

# Bridging Hindu mythology and contemporary era: Karmic substances and Telomeres

K Sreevani<sup>1\*</sup>, V V Anierudhe<sup>2</sup>, V Shashaank<sup>3</sup>

<sup>1\*</sup> Center for Nanoscience and Nanotechnology, Chennai Institute of Technology, Kundrathur, Chennai-600069, Tamil Nadu, India, sreevanik@citchennai.net

<sup>2</sup> Department of Biotechnology, B S Abdur Rahman Crescent Institute of Technology, Vandalur, Chennai,

Tamil Nadu, India, vvanierudhe@gmail.com

<sup>3</sup> Deaprtment of Mechanical Engineering, Valliammai Polytechnic College, Kattangulathur, Chennai,

Tamil Nadu, India, shashaank61@gmail.com

Corresponding author email id- sreevanik@citchennai.net

## ABSTRACT

*“Ya da – ya da hi dharmasya Glanir bhavati bharata*

*Abhyutthanam adharmasya Tadatmanam srjam yaham”!!!! ( Bagavadh Gita - Ch 4, Verse 7)*

Life and death on earth is the representation of many karmic matters. Karmic substances are the proof for one's way of life. Many religions will accept a supernatural force which is contributing energy to the earth beings. Distress and depression can be resolved psychologically or spiritually by understanding the relation between this supernatural force, karmic matters, and earth beings. The current scenario of Covid-19 has created havoc to the entire human beings on earth, materialistically. This study is a small step in resolving this distress spiritually to some extent. An interesting comparison of the length of telomere and the life span has been studied.



KEY WORDS: Karma, Karmic Relationship, spiritual, Puranas, testament

## 1. Introduction

Karmic relationships are full of passion but do not last long. However, they result in learning something which has to be. It results in understanding the relationships of love, partnership, etc. It can be a soul-mate relationship if it is a connection of two souls, which can result in healing in nature. Karmic relationships may be justified as the agreement to help one another, the souls would have made before entering the birth. These are beautiful temporary relationships which are destined for healing rather than influencing each other, by any other means. As rightly quoted by Shannon Kaiser, the author of The Self-Love Experiment, “They are meant to help you grow at the soul level in difficult push-pull ways” [1]. The reason for being temporary may be due to one another's Karmic balances.

The signs we can feel when two souls are in a karmic relation are,

- There's an instant connection.
- There's a lot of drama.
- Things feel off early on.
- They make you feel frustrated.
- They are unpleasant to be around.
- They are addicting.

- There's a lot of miscommunication.
- There are a lot of highs and lows.
- They are repetitive.
- They become codependent.
- They shine a light on your fears.
- They bring out the worst in you.
- They make you exhausted.
- You feel like you can't let go.
- They don't last.

Furthermore, Relationship counselor Margaret Paul says, "*Unless people know how to learn from unresolved issues in the past, they can create huge problems in the relationships*".

How to differentiate the karmic relationships from soul mates and twin flames? Karmic relationships are about growth, whereas soul mates and twin flames are about healing. A soul mate is a person and people who are aligned with your soul and can change or influence your soul in so many profound ways. They can be friends, family members, even pets. Twin flames or twin souls are literally the other half of your soul, and it always has a divided union with a divine purpose.

## **2. Karmic Relationship**

### **2.1. Purpose of a karmic relationship**

"*Some people believe the karmic relationship is agreement between two spirits to help the other grow before incarnating on earth, with the soul the purpose of learning, something we weren't able to do in a previous lifetime*".

Breeshia Wade, the author of 'Grieving while Black' defines Karmic relationship as a relationship which focuses on bringing light to this lifetime certain unresolved issues. This can be added by the views of the relationship expert, Samora Suber also; who considers that, the Karmic relationship is a soul connection between lives where some uncompleted karmic works remain to be completed. This relationship shall somehow be fulfilled in one's lifetime. Also, one interesting fact about this relationship is that, they can be good or bad relationship. They enter one's life, either to heal or make them teach a lesson, hence, we may feel certain persons, as though seen and lived together earlier or more familiar (*déjà vu*). Hayes after deep study points out that, this has to encompass one's life and we may have a feel of deeper relationship, which pops out suddenly and after the karmic balance ends, may have emotional pain in parting one another [2]. Similarly, if we have a strong feel of hatred for someone without any cause, it's purely due to karmic relationship which is always uncontrollable or cannot be ignored over. According to Hinduism, *Karma is a tool to learn and evolve out better*. On the other hand when it a karmic relationship with healing or helping one another is the root purpose, both may feel the intimacy for no reason which is more than any physical attraction. Both may feel each other to be part of one another and moving on after the balance is over, will seem to be more difficult which is also again unavoidable. Caplan explains this relationship as the most notorious relationship which cannot be neither ignored, nor got rid of before the lesson is meant to be learnt although there may be ego, pride, codependency between them [3].

