cultivating more love, more happiness and more creativity, because what you do in your lives needs to be an extension of your love every single thing, your work, how you prepare your food, how you commune with your friends, how you make decisions with things you want to do with your life. This is all a karmic experience my friends, and yes you are human, and yes you have moods, and yes sometimes you will be angry, and yes sometimes you will be upset and yes sometimes you will be tired and I am not saying you all need to walk around being the perfected master, but I want you to understand that if you are continuing to think a certain way or feel a certain way, that creates a bucket of consciousness. So if you have a group thinking the same way, then that creates a very powerful dynamic.

Now many of the disasters in your world that are happening at the moment, yes there is a two pronged approach with this. There is an environmental change within the climate, there is a lot to do with the deforestation and the pollution etc, etc, but I want you to consider for a moment the places where there are natural disasters occurring and you notice that often they are places where there has been peoples for years and years and years collectively feeling angry, hurt, suppressed, disempowered and that group energy creates a result and that can move mountains, literally, it can create earthquakes, literally, your tsunami, your big one some years ago, back in Indonesia, that was partly how it was created, you think about the corruption, you think about the rebels, you think about Shri Lanka, you think about the tigers and all of the peoples within that area over years and years and years and because the consciousness is changing and speeding up and the vibration that is being available to you now, means, that things are happening much faster, you will see more of this, as you are in your personal life, seeing this.

When you have conflict within your own lives there is an immediate response to that, whether it is with someone around you, or whether it is with what you are holding and feeling within yourselves my friends.

So karmically those people that come into your lives that are important to you – your family, your lovers, your friends, people that give you a helping hand when you need, those that create chaos when you need it, they are all part of a karmic plan if you like of people you have met before, I have said before that fifty years ago or so it was quite a unique thing to meet someone from a past life experience. It was if you like, a very auspicious thing that that person would come at a moment of pain or desperation to show you the way, to remind you of whom you were. However again now, you are meeting them all of the time. You are coming together to resolve and to heal and complete, so just about everyone you are meeting now whether they be a stranger in the street, or whether they be your lovers, your partners, your friends, they have in some way been a part of your life in a very profound way before and they are here again now so you are evolving and healing and supporting each other in this time of change my friends and crisis. So you will notice that within your families often there are people that you resonate with and there is often one parent or both, one sister or brother, or all, that you do not resonate with, there is conflict around, or you are not yourself around, or you are hiding a part of yourself around, or you are having to play out a certain role of what the family expects of you and notice dear ones how different you are with your families, than you are with your friends and with your partners and lovers. It is interesting that if you were to sit with your parents

and get your friends around, they would see a different part of you often when you are with your parents, than when you are with them because there is a very different part of you that is revealed in that old energy, but again you are asked to be yourselves and be authentic in everything that is, but often you don't know whom you are because when you are with your family you go back into the role of what the family is because you'll notice in a family there are different roles – there is the carer, often there is the one that is the glue, that holds everyone together, the engine room if you like, there is the one that is always there to support others, there is the one that is usually in some kind of drama often whether it is within their own relationships or with how they view the world or themselves, there is the one that is the achiever if you like, that is the achiever for the family wanting to be seen as someone that is succeeding, the provider – if you look at a family it is interesting dynamics as to each role that they play. So again we go back to karma – cause and effect, so what I want to say to you my dear beloveds and this is important, you may have heard it before, is – you always have a choice, always have a choice and freewill and many of you will say no I don't, my government says if I don't go to war I go to prison, what is the choice?

What are you going to do, are you going to be loyal to your government, or are you going to be loyal to yourself? Is this between you and your government or is this between you and your God? When you are asked to do something my dear friends that is very challenging, what are you going to do about that? If you are being threatened what is this between – you and your God or you and this person? These are the things I want you to consider in karma and again there is no right answer, because each and every one of you are put into positions throughout life where you are challenged to make those choices, to make a choice between what society, what your family, says is the right choice to make and what your heart says and what your soul says and what your God self says. Because when you end this life it is not between you and your partner, you and your family, you and your government, you and society – it is about you and God! You and God, universe, higher consciousness, you and your soul and so that is dear ones, the opportunity and the invitation for life to do that and you will say to me but that is going to really inconvenience many people, how can I make that decision when the other person wants me to do something totally different?

