Consciousness and Karma: Releasing the Ties that Bind

Debra Greene, PhD
Association for Comprehensive Energy Psychology
ACEP 19th International Energy Psychology Conference
May 18-22, 2017
San Antonio, TX

Discover the energetic ties that bind and how to release them. Karma as an energetic phenomenon is an integral part of a consciousness-based framework. Learn the types of karma and modes of karma. Explore how to release it for deeper insight and healing applications.

Karma is an energetic phenomenon that is an integral part of the Eastern life sciences to which energy psychology can trace some of its roots. Although many people talk about karma, and the term is used regularly in the popular vernacular, there is little understanding in the field of psychology of the specific mechanisms of karma. This workshop attempts to fill that gap.

Karma is understood as an energetic law or principle that influences thought, emotions and behavior. Thus, it has significant applications in clinical psychology. Karma is a Sanskrit term that means action, work or deed. It is often referred to as the spiritual law of cause and effect, wherein a person’s intentions and actions cause some type of effect on their future.

By reviewing an energy-based model and therapeutic approach to karma, participants examine the role karma plays in their lives as well as its application in clinical settings. The role of karma within the context of energy psychology will be highlighted. Experiential exercises will provide opportunities for participants to explore and transform karmic influences.

This learning lab will focus on the six types of karma, the three modes of karma, defining and understanding karmic liabilities, as well as methods for transforming and releasing karma. Included will be discussion of cultural and ethical considerations, such as when religious belief systems affect notions of karma.

The conference theme, Experience the Evolution of Healing and Consciousness, calls for topics related to consciousness and healing. Karma is an integral part of many consciousness-based frameworks, in which the universe and everything in it are understood to be permeated by and interconnected within a unified field of consciousness. Karmic influences provide for deep understanding as well as significant opportunities for life transformation and healing.
Although karma is a foundational principle of many ancient wisdom traditions, it is evolutionary when applied to a clinical psychology setting. Thus, this learning lab is “evolutionary,” another aspect identified in the conference theme. Further, it utilizes an evolutionary energy-based model, in which subtle energies are seen as primary, not a materialist model that discounts energetic phenomena.

Finally, this learning lab is experiential, providing “a live immersion experience” while imparting wisdom, therapeutic skills and healing techniques, all of which were named as conference objectives. It includes an exercise designed to allow for the experience, identification, and release of karmic energetic influences.

In sum, this learning lab will clarify the nature and function of karma. It will give participants skills to identify specific types of karma and tools to help transform it. Tiller’s multidimensional model will be introduced as the consciousness-based framework within which to understand karma. Relevant literature on karma will be reviewed defining karma, identifying the six types of karma, and explicating the three modes by which karma functions.

Through experiential exercises participants can discover karmic influences within their own lives and transform them. By the end of the presentation participants will have a deeper understanding of karmic influences and how to work with them. We will discuss ethical and religious considerations that arise when using karma as a framework for engendering insight and healing.

Outline

Introduction
Tiller’s multidimensional model
The four main planes of existence
The four main energy bodies

The role of consciousness
Consciousness in Tiller’s model
The continuum of consciousness
Qualities of consciousness
The science of consciousness

The role of karma
The doctrine of reincarnation
The Law of Cause and Effect
Karma
Definition of karma
What karma is not
Who is affected by karma
Six types of karma
Sub-types of karma
Modes of karma

Recognizing Karma
Indicators of karmic influences
The role of consciousness
Examples of karmic influences

How to Transform Karma
Karma to dharma
What is dharma
Experiential exercise to transform karma

Implications and applications
Ethical and religious considerations
Questions/Discussion

Objectives

1) Describe the role of Tiller’s multidimensional model in understanding karma

2) Name the six types of karma

3) Identify the three modes of karma

4) Examine the role karma play sin your life

5) Explore clinical applications

6) Experience an exercise designed to release karma

Bio

Debra Greene, PhD, is an innovator in energy medicine, energy psychology and mind-body integration. Author of the acclaimed book, Endless Energy: The Essential Guide to Energy Health, she has lectured extensively, worked with thousands of clients, and taught hundreds of workshops. Visit her online: www.YourEnergyMatters.com. Email: debra@YourEnergyMatters.com
Bibliography


