

# **The Definitive Guide Karma Clearing Meditation: A Return to Grace and Ease**

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Hello, this is Julie Renee Doering. I am a spiritual life coach, healer, ordained minister and Hindi priestess. I teach a life of transformation and enlightenment through living life fully embodied in balance, joy, full so of expression. And I'm here to teach you about meditation.

The Karma Clearing Meditation Program is great for any number of circumstances where you are looking to experience more personal freedom and joy on relationships.

In the first meditation, we will clear a failed ended relationship. This could be extreme like a bad divorce or a severed intimate relationship.

The second meditation focuses on clearing karma for someone who is currently in your life where you experience trust and the weight of past history with this person.

Relax and enjoy. The most effective way to coach karma clearing is to come from a space of joyful anticipation and neutrality, forgiveness of self and all others knowing everything is perfect no matter how things may seem to appear. And deep trust - they are all important mindsets to bring along in the movement of these meditations.

May your life be filled with deep abiding peace, and remember, bliss is an inside job.

## 02 Track 2

May you be with the blessings of the Supreme Being that whatever happens during this meditation be a blessing to you in body, emotions, mind and spirit. Amen.

Taking a deep breath in and releasing. Rubbing your hands together creating some psychic heat, some tapas, some spiritual energy, you get those palms nice and heated up and bringing your own healing energy into your hands. And putting your right hand over your heart and your left hand over your right hand in a universal mudra for self love and self affinity, affirm to yourself, "I love myself. I trust myself. I accept my unique self." And feel that self love, that deep trust and acceptance.

Breathing in and out and allowing your hands to fall open on your lap with your thumb and first finger joining in the Dyan mudra, the mudra of infinity. Sending a grounding cord down from the base of your spine to the center of the earth, make that grounding cord nice and wide. Set that grounding cord on release and begin to release the excess energy in the body to release all the fight or flight energy, the stress out energy, anxiety, worries, concerns. If there's anybody hanging on to your grounding cord, go ahead and let that one go and just put a new big grounding cord down. Maybe it's three feet across, hollow in the center, all the way to the center of the earth.

And you might put a little vacuum at the bottom of the grounding cord to help move energy so you're moving everybody else's energy out of your space. This meditation especially wants to just keep looking at moving energy, shifting energy or maybe beings or family members. Energy in your space that would want you to stay or keep things the way they are. So, in this particular meditation, you really want to be alert and attentive to keeping that energy moving and the grounding cord in place.

For women, let's go ahead and ground that female body. A line of energy as wide as your wrist, hollow in the center from each of the ovaries, the right and left ovary, one foot below the body that those two lines join and then ground it to the center of the earth. We're going to set the ovaries on release and release all the healing projects, get everybody else out in the body and out of your ovaries. We're going to use this miracle energy for you.

For men, go ahead and ground the male body with a line of energy as wide as your wrist, hollow in the center down to the center of the earth. And we're going to set that male body on release, clearing aggression and just moving you out of competition and into neutrality. Going up to the adrenal glands, let's sit on top of the kidneys about waist level. Cute little glands that look like acorns with hats, draw a line of energy as wide as your wrist, hollow in the center, from each of the adrenal glands to the first chakra and then down to the center of the earth. Set the adrenal glands on release and begin to release all the excess energy out of the adrenals.

Release the nervous energy, the competition energy, release the driving in the car and maybe the stress of interacting with family members. Let's just let it all go. There are no saber tooth tigers chasing us right now. We can just relax. And let's hook in the sciatic nerve into the adrenal glands and let's release the nervous system - that beautiful, lacy network of nerves. And so, just like a bucket of water with a cork in the bottom when you pull the cork out, all the water runs out. The same way when we plug the sciatic nerves into the adrenal glands, we're just letting all the excess energy that's built up on the nervous system around.

Going up to the center of the head, into your golden temple of silence, looking for your throne in your golden temple of silence. Before you sit on your throne, let's go ahead and look around in this golden temple of silence, this beautiful cave. If there's excess boxes, cobwebs, spider webs, people, looping thoughts, let's go ahead and clear everything out. Open the trapdoor out the back of the head and let's just toss out the boxes, the papers, let's hose out the spider webs and escort all the people out. This is your head. This is your golden temple of silence. And for today, for this clearing, we're going to clear everybody and everything, all the conversations out. You might want to take a spiritual fire hose and just hose it down. That's my favorite way to clear out the center of my head. But you could also use spiritual vacuum cleaner or rake, a blower. Anything you want, just clear it all out.

