

A Question of Desire

Many aspirants, who are exposed to teachings derived from Hindu and Buddhist sources, are taught that they must root out all desires to gain Nirvana or Moksha.

While this is correct at certain levels, it is not true at all levels; because of the confusion this topic has spawned, we wish to shed some light on it so you can understand it better.

The Karma – Desire Connection

When we examine the substance of karma as the substance of the unconscious mind, we find that it has seven major levels: (1) physical, (2) etheric, (3) magnetic desire, (4) imagination/fantasy, (5) thoughts, beliefs, and identification, (6) karmic impression, and (7) karmic seed.¹

The **physical** aspect of karma is overt behavior—actions, speech, and emotions, plus constitutional or physiological conditions that arise from the genetic substrate

The **etheric** aspect of karma arises from the obscuring nature of karma, as it plugs the meridians, chakras, and nadis of the etheric body.

The **magnetic desire** aspect of karma—also known as strong desire or craving—effectively magnetizes the object of desire and locks you into its quest, until you can do, be, have, or experience that desire-object.

¹ Excerpted from “Notes on Karma,” © 1994 by George A. Boyd. On line: <http://www.mudrashram.com/notesonkarma.html>.

The **imagination/fantasy** aspect of karma is commonly experienced when a biological process is denied fruition for some time. For example, when sex, hunger, or thirst is not fulfilled for an extended period, you begin to develop fantasies about them. Other important “life dreams” may comprise the fantasy component of your goals. On the astral Plane, you may see this aspect as an entity or “thought form.”

The **thoughts/beliefs/identification** component of karma consists of the inner thoughts, beliefs, and identity statements that each unit of karma contains. When you dialog with this karmic unit, this is the information it gives you about why its desire-object is important and why it must be fulfilled.

The **impression** component of karma is like a desire-laden memory that may be re-stimulated or triggered when you come into contact with the desire-object.

The **karmic seed** component of karma is the essence of karma. These seeds layer on the inner helix of the unconscious mind, and operate through your causal body. These stored karmic seeds make up the inmost aspect of your unconscious mind, which is called the Nijmanas.

“Transformational methods burn away [this] karmic seed, which removes all of the layers of karma associated with that seed. Integral meditation teaches how to transform in a balanced way, and shows you how to dissolve your karma.”²

² “Notes on Karma,” op. cit.

A Quick Review of Karma

“There are four kinds of karma – Adi, Sinchit, Kriyaman and Pralabdha.”³

“Karma is a seamless web. It is divided into these four kinds according to where it is layered.”

Adi Karma is layered behind the ensouling entity.

Sinchit Karma is stored in the channels of the Nada behind the spirit.

Kriyaman Karma is stored behind the vehicles of consciousness.

Pralabdha Karma is stored in the physical etheric matrix.

“Karma operates from the unconscious mind outside of awareness and the control of the will.”

Levels of Desire

Since much of your karma is buried in your unconscious mind, you often are not aware of it. We will shift our examination of desire to those levels of which you may be conscious, and where you can make choices about it.

- (1) Body desires – These include sex, hunger, thirst, avoidance of excessive heat or cold, shelter from the elements, and sleep.
- (2) Tools for living – These are the possessions you accumulate to carry out your activities of daily living, your passions, and your dreams. Your sense of ego identity is commonly associated with these objects.

³ “Notes on Karma,” op. cit.

- (3) Dreams – This is the matrix of desire out of which you formulate your goals. These may involve desires to be other than what you are: to change your appearance, your weight, your career, your wealth, your relationship status, or your fame. This aspect of desire is associated with personal change, and is often linked with your feelings of dissatisfaction and frustration of where you are in your life right now.
- (4) Spiritual desire – This is your spirit’s longing to go back to God, to find a spiritual Master, or to merge back into the Divine Beloved.
- (5) Purpose-driven desire – This is the Soul’s drive to know and fulfill its spiritual purpose, and to fulfill its spiritual destiny (Adi Karma).
- (6) The wish to be of service to the Creator and the Creation – Great Initiates who reach the Light of Liberation may choose to come back to serve God and humanity as Masters or Bodhisattvas.
- (7) The wish to create/emanate the whole Creation – Sikh and Muslim traditions speak of the Divine Wish (Mauj) to create the world. The Creator’s desire to be many from One figures in many myths of Cosmo-genesis.

Levels one to five of desire are the aspects we normally deal with in our personal and spiritual growth.

We may add to the **personal** component of desire—which make up levels one to three—the unconscious cravings of which you are aware, such as your addictions, compulsions, or phobias.