Again this is not about going through life being selfish you know, or deciding that other people don't matter, or that their feelings and thoughts aren't occurring. It doesn't mean you can't agree and negotiate upon things and get to a point where, you know, people can both get their needs met, but for some of you, your lives were not meant to be as others lives are, well all of you, but more and more of you now that are coming here if you like in a place of service that are completing your graduations so to speak, are not here just for yourselves to furnish your own lives or that of your family or your community.

You are here because you want to serve humanity, you are here because you want to serve your God, you are here because you want your life to be an extension of your love and you want that to affect others, so therefore you have to be an example for that and therefore you will at times be asked to make choices and sacrifices that go beyond the human ego or the human desire, or human need, to be of service to something much greater than yourself. That is the hard part for many of you because it means sometimes relationships will suffer, others will not understand that and they will see you as being selfish, and they will see you as being the one that doesn't consider them, yet if they can understand and see that they have an opportunity and an invitation as well to be of service and to be a part of that, rather than to be in battle with that, then they will indeed find their own power and their own strength and their own joy in their own unique expression of that.

And so for many of you there are frustrations and tears because of that conflict of wanting to fit in, wanting to have a normal life, wanting to have a normal relationship, but also wanting to be true to your heart and your soul and this is my friends you can look at many of your artists as well. People that have been singers, actors, writers, seemingly their lives are chaos, they have gone through 2 or 3 wives or husbands, or they are reclusive, or they end up dead very young because they cannot choose, they want to love and be in love with a partner they love very much, but they cannot give up what their life calling is to do and so they are if you like in a difficult situation because if they give it up they start to die very quickly internally, the energy of the soul begins to shrink and they become lost without purpose.

Many of your indigenous cultures feel that way, aborigines, the Maori people, many of them, you look at them and say well you know they are sitting around smoking marijuana, drinking too much alcohol, they are not contributing

to society, they are primitive and lost and haven't moved on with the 21<sup>st</sup> century, but they are much more advanced in many ways because their God was their life and they didn't just celebrate once a week at the church, or once a day in their meditation, it was within everything they said and did. It was the expression of whom they were and when they were told that their God was an imposter and there was a real God, a different one, a Christian one or whatever and their whole lives had been nothing and they started to doubt and question and they lost their spirit, this is what has happened to them dear ones and so in many ways it happens to some of you in a different way and you'll see that all around you. So I believe that is my spiel on karma, so far, these is a lot more I can say, but in the meantime I would like to answer your questions dear friends.

Anne: I could talk just a little bit about cause and effect. I think sometimes people don't understand the degree, it is even like getting an animal into a household and then you have children and that animal is neglected or you have an animal that you like and your partner has the other one but you don't particularly like that other animal and I see it quite a lot when people have children and they have animals in the house, so I don't think people understand that that is cause and effect too and that is creating karma for them, especially if they have agreed to have that animal in the house.

Indeed, well it is a commitment and it is like having a child, and you know, many people have animals and they feed them water and food and they think that is enough, or they exercise them, but actually everything in this world needs to feel loved, and animals very much know when they are not loved, or not cared for, or not appreciated. So of course, that is if you like, in a way, a very slow death for an animal as well, because they often will commit suicide, run in front of a car, or get themselves sick, because you know; they have a purpose like all of you. Sometimes their purpose is to love you and to open your hearts and to give you love and to show you love, but they also have their own little personalities, they also reincarnate, come back to you in your life, and sometimes they are there to show you about really loving and supporting and taking care of something. So it's not something that you can just pick up and put down, yes. The same having birds, fish and things like this, often they are put there for peoples entertainment, when these are free spirits and really should not be held in captivity. But there again it is different if you are saving or rescuing something that has a fate and is brought to you at a certain time to heal if you like. I think one of the worse things for us to see is to see a bird in a cage because it is a symbol of freedom and should be free. Indeed, so do you have a question dear one?

Anne: I wanted to talk you about infidelity and karma, because I see a lot of people that open up to their spiritual side after a disastrous relationship, or I see people that have an affair, so they are consciously having an affair with someone that's married and it goes on for many years and I know there's two parts to it but I would like you to explain how that would affect their lives.

Indeed, again there are many degrees within that and it is the intention and the purpose behind it.

Now there are many different cases and each one is different and so we will look at a few scenarios alright. So if you have a couple in a relationship that are no longer loving and communicating to each other and the energy is not there between them any longer but they have children so to speak and for the sake of the children they feel they have to stay together, sometimes you know, that is an excuse, because they are fearing what the consequence will be for themselves and they decide to have an affair, then of course that can be an energy of self indulgence, or self fulfilment or escapism and that has one consequence.

