

Karmic release using FIRE 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 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.