Okay, and as it goes out the trapdoor, just drops down to the big grounding cord and goes down at the center of the earth. When it feels nice and pristine, go ahead and close the trapdoor and go ahead and sit on your throne. Notice what kind of a throne you've built for yourself. Is it a kingdom throne like a golden throne? Is it a Star Trek, spaceship kind of chair? Are you the commander in the spaceship? Whatever's really awesome and wonderful for you where you're the king of your kingdom or the captain of your ship, go ahead and make that really exquisite for you. So, you're really feeling in charge.

You might want to reach up and turn the lights on so you can really look around and see how it looks when it's all cleaned out. Looking at your view screen in front of you, let's clear out the view screen. You can turn the lights on and the view screen. Maybe you want to take some spiritual Windex and wash off the view screen. Very good and we'll back to that. So you can throw the Windex and whatever you use to wipe that screen off down the grounding cord. And popping out the top of the head, let's do a quick aura clean up. Putting a golden sticky rose at the top of your head that's like a Velcro rose, it's gold - the energy of God or the Divine and one under your feet.

And let's have them spiral around on the inside of your aura and clean up all the dust bunnies and fuzz balls that have collected in the aura. It's nice to get everybody else's energy out of your aura. You can see so much better. So they spiral around and when on top, just going down to the waist and the one under your feet is coming up to the waist and when they meet in the middle and they're all full of gunk. Let's go ahead and throw them down the grounding cord.

And then, let's go ahead and tighten up the edge of the aura. And just filling in any dings, dents or holes in the aura, in the edge of the aura especially when everybody pay attention to what's behind you. Especially now, we're working on karma and that's all what's behind us. So let's go ahead and fortify. Make sure that we're not spongy and back. Make a sharp defined edge to the aura all the way around. And just for fun, let's make it six inches of Plexiglas. So you really know where you end and everything else begins. And really fill yourself out so you're equally in front and in back.

Let's put a blue corona on the outside edge of the aura and let's just let that blue flame just flame up and burn off all the programming energy especially from anyone who would not want you to clear your karma or move ahead or take your next step. So let's just burn it all off and just create a place of freedom. If this isn't enough, go ahead and start blowing roses. So what that means is, erect a rose in your space, doesn't matter what color. Stick a little carton stick of dynamite or a little carton bomb underneath the rose and blow it up. You can do this 10 times now.

So put a rose in front of you and your aura, outside edge of your aura and then, go ahead and put a little stick of dynamite under it and blow it up. Another rose and blow it up. Another rose and blow it up. Put roses around your head, maybe you've got four roses on each side of your head. Again, on the outside edge of your aura, put sticks of dynamite under all four roses and blow them up. Maybe you want to put a dozen roses over the top of your head and blow them up.

Anywhere else, anywhere that you're feeling like blocked energy, maybe it's in front of your feet where you're going to take your next step. Put some roses in front of your feet and blow them up. The active blowing up roses really clears your space. So it allows you to be the authority in your space. So, we're really looking for that right now. We're really looking for neutrality, joy, freedom, clearing the struggle of things and getting into an easy place. A place where things just gently flow and you're doing a really fabulous job. This is big. It's important and you can also be playful.

So let's go ahead and open those feet chakras to earth energy, bringing earth energy up through your feet, ankles, sheens, calves, knees, thighs, out the hips and down the grounding cord. Opening to your soul understanding and wisdom, opening up to your next steps both on a physical realm and on a spiritual realm, opening up to your abilities to honor yourself. Finding a place in the universe that's in affinity with you, bring a line of energy from that wonderful place, a star, a constellation, a mountain top, a temple, an island, anything that's just makes you really delighted and happy. Bring a line of energy from that place into the back of your head and one inch above where the spine meets the skull.

And then, bringing that down through your neck, through the vertebrae in your neck, down into your shoulders and the musculature in your shoulders, we're clearing the energy channels but let's just have it be a physical healing too. Down your arms, elbows, forearms, through the wrist and through those carpals, through the hands and the bones and the skin and tissue, through the fingers and out the finger tips. Bringing more of that

energy down your back channels and all the way down through your spine. Let's just let that universal energy clear your spine. Clearing all of what's behind you, clearing the meridians on either side of the spine. Bringing that energy all the way into your hips and then looping up through the pelvic cradle, up through the belly, through the chest, the heart, the lungs, the stomach and you actually even, you're catching the digestive system – everything.