### **2.2. What is Karma?**

Originating from India, The Sanskrit word karma, means 'action, work or deed'. According to this law, our actions are the cause for our future and hence also affect our present life which is treated as the effect. Thus our karmas may play an important role in deciding the nature of challenges in relationships we may face. We can compare this spiritual law with Newton's III law, which states, "Every action has equal and opposite reactions". Thus, we ought to be more careful over the causes or karmas we create as it is for sure going to revert back. Although our soul has the record of all our karmas even from our past lives, we feel them consciously only after it reflects over a relationship which may be a dear one or worst one. As per Bagavad Gita, we have only right on action not on its results. Hence if a bad karma results in pain, it becomes hard for one to accept it whole heartedly as no karma goes in vain. Hence it is rightly said in common as, *Everything*

*happens for a reason* to make us confront to fear, ego, anger, happiness, loss and many more. It has rightly been commented over this as, until human life is guided by the divine force, it becomes impossible for one to overcome this cycle. This again depends on one's self-motivation to seek spiritual efforts [4].

### **2.3. How does Karmas work?**

Karma is the consequence of the past actions and gives us lessons based on the karmas by introducing specific circumstances, situations and relationships. Hence, this journey called *LIFE* is about becoming who we really are. *Rhodes* adds, "Simply everything you do creates either positive or negative consequence" [5]. The laws of Karma can be listed as

- The great law or the law of cause and effort.
- The law of creation.
- The law of humility.
- The law of growth.
- The law of responsibility.
- The law of connection.
- The law of giving and hospitality.
- The law of here and now.
- The law of change
- The law of patience and reward.
- The law of significance and inspiration.

Bible says, 'As you sow, so you reap'.

Bagavadh Gita says, Whatever Karma we did not only in one life, but endless lives, God keeps an account. If a child is born blind, it does not matter that God is unfair. It's only from the Karma from the previous birth carried forward. That is called *Sanchita Karma*.- the accumulated Karma from the previous lifetime minus Karmas burnt out. Therefore, every time we are born in this earth, we are given a part of *Sanchita karma* which we have to bear in this lifetime. Hence, the Karma which is given us in this birth becomes *Prarabtha*. It is the destiny to which we are born. Although destiny is determined, we have a free will, with which we can make choices. Hence, how we plan to live is not determined. Thus, a bad player can win with a good move and a good player can lose with a bad move. Hence, the Karma we do with our free will is called *Kriyamana Karma*. *Prarabtha* and *Sanchith, Karma* are fixed, but *Kriyamana Karma* is not fixed. We can change the way we live or *Kriyamana Karma*. Hence, we are not supposed to blame God, blame circumstances, or feel bad, why something bad happens to oneself. Instead, we have to improve the way we live. Hence, the change has to begin from within or our attitude has to be changed.

### **2.4. Karma / Birth- Predestined?**

Why some are born well and some are born bad? God is unbiased. This is *Vidhi* and *Nishidh*. Bagavadh Gita clearly explains this –

*"iti te jnanam akhyatam guhyatam guhyataram maya  
Vimrishiya itad asheshena yathechchhasi tatha kuru (Bagavadh Gita Ch-18, Verse-63)*

Which says, "Thus, I have explained to you this? Knowledge that is more secret than all secrets. Ponder over it deeply, and then do as you wish". There are two kinds of doers *Prayojak Kartha* (Who gives energy to do work), and *Prayoja Kartha* (who uses the energy). Hence, God gives us the

Power to do and it is up to us to utilize them. Not even a single leaf can move without God's power.

