

# Unwholesome Karmic Results as Fate

Bhante Bodhidhamma · Tips of the Day · 2 min read

---

Yung :The psychological rule says that when an inner situation is not made conscious, it happens outside as fate. That is to say, when the individual remains divided and does not become conscious of his inner contradictions, the world must perforce act out the conflict and be torn into two opposite halves.How true!The Buddha talks of anusāya, latent tendencies. These are lying underneath the obvious kilesa, defilements. We are not often aware of these subliminal attitudes and intentions.One tell-tale that something is being acted out by us of which we are not totally aware or not aware of at all is when we fall repeatedly into a similar unfortunate or painful situation.Consider the do-gooder who consciously wishes in her heart to do only good for you, yet is not aware that she is controlling the situation. That she actually only wants to do the good she wants to do for you because that is what makes her feel worthy and so happy. She is shocked at the ingratitude of the person she is helping who only feels constrained, not-heard and even bullied. She doesn't understand why the person gets so angry when all she is they are trying to do is help.A man came on a retreat of mine while at Gaia. He came with a whole set of garden tools! It was difficult for the co-ordinators at the time to stop him doing whathe wanted to do to the garden.Consider the person who is always falling in love and a few months down the line finds himself dumped! What's really happening is that, after the honeymoon period, he starts to criticise and be cruel, unaware that when the relationship becomes too close he finds it smothering. Yet he is madly in love. Not being fully conscious he blames the other for oppressing him.Not acknowledging that we feel insecure or angry or inferior we become sarcastic. Our sarcasm is actually funny to everyone else but the victim. Making people laugh gives us back our self-worth, but mysteriously friends begin to avoid us.If we look into our lives and see negative patterns, it may be time to have a hard look at our attitudes instead of blaming others or the situation.In meditation, using the noting technique, if we remain sharp and perceptive we may catch surfacing into our day-dreamings these very latent tendencies.In this way we can bring the fate of inner contradictions, so clearly expressed by Yung, to an end.

---

*Transcriptions produced locally using Swiss low-carbon electricity. Corrections and rewriting by cloud-hosted AI.*