

Karmic release using AIR 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 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.