

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.