

## Chapter Two

# Karma and Heredity

### Karma

Karma is not luck, it is the transmission of past energies into the present with their results.

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All energies put into activity — thought, speech, feeling, act — go to constitute Karma. These things help to develop the nature in one direction or another, and the nature and its actions and reactions produce their consequences inward and outward: they also act on others and create movements in the general sum of forces which can return upon oneself sooner or later. Thoughts unexpressed can also go out as forces and produce their effects. It is a mistake to think that a thought or will can have effect only when it is expressed in speech or act: the unspoken thought, the unexpressed will are also active energies and can produce their own vibrations, effects or reactions.

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If it [*the soul*] goes on with its Karma, then it does not get liberation. If it wants only farther experience, it can just stay there in the ordinary nature. The aim of Yoga is to transcend Karma. Karma means subjection to lower Nature; through Yoga the soul goes towards freedom.

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The bondage to the effects of Karma remains so long as one has not passed out of the ordinary human consciousness which is its field to the higher spiritual consciousness where all bonds are untied. As for peace one can gain it by an entire reliance on the Divine and surrender to the Divine Will.

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