



# *What is Karma and How Does it Affect You?*

As Dictated to Joy Pedersen by Archangel Michael



## **Express Success LLC**

3616 Harden Blvd., #154

Lakeland, Florida 33803

800-801-7597

[www.JoyPedersen.com](http://www.JoyPedersen.com)

[info@expresssuccess.net](mailto:info@expresssuccess.net)

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Karma is a word that is tossed around rather freely these days. However, do you really understand it and its ramifications? I think not. We, on the other side, see what occurs when you take a right or a wrong action. We see the ripple effect that occurs each and every time you make a decision or choose a path for yourself or others. Your incidents are not isolated incidents. They have long-reaching effects on yourself and the universe in more ways than one.

It isn't obvious to the naked eye what occurs. Energies leave your body emanating out into the universe affecting change. Your thousands of thoughts reach thousands in a moment. Without a blink of an eye you have changed an outcome.

Your thoughts are powerful. They are more powerful than you can imagine. One negative thought can harm millions. Your thoughts are the most powerful part of the creation process. What you say and do that follows that thought implement something that was set in motion by your thinking. What you don't realize, however, is how powerful the thought itself is and how far it reaches with further implementation of the idea.

Curses, for example, are the stuff of movies often demonstrating a life-long negative effect. However, how often do you curse during the day? You curse an item, you curse a friend, you curse a lover or loved one. Do you know that you condemn that person, place or thing to some degree or another based on the energy and intent behind that curse? You affect their DNA. Your curses reach people on a cellular level. In some cases you harm people for life or lifetimes with the harshness of the words you speak.



You share your insights, your criticisms, your judgments and perspectives with others and they have impact. Your judgments can show up as energetic hooks in a person. Your criticism can show up as a barb or arrow in someone's aura or energetic field.

That person carries those barbs and hooks energetically attracting like energies to them. You contribute to their karma by judging and criticizing others.

No thought goes without like response. It goes out into the world and marries with other like-minded thoughts. It builds momentum with energy and endorsement. Your common phrase, "what goes around comes around" is an understatement. It refers only to the effect something has on oneself, the originator of the thought or the implementor of an idea. It does not address the energies and effects of the impact on the rest of the world and the people within it.

## WHAT IS KARMA AND HOW DOES IT AFFECT YOU?

You are very powerful beings and misuse that power all the time. You do so because you don't realize how powerful you really are in this world. You have great power to create. You can create anything you like if you put your mind to it, and make the commitment necessary to bring to completion. There is really nothing that is impossible if you know how to work with universal laws and energies.

What happens, however, is that people don't know how powerful they are, and what they are truly capable of. They often act irresponsibly out of innocence but many times out of arrogance. You think you know what you are doing, and often do not.

Do you know that every action you take affects the rest of the world? Do you know that everything you think, believe and do affects your descendants? Do you know they pay the price for your errors in thinking and behaving?

Your thoughts, choices and actions aren't to be taken lightly. I am not here today to scare you, but I would like to wake you up to becoming more aware and responsible for that which you think and do. In some cases the effect is not enormous or terribly negative and in others catastrophes occur.

Too often people run around doing this and that and race here and there, trying to keep up with "the Joneses", or trying to please whomever is in power at the moment. Or they are trying to keep up with an idea that has been put forth before them that they think is correct. That is karma. Someone has an idea of what they think is right and everyone living up to that is experiencing the karma of that idea. If it is an idea that has a negative effect, the person who thought and implemented the idea bears the karma of the results and effect of that idea not only to themselves but all those that were involved or affected by the idea. The course of action that followed and whatever that caused and created also carries that karma.

Some people are still paying for their karma for ideas they implemented a thousand years ago or lifetimes ago. Some people think "oh, it will work itself out". Yes, it might in the end, but possibly not without hardship along the way.

## WHAT IS KARMA AND HOW DOES IT AFFECT YOU?

Do you really want to create hardship for yourself or others? Think about it. Really think about it. You create karma all the time and have been from the beginning of time. I am not saying this to make you feel guilty. I am saying this so you become aware of your power and the possibility of making better choices that are available to you should you ask.

Are you the type to live in the now without concern for the future? Well, if you live in the now with divine guidance, you can lead a fulfilling life with a bright future. If you are living in the now on impulse without concern for outcomes, you may be setting yourself up for failure and harm in the future. Which would you prefer? Enlightened guidance or impulsive behavior?

