

Karmic release using EARTH Element

1. Find a comfortable place.
2. Ground & center 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 anywhere 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.