

## DGR

Things don't happen "for the better" or "for the worse"; they just happen. Anything we may be aware of in the present is in fact the consequence of a tangled web of causes and conditions that are endlessly being added to by our conscious or unconscious actions, be that good or bad, creative or destructive. No one just does 'good' or 'bad'. Some may indeed claim justification for their ego driven thoughts and actions, but in the courts of karmic payback, this petition is inadmissible. The fact is that we are all doing a bit of both, all the time and without a second thought.

A piece recently added to this blog shows the formula used to arrive at the number 108 – which is said to be the 108 forms of human delusions or ignorance. Within the equation there are just **two conditions of the heart**: pure and impure. There is no category for a bit of both.

The original condition of our heart may be pure – but it becomes impure when impurities are added. Take, for instance, a pot of jam that develops a mould on its surface between uses. That mould is in fact an impurity that you added to the mix, and it got there because you put it there when your knife went between the butter dish and the pot of jam. Don't get me wrong; I have nothing against butter, but when it is added to a pot of jam and left to ferment, it is then, 'all of a sudden', a contaminant. It is an impurity that can cause you harm and make you unwell.

The 108 forms of delusions equate to the ways in which our 'pure' heart may become contaminated and, to one degree or another, impure. Perhaps the best counter measure is Mindfulness?

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