### **2.5. How to reach goal, then?**

*Both are required - Soul and God*. In a book, 'The Mother' by Aurobindo [6], it is mentioned, "Why is our effort necessary for receiving the grace or blessing from God. Vessel is the heart which has to be purified. Thus, for the spiritual journey- 'Self effort' and 'Grace of God', both are necessary. We should clearly understand clearly without the will of God, even a leaf cannot move".

## 2.6. Combating Pandemic spiritually

Many of the outbreak or pandemic and naturally Covid-19 can also be defined spiritually. The deaths caused by these kinds of outbreaks bring anxiety and fear within us related to death which becomes unavoidable. Buddhism lays importance over the very being of suffering, which is the root reason for one to be alive. Thus, suffering caused by illness, death, old age, etc., are inevitable in everyone's life. We unknowingly make impact of everyone's life somehow, either physically or mentally. Thus this can be rightly emphasized as the interdependence of human beings. Spiritual master Dalai Lama points out that 'Interdependence is the law of nature' [7]. Thus, every earthling is connected to one another which is the very foundation of life. Also, this gives us the sense of being genuine, sensible and responsible towards others also. Interestingly, wearing masks, maintaining social distancing and washing our hands can make impact on others in the current scenario. Sebastian Junger points out that, despite the horrors of war, social resilience actually increases and this is solely due to the interdependence of human beings in his book – Tribe: On Homecoming and belonging [8].

We develop compassion for others because we breathe the same air. Thus, the outbreak has influenced every one of us, no matter what religion or creed they belong to, physically, mentally, and spiritually. Physical response is social distancing and self-testing. Mental response is experienced personally - may be overcome by yoga and other relaxation techniques. However, the spiritual response is not much taken care of - having concern for the state of souls. Moreover, giving impulses to feelings such as fear, loneliness, and anxiety. We may create an epidemic of soul sickness. *Old Testament* says, "Be still and know that I am God" (PSALM 46:10). *The New Testament* says that "the Kingdom of Heaven is within" (Matthew 5:10 (NKJV)). *The Indian Vedic tradition* says that Anandha or bliss at the heart of creation.

*Adam and Eve did not realize the danger for their lives before they ate from the tree of good and evil. They were quarantined and were not allowed to enter the Garden of Eden until they improve spiritually, bodily and mentally. Their behavior naturally changed. Hence, the current situation can be personified to the above narrative of genesis, as we are now getting healed by the force of nature.*

As in Bagavad Gita,

*"Kutastva kashmalamidam vishame samupasthitam  
Anaya-jushyamaswargyam akirti- karam arjuna!  
Klaibyam maa sma gamah paarthaa naitattvayyupapadyate  
Kshudram hridayadaurbalyam tyaktvotishtha parantapa !!!! (Bagavad Gita – Ch-2,  
verse-3)*

Lord Krishna said, "Whence, could such fainheartedness have come upon you at this time of trial? This is not proper for a civilized man, it does not lead to heaven, and it will bring dishonor upon you. Do not give up your manhood in this way, Partha! Such a mood, ill becomes you. Giving up this pathetic weakness of heart, arise, O destroyer of the foe" Doctors now are to be in a frame of stress and work even though, they do not enjoy, which is rightly specified as Indriya Nigraha, in Bagavad Gita.

*"Hato va prapsyasi swargam jitva va bokshyase mahim  
Tasmad utthishtha kaunteya yuddhaya krita-nischayah"!!!!(Bagavad Gita – Ch- 2,  
verse-37)*

We can yet be confident from the verses of Bagavad Gita that, "Either you will die and reach heaven or else you will conquer and rule the earth".