The two components of spiritual desire—four and five—we call your **core** desires.

We may add to these two layers what we call **collective** desire: which are your dreams to contribute to or change the world around you. This may be a combination of your personal and spiritual desires.

Approaches to Desire

The treatment of desire in spiritual groups takes three tracks: (1) own and accept your personal desires, (2) maintain impersonal attachment to your desires, or (3) radically root them out through austerity and renunciation.

Since most of us attending this webinar are probably not into a position in our lives where we can entertain the third option—to join a monastery or become a holy wanderer—we will examine the other two options that are available to us.

Solution	Embrace Personal Desires	Detach from Desires
Materialist	Yes	No
Devotee/ Jnani	No	Yes
Psychotic	No	No
Integral	Yes	Yes

The **Materialist** denies their spiritual nature, and only works on fulfilling their personal desires.

The **Devotee or Jnani** lives in an altered state of awareness, regards their personal life as an illusion, and detaches from their desires.

The **Psychotic** lives in a chaotic nightmare world where they are able to pursue neither personal nor spiritual desires.

The **Integral** meditation practitioner fulfills both personal and spiritual desires, detaching when needed to meditate.

Which Desires Must We Eliminate?

When we examine what desires we must eliminate to obtain liberation of the spirit and the Soul, the Integral approach advocates that you do not detach from your desires or evade responsibility for them. We do not advocate gazing at your life like a detached spectator. This perspective—e.g., my life and desires are unreal and are an illusion—is also known as derealization and depersonalization—we believe is not an optimal way to live your life.

Personal levels of desire (levels one to three) have little bearing on ultimate liberation and enlightenment, but your core desires (levels four and five) are levels that must be fulfilled to bring about salvation (liberation of your spirit) and Moksha (liberation of your ensouling entities and its vehicles). Fulfilling core desires also actualize your Soul's calling and fulfill its intrinsic purpose. Working out core desires transforms your essential nature, and transmutes and integrates the karma that is buried in your Higher Unconscious.

Without desire, you sit passively and do nothing—while you stare blankly into space and contemplate your navel. We hold that desire is your ally:

Your personal desires drive personal achievement and fulfillment of goals.

Collective desire builds bridges and entire cities; it leads to innovation, and societal change and reform; it changes the face of the world and touches the lives of the multitudes.

Your core desires lead to the attainment of enlightenment and Mastery.



Meditation – Monitoring Your Desire

	Question
Personal Desires	What do you desire physically?
	What possessions or tools for your dreams do you desire to have?
	What do you desire to be or to experience (do) in your life?
	Which unconscious cravings, obsessions, or phobias are you aware?
Core Desires	What do you desire spiritually?
	What is your Soul desire (aspiration)?
Collective Desire	What do you desire to see happen in our collective space, e.g., what are your dreams for society and the world?
Liberation	What would it mean to have fulfilled your core desires? In what state would you dwell? What will you need to do to ensure you fulfill your core desires?

Dealing with Desire

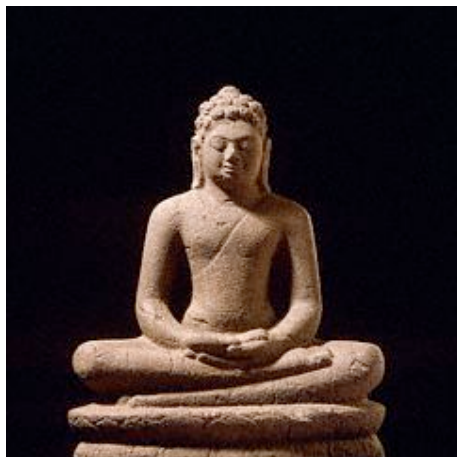
You cannot stop desires. You cannot immediately overcome cravings. You cannot will desires to go away.

What you can do is:

You can study the process of how your desires emerge— noticing how they arise, how long they persist, what satisfies them, and whether they reappear upon your obtaining the objects of these desires.

You can use your wisdom to prune your desires to select what is necessary. You can simplify. You can become more frugal. You can be more efficient. You can keep only those possessions that are necessary.

You can focus on and fulfill your core desires through Integral meditation. This will bring about transformation. This will transmute your karma. This will fulfill your intrinsic Soul purpose and your spiritual destiny. This will make you free.



Meditation on Liberation

What does Liberation look like? How far away is it? Can you reach it in this lifetime? Do you choose to do this?

Thank you for attending our webinar today!

