

## **Karma Release Statements**

- (1)** I am willing to learn to release any karma that may be binding me from achieving my full potential.
- (2)** I am willing to release all karmic debts today along with all bonds, terms and conditions of any past lives.
- (3)** I am willing to disentangle myself from any true or false promises of the past, present and the future.
- (4)** No power of the Universe forces me to live as per any rules or models of any kind of suffering. I claim and reclaim back my power with ease and grace.
- (5)** I release the need to please and satisfy the Universe and /or any GOD and / or Guru by sacrificing any food item.
- (6)** I release the need to please and satisfy the Universe and /or any GOD and / or Guru by creating situations of suffering or grief through my thoughts, words or actions.
- (7)** I am willing to enjoy any and every part or aspect of my life with regard to food, clothing, shelter, pleasure and entertainment without any guilt or shame.
- (8)** I willingly choose to release any anger and resentment at myself for being unaware about life and its easiness and simplicity.
- (9)** I now choose to concentrate on the basics of life and let go of any complex and complicated concepts on how to live life on this planet.

## **Karmic release using EARTH Element**

- 1.** Find a comfortable place.
- 2.** Ground & centre yourself.
- 3.** Take a few deep breaths.
- 4.** Do the aura cleaning exercise 4 times.
- 5.** For earth, hold the soil or mud collected from any area in or around your home in one hand and cover with the other hand.
- 6.** Using the element, repeat the karma release statement 15 times and then discard the element.
- 7.** Dig and put the soil in the garden or throw it in a safe place any where in the garden.
- 8.** While doing this process,
  - a.** keep the feet firmly on the ground.
  - b.** do not cross your hands or legs at any point
  - c.** keep the soil in both hands near your heart chakra.

### **Karmic release statement**

I now release, let go and offer any past or present karmic vows and debts taken by me or anyone else in my family on behalf of me or for the family lineage in any lifetime under any situations or circumstances to the nourishing and sustainable power of EARTH and I free myself, and all others involved, from any or all such emotional, sexual, familial, personal, professional, financial, spiritual and religious bondages from the past and the present and all existing & hidden disempowering beliefs, at any point in time and space to explore our full potential in experiencing an increasing income, profit, wealth and prosperity, healthy and harmonious relationships, well-balanced boundaries, good health and positive, uplifting and empowering belief systems.

**Do the aura cleaning exercise once again.**

**Your process is now complete.**

## **Karmic release using WATER Element**

1. Find a comfortable place.
2. Ground & centre yourself.
3. Take a few deep breaths.
4. Do the aura cleaning exercise 4 times.
5. For water, hold a glass or small bottle filled with regular water in both your hands near the heart chakra and do not drink this water.
6. Throw away the water in the toilet after the process is completed.
7. While doing this process,
  - a. keep the feet firmly on the ground.
  - b. do not cross your hands or legs at any point.

### **Karmic release statement**

I now release, let go and offer any past or present karmic vows and debts taken by me or anyone else in my family on behalf of me or for the family lineage in any lifetime under any situations or circumstances to the cleansing fluidity of WATER and I free myself, and all others involved, from any or all such emotional, sexual, familial, personal, professional, financial, spiritual and religious bondages from the past and the present and all existing & hidden disempowering beliefs, at any point in time and space to explore our full potential in experiencing an increasing income, profit, wealth and prosperity, healthy and harmonious relationships, well-balanced boundaries, good health and positive, uplifting and empowering belief systems.

**Do the aura cleaning exercise once again.**

**Your process is now complete.**

## **Karmic release using FIRE Element**

1. Find a comfortable place.
2. Ground & centre yourself.
3. Take a few deep breaths.
4. Do the aura cleaning exercise 4 times.
5. For fire, light a small piece of camphor in a tiny bowl or camphor burner vessel and hold in both hands for a few seconds and then keep it in front of you.
6. Using the element, repeat the karma release statement 15 times allowing the camphor to burn for a few minutes till you complete the process.
7. While doing this process,
  - a. keep the feet firmly on the ground.
  - b. do not cross your hands or legs at any point.

### **Karmic release statement**

I now dissolve, disintegrate, dissipate and let go into the purity of FIRE, the entanglements, shackles and all such emotional, sexual, familial, personal, professional, financial, spiritual and religious bondages from the past and the present and all existing & hidden disempowering beliefs, terms and conditions which have held me back or anyone in my family from attaining our full potential to explore and experience an increasing income, profit, wealth and prosperity, healthy and harmonious relationships, well-balanced boundaries, good health and positive, uplifting and empowering belief systems.

**Do the aura cleaning exercise once again.**

**Your process is now complete.**

## **Karmic release using AIR Element**

1. Find a comfortable place.
2. Ground & centre yourself.
3. Take a few deep breaths.
4. Do the aura cleaning exercise 4 times.
5. For air, use any one hand to close one nostril and do the inhale exhale alternate nostril breathing or light agarbatti and blow into it 4 or 5 times and then allow it to burn completely.
6. Using the element, repeat the karma release statement 15 times and then discard the element.
7. While doing this process,
  - a. keep the feet firmly on the ground.
  - b. do not cross your hands or legs at any point
  - c. keep the agarbatti or incense in front of you.

## **Karmic release statement**

I now dissolve, disintegrate, dissipate and let go into the clearing of AIR, the entanglements, shackles and all emotional, sexual, familial, personal, professional, financial, spiritual and religious bondages from the past and the present and all existing & hidden disempowering beliefs, terms and conditions which have held me back or anyone in my family from attaining our full potential to explore and experience an increasing income, profit, wealth and prosperity, healthy and harmonious relationships, well-balanced boundaries, good health and positive, uplifting and empowering belief systems.

**Do the aura cleaning exercise once again.**

**Your process is now complete.**

# Karma Clearing

## **The beginning :**

What you think of me is none of my business !

## **Statements for each release :**

I love you.

I am sorry.

Please forgive me.

I forgive you.

I let you go.

You are free.

I am free.

We are free.

All is well now.

Harmony & joy prevail.

Love & peace prevail.

Thank you.

## **Final statement for release :**

### **(1) For people who have passed on :**

I bless you with love and release you from my life.

### **(2) For living people :**

I bless you with love and release all your negative, toxic and destructive habits, behaviours and patterns from my life.

## **The give & take exchange :**

I claim my power back.

I reclaim my power back.

I give you your power back, if any.

Please receive only your power back, if any.

## **Conclusion :**

We are now complete.

Thank you.

And bless you !

## **The end :**

I complete and close all the karma processes for today.