You have the greatest power of all - the ability to connect to infinite intelligence. Why not use it? It is at your core. It is what you were made of and have the ability to connect to at any time. Those of you who come from ego and think you know best and want to control an outcome, may to a certain extent. But, you may not be able to do that without a big price to be paid by those you affect, including you in the long run. Your descendants may also bear the price of your efforts to control.

What we see here on this side, is the end result. We can see the future. We can tell you what will happen if you make certain choices and go down certain paths. We can stop the negative outcomes by helping you make right choices up front. What we take into consideration is the big picture with good to all concerned.

There is no one better or less important than you. You are all important to us and no one should suffer to benefit another. All should be treated fairly. Consideration should be for the highest good of all.

The mentality this world exists on today is win/lose. In order for someone to win, it appears someone has to lose. What if you were all allowed to win? What if everyone could succeed without anyone being deprived their success?

## WHAT IS KARMA AND HOW DOES IT AFFECT YOU?

Each of you have a role to play and a position in the world or you wouldn't be here at this time. You create your own karma for self and others by trying to play the role others are to experience. People take jobs that are meant for someone else because they don't believe they can be, do or have what is right for them. That is creating karma. You are taking what isn't yours based on thoughts about lack and feelings of fear.

There is no lack in the world. The only lack experienced is by those who have a belief in it. If you have a belief in lack, you create it. That is your karma. If someone teaches you that there is lack in the world, your lack is also their karma.

Truth lies within your essence. Tap in there to find out what the truth is and whether or not what you hear or are being taught is true or not. You listen to others accepting what they say as truth. What is true for someone else may not be true for you.

Therefore, check to make sure it is accurate or appropriate as far as your own reality. You create your own reality. You have the most potent power within you, the power of creation from that which created you. You cannot separate from it unless you choose to look outside of yourself and give your power away to another, whether it be an idea, person or organization. You have the power to choose who you give power to so why not give it to yourself and the power of the creative energy at your core. Use it but don't abuse it. Use it for your highest and best good and the good for all concerned. If you use it for personal gain only without considering others and the damaging affect on others, you create karma.

You cannot escape karma. It just is. It is a natural law. There is always a cause and an effect in all that you do.

What you choose to ignore doesn't go away. What you face and rectify, can be fixed or adjusted.

## WHAT IS KARMA AND HOW DOES IT AFFECT YOU?

Let's consider simple things. You don't go to the gym or get any other form of exercise. What do you think the karma of that is? Your body does not operate at its optimum for one. The other is you increase your belief that you are not worthy of self care. They are both karmic effects of not exercising. The rest of how the karma unfolds may depend on other circumstances as well but your feeling unworthy of self care ends up attracting to you other evidence of unworthiness. Your lack of exercise contributes to health issues.

What if you take right action immediately? That will set up feelings of self worth, a good self image and better health. The energy of this sentence is even lighter and brighter with it's increased vibration in just making the statement. What if you actually experienced the benefits?

When you increase your vibration by perfect and right action, you also increase the positive outcomes you experience. If you are of a higher vibration, you also improve the experiences of others in your presence which is good karma for all.

Now, let's take a look at some of the challenges people have in exercising. Where does that stem from to cause that particular challenge? Those that aren't drawn to exercise are often suffering the karma of past-life experiences that involved physical labor. If you participated in an activity in a previous life that over taxed your body, you are more likely to not want to tax it now. You are experiencing the karma from a previous life.

How many of you have been slaves in another life and worked for nothing? That experience caused you to believe you work for nothing. Many of you are working today for less than you are worth because of the karma you still have from having been a slave. On the other hand, you also may be working for nothing because you were a slave owner and that is your karma as well.

Unless you move beyond and let go of the karma, you will continue to experience some aspect of it.

## WHAT IS KARMA AND HOW DOES IT AFFECT YOU?

How do you know if you are experiencing the effects of karma? You aren't happy, living the life you prefer; you lack joy, peace, balance, freedom and abundance. It doesn't have to be to the same degree in all areas. If your life isn't in flow with ease and effortlessness with all your needs being met, you are suffering from karma.

Another good indicator is your associations. For example, if you donate your time or money to a particular charity, there is likely a karmic connection.

Whatever you are connected to, you can assume there is some karma connected with the situation. There are no accidents. People are often brought together to have the opportunity to clear their karma with one another. Jobs sometimes are filled with people there to work on some kind of karma. If there weren't so much karma to be worked out in the workplace, more people would be in the perfect and right jobs. So many are working in environments or in positions because of karma rather than because it is purposeful.