If somebody is in a relationship where each person is happy for the other one to do what they want to do, that has another connotation, but there is one I want to focus on as well which you notice happens from time to time.

Often another person is brought in to show what is missing in a relationship. So that person is presented during a time of crisis within a marriage to give the person an opportunity to see what they want within their marriage because they are unhappy and they are not doing anything about it, so when that person is presented and it brings some excitement and it brings back to them the enthusiasm of love and creativity and life force, then again it gives them an opportunity to either end the marriage or to communicate with the other one what is missing and to do something about it.

Then there are scenarios often that are triangles where three people come together because they have had lives before, so you could be going along thinking you have a wonderful marriage and all of sudden this person appears and your heart sings and you feel uplifted and your energy is expanded and you cannot fight the feelings you have

because it is a memory that there is a past connection and this is often as you see sometimes, after many years someone leaves a marriage because there is this person they have met before and again none of this is a judgment within the realms of spirit, but is within society, but again it is the intention or the motivation behind it.

If it is coming from someone's ego or desire it has one consequence, if it is coming from the soul that is another, and it may merely mean that it is time to move on from that relationship and this other person has come to show them that, but of course it is not ever looked very well upon when someone is in a marriage, a committed relationship and in some religions and spiritual orders it is accepted to have lots of wives or husbands, mainly wives not the other way round I might add, yes, but in others it is frowned upon and scorned upon.

The truth is dear ones, communication and honesty are the keys things you know, then if someone comes and says I've fallen in love with somebody else, I love you to and I'm sorry that this is going to hurt you, but I don't feel we should stay together, that is one thing. To betray or to sneak around is another thing, because that creates an energy in the person sneaking around of guilt and shame and fear which then is shrouded so they're not living from their heart. The person they are in a relationship with feels it because spiritually you can never lie to each other because you feel something is happening and then the other person on the outside is not knowing where they fit in and so there is all this energy which creates a lot of unresolved stuff. So many of you come together in these triangles to resolve things and sometimes you know this has been your lover and you've been the one whose betrayed the other, or so they have seen.

In the greater scheme of things really there is no such thing as betrayal of course because you are not possessed by anything you are all free to do what you wish to do and if you truly love each other unconditionally then you will not be affected by someone wanting to love and be with another, because it is you wanting what is right for them and loving and respecting that, but if you're trying to possess and hold on to something like it is some kind of item or commodity then of course that is not love either and that is often in many cases when people have been in relationships like that, they are putting out a prayer of wanting to get out, being very unhappy, very afraid and wanting some help and saying over and over again they want help, so help arrives as in the third person, but of course that causes a lot of dynamics between them and the other person. But also I would say to you it is never just the person betraying, so if you have someone having an affair for instance it is easy for everyone to say to the other person, isn't it terrible that your husband went off with this person, or isn't it terrible your wife went off with this person, poor you, but actually that person has contributed to that affair as well. Because two people that are not happy over long periods of time create that, but it is the person that is seen, if you like, that is the one causing the trouble, or causing the issue, or being selfish that is projected upon and used as the scapegoat really.

**But it is never, ever just one person running off without cause dear one, there is always a bigger picture behind it. Does that answer your question?**

Yes it does!

Indeed, all right.

My friend do you have some questions?

Chris: I have a question related to karma and country karma and the age of country karma. A lot of European countries have karma related to the religions they try to enforce upon indigenous cultures. How does that affect us living in a place which is not an old country and in turn how does that affect the karma of the country that caused the problems in the first place?

Very good question my friend. All right well yes countries do carry karma but individuals always have an opportunity to heal and change that karma. So for instance you are here in this country, there is karma here because of the persecution of the indigenous cultures that were here, but many people here will justify that by saying they were persecuting others before that and you know blaming each other rather than excepting alright I'm here now how can I make a difference by my presence, by how I think about these people, so even how you think about them beings to change the karma of the country.

When you are in a communication with someone talking about, oh I hear it a lot you know, oh the Maoris this, and the Maoris that and they have taken this that and the other.

Then you have an opportunity to say well actually if you look at it in this manner, if it wasn't for them the forest would all burnt down because the Europeans would have done this, you know, they were here first or whatever, but you don't have to get into an argument with them, you start to think about how they were, but don't get into the victim consciousness either of it's terrible what happened to them, and so I have to make up for it s I am responsible and feel guilty.