*"prakrteh kriyamanani gunaih karmani sarvasah*

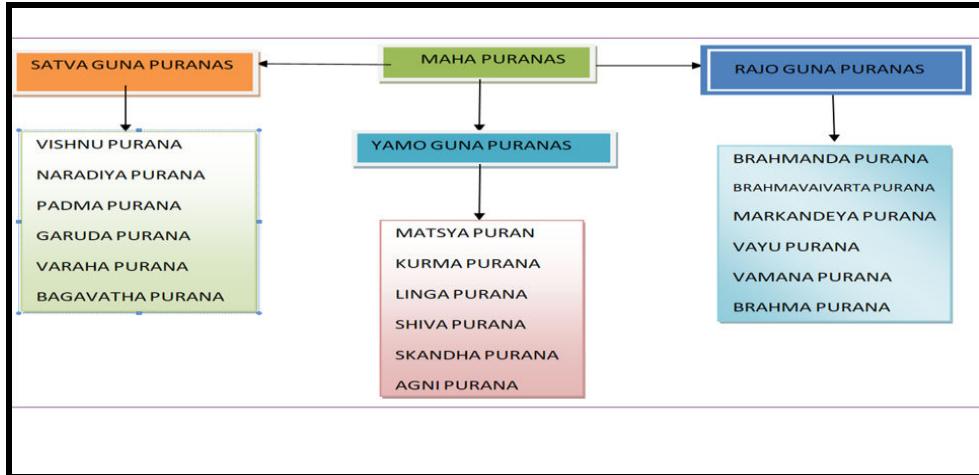
*Ahankara vimudhatma karthham iti manyate"!!!! (Bagavad Gita- Ch- 3,  
verse-27)*

Lord Krishna explains, "All actions are being preferred by the mode of Prakriti. The fool, whose mind is deluded by egoism, thinks, "I am the doer".

## 2.7. Pondering Puranas

Puranas are the ocean of knowledge and solutions of many problems, the common man undergoes in life. But unfortunately, not everyone is familiar with all the puranas or unfortunately not even one. There can be many reasons, but if the significance

is known, they shall ponder Puranas. Puranas namely Skandha, Markandeya, Vishnu and Srimad Bagavata are more known to common man rather than other puranas. Puranas lay importance over Karma and Karma-Phala, These cosmic laws are divine, mundane and inexorable abiding nature and remains impartial. These can be compared to the Penal code laws for the deeds. Abiding cosmic laws may guide the human beings from Adharma and follow the path of virtue. But, for the common modern man, seeing is, believing and does not bother to embrace dharma. Hence, the karmic remains have led to diseases. Swami Sivananda quotes in his book, 'Karma and Diseases' that, the common man gets confronted by the diseases which are the Karmic actions belonging to his or her lives. The doer cannot escape the cosmic law [9].



There are many pitiable conditions of life which man has to live in due to his careless sinful deeds.

## 2.8. Legacy in combating pandemic

The ultimate truth of following the ideology of "Vasudhava Kutumbakam" which means the whole world is one single family. The universe is calling for peaceful coexistence. The pleasures got by destroying nature have to come to an end and this pandemic is a wake-up call for the same, which is being paid commonly by us. Pandemic is the testing time for the planet Earth itself. When the living planet itself is under a disturbed position, it loses its capacity to protect its people temporarily. Therefore, the earth allows the pandemic to take their toll wherever falls under the pandemic. Do all people who died in pandemic have their death time as per karma? We have to develop the qualities of detachment and renunciation, because everything is temporary in this world. Our Vedic scriptures say, nobody actually dies. The person goes or dies by his/ her own Karmas. When the sun sets, we do not grieve for it, then why should we grieve over death.

## 2.9. Detachment and Renunciation

Renunciation plays an important role in dissolving karmas. What is Renunciation? Renunciation is renunciation in action and not renunciation of action, as in Bagavad Gita. It actually means to perform one's duty with a detached mind believing that the credit for performance goes to Supreme. Actually, karmas or action we perform in day to day life creates, 'Rina'. This again creates karmic balance; either it was good or bad. If the credit is devoted to the Supreme, this Rina comes to a halt. The astral body or soul will be the debtor for carrying the Rina and will remember all the karmic actions in all the life times. For liberation or Mukthi, the detachment and renunciation are necessary.

## 2.10. Interlinking Karma and Karmic relationship

Karma is neither a punishment to suffer nor a gift to be enjoyed. By the cosmic law, it is just a period to wash the karmic balances or Rina. Bagavad Gita lays importance to this law as specifying these karmic links in the form of either vengeance or love or hatred or suffering. As per Runanubhandan Karmic Relation, these debts may have to be paid to relationships like, either father, mother, brother, sister, son, daughter, husband, wife, etc., or a foe in any form.