When I say purposeful, I mean that the work is for a higher purpose. In most cases, people are working in positions out of default, due to fear, feelings of lack, or out of lack of clarity. They do not know who they are or what their purpose is in life. They are still living out of the past where they are stuck repeating old patterns rather than living the life they were meant to live.

Every one of you here on the planet at this time has a purpose. Some of it is to work out your karma. Some of it is to be of service or to share a gift or to experience a combination of the three. When you work toward eliminating your karma, you have the opportunity to then be of service and experience your gifts more fully. New gifts may be given as you develop.

When it comes to karma, however, that is the key to the solutions you often look for in life. You look at problems and try to find a solution or you look at problems and become a victim. Victimhood serves no one. It diminishes who you are and the power

you have within. You can take hold of the power within and take responsibility for the situation.

It is time you looked at and recognized the responsibility you have in the shape and outcome of your life and the world around you. There are no accidents. There are no victims. It is time you recognized that and took responsibility for it. Unless you do, you cannot change it. It will never change unless you take responsibility for it.

By taking responsibility for it, recognize the power within you that is yours for the asking and access it and use it. Change the outcomes you experience in the world. Start with yourself. Work on yourself and yourself alone before trying to change the world. When you change yourself, you ultimately change the world. It is always an inside job.

So many of you are looking outside of yourself viewing the world as collapsing, as something that has gone out of hand. Well, that world is only a reflection of something within yourself and you have the ability to change it.

When you release from within you that which no longer serves you, you set yourself free. When you judge, blame, point the finger outside yourself, you perpetuate the problem. It isn't solved by looking at others, complaining or judging. Recognize a problem and look within it to change it. Be at peace knowing you have the power to change the world by working on yourself and yourself alone.

You have succumb to a place in time where your karma is being revealed for what it is. It is a golden opportunity to allow it to surface to be finally removed so you are set free from its grip. That grip has held you back for aeons. No longer does karma have to hold that grip. You can release it. People like Joy are here to help you release it, but you can release it yourself if you took responsibility for it, acknowledged it, forgave yourself and let it go.

By letting go, you release and open yourself up to possibility. You limit yourself by the grip you have held on your memories and karma. The price has been a heavy one. All humanity has been held back from the errors in thinking, the deeds that have been done and the atrocities that have occurred for centuries.

You bear the memories from the beginning of time and all mistakes, errors, atrocity, crime, abuse, etc. lie within your reach to clear and release so you can set yourself and all others free. When it comes to karma, it has to be repaid or balanced in order to be set free. What you don't realize, however, is that the karma doesn't always have to be experienced. If you learn, in your heart of hearts, the error of your ways, your thinking and your doing, you can release it much faster. What karma implies is an eye for an eye. It isn't necessarily so. What often happens is that you experience a hurt and don't let it go. In not letting it go, you react to it. In your reacting to it, you hurt even more. It is an endless cycle.

Yes, there are times when something bad happens and then it happens to the person who instigated the situation. However, what often happens is that an unawareness occurs and then that person receives a lesson to become aware. It isn't always dramatic such as you kill someone so you are then killed.

You also may be suffering from the karma that is passed down to descendants. And, your karma may be passed down to yours.

## *The Future*

Let me explain the future of the planet. It is at a crossroads as we speak. People are deciding which way to turn - in or out. It isn't an easy choice considering the programming has been toward others far too long. We have had an uphill battle here. It hasn't been easy to turn people inward, when they have been facing outward so long. They realize their own foibles and feel going within often is really only accessing their own wits. It is not. It is accessing all there is.

When they come to terms with where the goodies really lie, they will head there. They haven't been convinced yet. They need direction desperately.

God will serve their highest needs that will benefit them greatly. They have been misguided and misinformed. It isn't to go back and correct every story. It is to set the record straight that God is good. God is safe. God is love and means no harm to anyone who chooses to turn to him.

Those who have been undermining others and caused them harm, will suffer the consequences of their actions with the karma that creates for them. Some of that karma is realized once they are turning back and become heaven bound. They will review that which has been their practices to see the harm they caused others and will pay the price on the spot for the realization of that which they have done to others. It will be swift rather than a relentless effort of exposing them to harm they have caused. It isn't an eye for an eye so to speak. It is a teaching so they understand the depths and breathe of their actions and choices all these years they have forced harm on That is all. That is usually enough to set them straight and for balance to occur. There may be physical balances to repay on their course in the future to cement the deal, but relatively often, the reward comes from the realization in the moment of seeing the truth. When they don't see the full realization in that moment, often there are more lessons to help that process along.