It is about treating these people with respect and appreciation like you would anybody else and when you are in a situation with people that are putting them down you plant a seed and you don't have to get into a debate it can just be a sentence or a word to make them think about it and you feel differently, whenever you see something in your paper about them, about this that or the other, or someone says this then you just feel and send your love to them in your thoughts and in the way you express yourself you see.

That begins to set about a little drop in the bucket of people that begin to think and feel a different way; it changes the energy and the dynamic dear friend you see. Sometimes it can take a long time, sometimes it happen quite quickly you see. And often there will be big things that happen to make it change quicker, look at your own country dear friend, look at Nelson Mandela, look at what he was able to do in a very short time, even though there is still a lot of issues he changed the way of thinking of the people from his own race, many of them anyway you see, whereas they could have seen you as the persecutors because of your colour and your status in their own eyes and in turn the victim becomes the persecutor often you see and so continues that cycle.

So it is to break the cycle of victim, persecutor, rescuer and honour and respect without treating them like a victim and without treating others like a persecutor. Do you understand, does that make sense to you?

**Chris: It makes sense to me, it makes sense.**

Yes indeed, so don't get into agreements with people when they are saying things that you know aren't correct just because that is the group mentality. Often I see that, people talking about something whether it is just within a conversation and it is easier just to sit and say nothing, rather than to say actually I don't agree with that, actually have you thought about it from this perspective? Then you don't have to sit arguing you can just walk away – yes! Leave them something to think about and that is you being God, dropping a little magic into that energy, so it's not so dark and heavy and confrontational – yes, indeed, good question.

**Karin: I've been getting quite confused around non linear time. So when you talk about karma and cause and effect, when thinking about it very linear and something happens and that brings another energy, but trying to think of it out of that linearity of time. How does that work, it's very confusing.**

If I was to explain it to you, you wouldn't understand indeed, but I understand what you are saying. Yes on one level everything is happening simultaneously – past, present and future, but in this reality there is a past, present and future, so it is dear one about being in the moment. That is all you can do and you cannot change what you have done in the past, but every moment you are given an opportunity to response to life, rather than to react to life, by what is happening around you and your responsibility is not to ignore it. So if you see something you cannot say well it's not my business, someone's doing that over there, the neighbour is not feeding the dog, or there is a child crying down the street or it's not my business, or someone is doing this and I don't want to get involved. The fact you know – you are involved, so that is your responsibility and your karmic responsibility. Do you understand – indeed! Greetings dear one,

**Janine: Greeting Almora, My question is - why is it that sometimes karma is instant and other times it can take lifetimes before you have to work through it. I understand it's to do with the people involved, but can you explain that process a bit more?**

Indeed, well if there is just you and one other person, or you and an animal for instance, then that is the intensity that is right there in that moment, but if there is a group or a lot of different life times or a lot of energy, rather than just one thing, then of course it can take a very long time depending on what each person is prepared to do because it is a co creation you see. So if you're prepared to resolve something and the other person says I don't want to resolve it, I don't want to know about it and I'm just going to pretend it never happened and move over here and do something else, then really you cannot resolve their part, only your part. Sometimes you can resolve it without them, when you resolve it in yourself, you outgrow needing to see them again and resolve it, because there's nothing in it for you to experience anymore.

You've resolved it. But if you have a situation or a theme that happens say for example in a relationship, say for an example that your number one issue is abandonment and that you have had many incarnations where you have been abandoned as a child, or abandoned in a relationship or felt betrayed in a relationship, so you come into this world with a vibration of abandonment so your family in this life one of them may not pay you any attention and then each relationship you have abandons you or even your children abandon you, reinforcing the feeling that no one loves you and you are going to be abandoned, then you continue that cycle on, but if you wake up and notice, become aware and conscious, well hold on a minute why is this happening all the time.

Now there are two things that can happen – oh poor me, I'm a victim this is terrible, and that is alright you know, this is terrible, everybody in my life abandons me, I am never going to be in a relationship that is fulfilling and rewarding, I am always going to be abandoned – you are God, you authorise it, so another lifetime, another lifetime, another lifetime, but if you say to yourself 'I've had enough of being abandoned, I don't want to be abandoned anymore, I want to be in a relationship that is empowering and rewarding and it is equal sharing and giving and receiving and all my friendships are going to be that, and the people I work for are going to do that and I'm now going to decide that I have had enough of that role, I'm going to change it'. In that moment you are resolving the karma of all of those lifetimes and future lifetimes you see. Indeed.

