

Karmic release using WATER 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 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.**