

What is Karma, really?

Most often this word is interpreted as action. I prefer to explain karma as components of action; Energy + Work. Energy fuels all phenomena, and phenomena are the result of energy instantiated through work. Work can be driven by simple and subtle forces, be they nuclear, gravitational, magnetic, electrical or physical. Thoughts are work, words are work, expansion and contraction are work. When work occurs, energy is transformed from potential to manifest, kinetic, and momentum is created toward more work. Work exhibits and manifests tendencies altered and presenting conditions. There are two kinds of karma (most also teach this). One is fundamental karma that begins as very minute collections of energies from potential, also detailed in the Nidana or 12 linked causal chain. If you research “virtual particles”, or Fermions in Physics, you can visualize this Quantum environment. When energies collect in quantum fields, they come in and out of existence in what is called “empty” space, or sometimes part of “Dark Energy”. I like to say that “karma” is the energy of formations. Formations, the main object of cessation from the Buddha Shakyamuni’s teachings of the Noble truths, Eightfold Path and Hinayana training of meditations to capture the mind at work.

As varied energies amalgamate they form inertia toward manifesting their essential nature, as we later identify in Buddhism as the instantiation of karma. Our life, form, and consciousness, are all formed of these inertia of energies and manifest in tendencies (momentum) with and within conditions. In Buddhism these energies are described early on in the 12 linked causal chain or Nidana. This is also described within the concepts of Tien-Tai’s 3000 realms of existence in a single thought moment, and Nichiren reference to Ichinen Sanzen. (I have videos on my YouTube and Patreon channels on this and many subjects about karma).

The second type of karma is created by every action (Energy + Work) in our Samsaric human lives formed or instantiated by this immense collection of energies. As “conscious” beings we have the opportunity to interact, influence and modify these primal energies to dispel the kinetic energies or redirect them toward a different life affirming or quiescent state of non-instantiated potential. Our every action of thought, word, or deed is an influence to continue or redirect our life inertia as we choose. To study our mind is to peek into the workings of our inertia and to begin to discern our tendencies and negative and positive habits. By altering actions before we fall prey to our inertia, we can realign our inertia and minimize possible negative fallout. In

this way we end “craving” (kinetic energy) to assimilate potential energy that frees us from the kinetics of the human mind and brings us clarity; to observe life rather than being pushed through life precipitously by the kinetics of instantiation and differentiation; named in Buddhist teachings as the mind of distinctions and also named identification (nama/rupa) or attachment.

What occurs “to” us, or what our perceptions of actions in our minds and the minds of others, is largely the interactions of countless amalgams of energies as they interact. Everything we experience, observe, feel, and our very thoughts, are all the result of our own predilections (momentum), and innumerable filters of experience and identification; In other words, Samsara. This identification with ‘other’, the “I”, Mine, Ego, etc. is Samsara. Karma is simply energy+work. Observing energy in “action” is our human experience and a fleeting, temporary opportunity. In short, what we perceive as occurring to others is a false perception or reflection of self. There is no separation of self and other. Our choice is to simply fall or flow with the inertia (momentum of our life experience) as a spectator and accept whatever comes, or alternatively, to influence, to intervene, and release ourselves from inertia, and observe the amazing play of time and conditions.

I hope that helps to find insights and understanding. This is a big subject and will require more study than I can write in this blog.

Love and respect,

NaMuMyoHoRenGeKyo