

Samskaras

Interview with Mirabai Devi

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What are Samskaras?

Every action or intent by an individual leaves an impression, impact, imprint in the deeper structure of an individual's psyche. This imprint is called a samskara.

Can you give us an example of a samskara?

Someone who attracts an abusive relationship with their intimate romantic partner, whether it be physical, emotional abusive situations or whether it is a different pattern, where they play it out over and over again.

How do Samskaras work?

When we incarnate into a body we create karma. The more bodies and the more lifetimes we live, the more we create. The more karma that we create the more we have patterns build from that karma. The more patterns we create the more lifetimes we need to burn them off. Each pattern contains valuable lessons that are like semi-precious gemstones that help us to awaken and grow in our ascension towards enlightenment or the Soul's Union with God.

Samskaras are hidden triggers that are like unseen potholes in the road that the first time we don't see them at all. The second time we walk past them we are aware of them because we've repeated them so many times that we now recognize them but irresistibly drawn to repeat them because they are so unconscious because they are irresistible. We repeat them because have not yet learned from our mistakes from the past.

The third time we walk past them we recognize them, and we choose not to fall down in the pot hole in the road. We have a greater awareness of our experience. During this time when we have the awareness, it's from past lessons learned to not make the same mistakes. To not fall down the pothole and not make the same mistakes again. This is because we've learned the lesson.

How do Samskaras affect us?

Samskaras limit us by keeping us in pain and suffering so that we'll learn to make different choices in different ways that don't cause hurt or pain throughout our lives. We can ultimately become conscious and free ourselves from the suffering and pain through making different choices.

Using the example above of the abusive relationship, it may take many lifetimes before the individual or individuals become aware of their choices, not only of how they are playing it out but the type of individuals who they call into their lives to play it out with.

It's not always possible to see or recognize what it is that's causing it. Sometimes we are blind to what it is causing it and we need to learn what is at the causal level. It takes a lot of time to figure it out.

So awareness of what is causing us to suffer and making a commitment to do something about it is primary in the transmutation of the samskara.

It sounds like awareness is a foundational element in this?

Yes, awareness is key in the process of transformation. Having awareness takes time to stop and reflect upon where the suffering is coming from and what is at the causal level.

You will find that in my other teachings and topics that I speak a great deal about awareness, as it is a key element in our awakening. Without awareness and consciousness, we are just going to keep the cycle going and replaying the pain and suffering.

How do I transmute a samskara?

Samskaras are imbedded into the cellular structure like live beings, energies or thought forms that have a life of their own which have to get dismantled or transmuted. This is just like karma has to be transmuted, a samskara needs to be transmuted.

In order to do this, the first step is identifying it – again talking about awareness. Seeing it.

After becoming conscious of it, the second step is finding the cause of it in our belief systems and how it's being played out in our lives and lifetimes.

The third step is making a different choice when the pattern comes up when we are presented with the similar circumstances as before, we have to make a different choice to not fall into the pattern.

Seek guidance through counselors, guides, forgiveness prayer practices, Light transmissions and other transmutation practices to raise your vibrational frequencies. This helps to see the world through a different lens that we're now more aware, and things become more obvious to us when it was quite unclear before. Things that we couldn't see before become more obvious to us so we're able to make more choices based on our clarity of vision.

Are there positive samskaras?

A samskara is a hidden pattern that repeats itself and can form what we call a habit. So we can set positive habits in place to replace negative habits. For example, replacing a negative pattern with a positive, healthy pattern like meditation and inner listening, exercising, getting extra sleep, get on a health diet regime, or cleansing or detoxing.

Are there family and lineage samskaras?

Yes. Family and lineage patterns get passed from parent to child and carried throughout the lineage. We repeat these patterns unconsciously because their imprinted into us as a child. They can stay with us throughout our lifetime unless we become aware of them and learn to adjust them.

Of course any pattern can be broken whether it's family and lineage or our own formed habits with the steps I mentioned earlier, but remember all of these buried and sponges. As a child we are molded by our conditioning. Family and lineage samskaras are very similar to family and lineage karma.

How do you work through family and lineage samskaras?

Through cleansing the family and lineage. Clearing the karma through the practices, for example the forgiveness prayers and Divine Light transmissions.

If I transmute my individual samskaras will that release the same samskara in my family and lineage?

Yes it will help. If we carry a family pattern within ourselves it will help to release the samskara in the family and lineage.

Can a samskara alter body chemistry?

Yes, it can be altered. Through our patterns both family lineage and personal patterns, we can actually affect our physical, emotional and mental health. It can range in circumstances. For example when someone heavily drinks alcohol or takes drugs it becomes not only a samskara or pattern but also alters their body chemistry.