*“Sariram yad avapnoti yac chapy utkramatishvarah*

*Grihitvasta samyati vayur gandham vasayat”!!!! (Bagavadh Gita- Ch- 15, Verse-8)*

Sri Sri Ravishankar Ji, explains this as the undischarged duties lead to relationships based on good or bad deeds of Rina. We also create bondage by the way we interact with people [10].

### **3. Interesting attempt to compare telomeres and karmic debt**

#### **3.1. What are telomeres?**

The Telomeres are the repetitive sections of DNA which are found in the capping ends of chromosomes in most eukaryote species. A protein named, ‘Shelterin’ is essential to the maintenance of genome integrity of linear chromosomes. In humans, the telomere sequence is TTAGGG. This sequence is usually repeated about 3,000 times, and can reach up to 15,000 base pairs in length. Telomeres protect the ends of the chromosome, whose absence may lead to the sticking of chromosomes. During cell division, telomeres get shortened due to end replication problem. This solely depends upon different kinds of stresses the cells undergo. This has a critical threshold. There is an average length of telomere, which can be marked as a biomarker for aging and health. When the length of telomere reaches the critical length, beyond which it cannot be replicated. This denotes the death of the cell organelles and hence the death of the human. Thus, this critical length triggers a person towards death and can be termed as apoptosis or programmed death [11].

#### **3.2. Apoptosis bridged with Garuda Purana**

This study is quite stimulating, as an attempt to relate apoptosis and Garuda Purana. Sherwin Nuland, an American surgeon has pointed that death at old age is a clear process towards ultimate death but having different stages. He adds that an elderly person at the verge of death had commented his one’s own state as, ‘Death keeps taking little bits of me’. Dying at oldage is the slow reverse process as we take to grow. It is a slow and steady process towards one’s grave. Nuland quotes Osler’s saying, ‘These people take as long to die as they did to grow up’ and adds, dying is a messy business [12]. This fact has a deeper insight in Garuda Purana. The Garuda Purana is one of the Vishnu Puranas, in the form of a dialog between Vishnu and Garuda, the king of Birds. The conversation between, Bhagwan Vishnu and Garuda gives information about acts that lead to sin and later torturous treatment in hell or next birth. *Death is actually a very interesting process!!* The apoptosis results in the severing of astral cord, the first step towards death. Approximately, 4-5 hours before death, the earth sole chakras situated below the feet gets detached and hence after that, a barrier or tunnel has to be crossed before reaching the astral plane. Death comes at the predetermined time and place, which cannot be altered. The detachment of sole chakras results in making them cold. *Lord Krishna said— “ O Garuda! Death comes at the predetermined time, which remains fixed and unaltered under all circumstances. A man’s sense organs become weak and his body feeble, which gets inflicted to numerous diseases in his old age. At the time of his death, a man experiences unbearable pain and he begins to lose his consciousness. Yamdoots arrive and begin to retrieve the soul from the body and this aggravates the pain”.* Finally the soul unwillingly comes out of the body of the size of a thumb. But, a person full of virtues need not undergo the painful experiences at the time of death. Then the soul has to undergo the cycle of birth and death based on its karmic balance.[13] The critical length of telomere can be compared to the predetermined time of death, as death as per science or Garuda Purana denotes the death of the cell organelles which shall result in great pain again by either theory. Is the telomere, then the representation of one’s destiny scientifically as per contemporary era?

### **4. Conclusion**

Karmic Relationship is the result of bonding as a result of Rina from previous births. Once, the karmic debt is annihilated, it marks the end of Samsara or Liberation. This is rightly said in The Padma Purana-

*“Runanubhanda Rupena Pasha  
Patni Suta Aakya Runakshaye  
Kshayayaasthi Tatra Parivedana”!*

Although it is difficult to observe our own karmic remains, without anxiety, developing virtues can help us to some extent. To conclude, a karmic relationship is a deep rooted

bond formed with someone who you feel you are connected, which may be due to the other soul which feels the same, both trying to learn a lesson or accomplish their karmic debts. The end of the karmic relation can be known when anyone walking from the karmic relations decides to walk away permanently either via physically or energetically. Interestingly, a comparison of telomere with karmic debt has been attempted, which has got a lot of future discussions.

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