Greeting dear one,

**Darlene: Greetings Almora, I would like to know about karmic debt, and the afterlife and how that would determine the next incarnation in terms of the frequency of energy such as culture you are born into, the family energy you are born into, and if somebody has for instance a lot of karmic debt, will that affect the next incarnation? It's a very big subject.**

Very good question as well. Alright, so let's say for instance you've had five hundred lifetimes, the average is about three thousand by the way, so when you are getting into the thousands you are getting quite evolved, either that or you are continuing a theme and having a miserable time – yes! But let's say you have had five hundred lifetimes and in five hundred lifetimes you have accumulated a certain amount of debt, so say in those lifetimes one you were a war lord and people were killed because of you and in another you were in a religious institution where you were very focussed on power over people, another one you were a witch that was burnt at the stake, and there are all these different scenarios because the polarity is you experience the light and the dark, the good, the bad, the ugly and both sides of it and it's not what you get put into, or the roll or the body you get put into, but it's how you respond to that while you are in it.

So going back to karmic debt, you have five hundred lifetimes for example and you end that lifetime and you go through your time (we are talking later about death and dying) but in that process when you are getting ready to reincarnate into your next body it is a little like this you know, you are seated with the high order of masters and teachers from all different degrees of evolution, some very earthly ones and some very highly evolved ones and you sit there and they go right, so here we go, let us get out this big book of this lifetime. Now this is what you did, and this is what you did and oh dear look what you did here, so in order to resolve this, this is what you would have to do, this is the body and culture and the country that you need to be in.

Or say for instance you've been in a certain country and a culture and there's this huge amount karma from that one because many people died because of it and in a way you had quite a bit of responsibility, so there is a weight towards that one, rather than that one where you just walked out on your husband or wife, or you decided to get on a boat and never come back, so there are different degrees of weights of karma – yes! So then as you are sitting

there looking at it all, you say oh dear that is too much, I don't think I can do that all in one go, or you may be feeling that day, rather excited and spritely and over optimistic and say yes that will be good, I would like to do that.

So you are born in India, to a poor family, you are born disfigured, you are born in huge amount of pain, physically, emotionally, mentally, every day is a struggle and a stress and you have, you know again to respond to life differently in that situation, or you are put in to a tribe you know that is being hunted, or you get put into a situation where there is great atrocity or whatever and life is short, intense, painful, difficult because you want to clear it, but you might say that's too much, I will just do that and so in that life maybe there will only be one crisis or two, so the more intense a life, the more quicker you are wanting to evolve. It is not that you are unstable and something is wrong with you all dear ones, it is just you want to get on with it you see.

So that means you are moving faster. So that is how that works, but also remember incarnates do not go in order, so you may have been in England last time and Tibet the next time. Sometimes they will because you decide well actually I'm really interested in following on that part and completing that bit because I didn't, but it's a bit like being in a (I've used this analogy before, I think it's a good one) university where they have so many different subjects. You have your science and your maths and your art and your French and your history and your philosophy and you have all these subjects and to graduate you need to pass every single one of them with A+, remember I said, A+ every single subject, because in order to move to the next reality you have to be perfect, now the spanner in the works is that A+ is different for all of you.

So the questions and the answers are different for all of you, so it's not that you all have to get A+ because of this way of doing it.

So in this lifetime I love to do music, I am wonderful at music, I love music, but I really didn't get on very well with maths, I don't like that side of things, I didn't get on with the teacher, it's difficult to understand, so I just want to keep on doing music, or photography, or art classes and then one day you are sitting around getting ready to incarnate and it comes to you 'now come on, you still have this maths class to finish off, oh dear all right I will go and do it now' – you see, so that is when you come and you study the maths in that lifetime and because it's something you haven't done much off before, or haven't been very good at, it's difficult, and so it doesn't really work very well, and it's not coordinating, but if it's something you have done many times, you can easily slip into it, like all of you have your qualities you see, and your gifts, so that's how it works, you understand? Indeed.

Hello my friend greetings and welcome.

**Peter: Greetings to you. I have no questions for you at all. I have been working on your manuscripts and all these things I have been writing down and discussing and living over the last few days. I am just delighted to be here.**

Indeed it is a pleasure to have you here dear friend and we very much appreciate what you are doing yes indeed.

Do you all want a little break now before we go to the next subject? All right indeed so my love and blessings to you all and see you again very shortly and your questions on your body and your health yes!

My love to you dear ones!