"What does it matter?" is often heard along with an act of harm. They will then understand why it does matter and see it may matter for more than just one person or situation. They will see the ramifications of lifetimes of suffering caused by that one act. Often there has been one decision or act that has caused suffering for humanity for centuries. They will see that experience unfold in its fullest much like watching a movie tell the whole story from beginning to end [where they now sit].

As you choose to take responsibility for the actions of self and others to clean it up, the horrors of the past can sometimes stop as well as unravel so no more suffering occurs for anyone. Each time you lesson the negative outcome, more positive ones unfold. It is a tricky thing at times when dealing with karma. You want to consider the good of all.

Are you when you make your choices? I think not. Your choices are limited because your vision and knowledge is limited. That is why asking God before taking action is important. Only God knows the whole picture. Not even I at times know the whole picture. I may have a bigger perspective than most because of where I sit in the scheme of things, but even I am limited in scope of all that is. All that is is bigger than me. So even I ask.

The problem is people don't always ask God. They ask for the big things thinking the small ones are a nuisance. They aren't a nuisance. A nuisance is cleaning up the mess that was created when someone goes off on their own creating outcomes that don't serve the whole. When you ask God, he takes into consideration the all - the whole effect of that decision.

When you get a no, you usually don't realize the impact the yes may have had. It shouldn't matter whether you agree with the yes or no. The faith should be in God knowing and just go with whatever he recommends. He has given free will and will never take that away. However, there's always a good reason why he suggests yes or no. I would take whatever he says at face value without question because he knows best. He has the big picture in mind with love for all. He wants no harm. He wants peace and safety for all. He wants the best outcome for all. When you ask and follow his recommendation, it is amazing the difference life could be. We see the outcomes of choices people could make before we give answers and see things you cannot.

## *Seeing The Future*

Had you seen what we ultimately saw, you would have made the same choice. We can't explain all every time, nor could you fully comprehend that which we could communicate to you all the time. When your listening improves, we could communicate easier and more fully but often that is really not necessary. If you trust your Source, just go with it. The need to know every detail often holds you back. Trust, follow and keep asking along the path.

## WHAT IS KARMA AND HOW DOES IT AFFECT YOU?

Once you have that skill set down, you will have enormous confidence in your actions. You will know unequivocally that you are making the right moves. You will know there is a reason to follow your guidance and you will trust in the outcome. If something comes up that is not according to plan, there is usually an experience of someone's free will interrupting. Ask again in those moments to know how to address in that moment. Don't analyze why, what went wrong and try to figure out on your own all the time losing trust in the original guidance. Know that free will is being exercised so ask again regarding the new set of circumstances. That is all.

The story built around the interruption in plan can create all sorts of havoc if not kept in check. Keep calm and ask again. "What should I do?" "How should I respond?" "Should I do this or that?" Yes and no questions in the beginning are the easiest to use to begin to build this muscle.

You have all the answers within you. It is about retraining yourself to go within to get them. The training has been to seek help from others or rely on your past experience. When you rely on either, you are still limited. You are also running the risk of gaining insight by reaching the intellect and ego. That goes for you as well as others. When you access divine Source, you access all there is. If, however, your ego is in the way, you can still filter out the best information. You will accept what you can receive and limit the possibility of fullness of all there is.

It is still a move in the right direction, however. Until you release your own limiting beliefs, you will block pure thought to come through.

That is why muscle testing and pendulums have become so popular. They can sometimes bypass the intellect and ego but even they can be tricked by the ego so not 100% failsafe. By clearing the past full of limitations and programming, you can become a pure vessel. Once a pure vessel, you can receive more purely. The information you then receive becomes more accurate. It isn't that the information is sent to you incorrectly. It is that your vessel is dirty so the information becomes altered within that vessel.

## WHAT IS KARMA AND HOW DOES IT AFFECT YOU?

When you are pure, you receive purely from a pure Source that knows all and has all in mind when guiding you.

Not all guidance will be without negative consequence because sometimes that is not possible due to circumstances. However, the best possible outcome considering all variables will be factored into the decision, making those negative consequence fewer.

We all want what is the highest and best for all. Often you do too but don't have the tools when operating alone. Source has the biggest toolkit. Why not seize the offer to access it? You will not be judged for bothering to ask. But you could be judged for not bothering to ask.

You now are given special dispensation and can release it rather than experience it.

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