You're just getting it all and everything, bringing it up through the throat, through the jaw and the mouth, in the nose, in the eyes and the brain, the center of the head, out the top of the head, yes. Out the seventh chakra, fountaining out like this beautiful Italian fountain which bathes and cleanse your aura. Doing a spectacular job, already feeling renewed and refreshed and revitalized. Let's go ahead and put a protection rose at the front edge, outside edge of your aura. A big two-foot rose grounded to the center of the earth.

And now, we're ready to begin in the first karma clearing which is in the difficult relationship. So, what we're going to do first is we're going to imagine that what's in front of us is the person that we're clearing energy with. Maybe it's an ex-partner and there, he or she is standing there in front of you, six feet in front of you. Put a rose up for you and a rose up for that person and ground it to the center of the earth. What I like to do is make a rose for me, since I'm a girl, I make a pink rose or a red rose.

And if I'm clearing energy say with my ex-husband let's say, then I would make a blue rose for him. But you do whatever you want, whatever makes sense to you. But have the roses be different so you can really see that they are different. You know, one is really yours and one is really theirs.

It's really important to ground them to the center of the earth so they're not floating away. These roses are magnet roses and they're put at eye level. So we're going to turn the magnets on and the rose, that's my pink rose, where your rose, the color that you choose is going to magnetize all of your energy out of this other person.

So, it's just beginning its magnet process. It's pulling all of my energy out of that person. And that energy would've gotten in that person from interactions that we'd had or conversations we'd had or thoughts that I had towards that person, negative or positive. Energy just goes from me to them. So, removing all of my energy from that person's face and then, the blue rose would be activated now, the rose for the other person and it's just pulling on all of their energy out of my body.

Feels really, really good when you get all the energy clear. When you're no longer living in the other person's body and when they're no longer living in your body. Feels awesome! You can do this with people who have passed away. You can do with this with people who still have bodies you haven't talked to in a long time. And you can do this with people just in present time who still come into your space and see you. It's works for everybody.

This is also ideal to use for parental relationships that were difficult. Whether it's you relating to one of your parents or it's you relating to one of your children. That's really fine to do this. It's not going to hurt anybody. It's actually going to help everybody involved.

And let's just for now, let's say that the roses have done their job, if you feel like you haven't quite gotten it all done, you can come back and revisit this mediation more than once and let's say it's all done.

Reach out and take your rose, the rose that has your energy in it and you can pop it into the top of your head or bring it into your heart and just bring your energy back into you. Your rose in Western line said, "It is a rose symbol for purity, for spirituality." Say, "Everything has been purified." You're just taking your energy back. There's no residue from the other person. So, take it back with gusto, be celebratory about retrieving your energy.

And then go ahead and reach out, I'm going to take that blue rose and hand it back to you this ex-partner and thank them. Thank them for sharing their energy with you. Let them know that you no longer need their energy and gift it back to them. "I'm gifting this back to you. Thank you so much for sharing your energy with me." And see them reach out and take it. They might be a little surprised, they didn't know that you could actually do that but you can. And they're taking their energy back and they're still standing in front of you and you can show them, they can pop it in the top of their head or put it in their heart if you want to show them that. They've got it. They've got their energy back.

And then you're six feet away from each other again and you're going to start looking for the cords that are attaching you and them. And believe it or not, even if you have severed a relationship, sometimes cords continue forever until the body dies or even beyond.

So let's go ahead and just kind of scan the body and you might feel some pressure. You might actually see some cords. You can imagine it like an electric cord or a garden hose. And let's go ahead and unplug all the cords between you and them. And what you do is you unplug it from your body. That's how you do it. You don't go for their body. So let's say you have a cord in the right side of your chest and in your tummy, go ahead and pull them out. But you're going to have them more the more you have them, so go ahead and look. Every person has them in different places. Maybe it's mind to mind or maybe it's from your grounding from the base of your spine. Go ahead and pull out those cords.

And if you really don't have a sense of it yet, it's okay to just mentally affirm that all the cords are falling out. It's amazing to let go of the cords, it's an amazing step to actually send energy back and retrieve your energy. So congratulate yourself for taking these big steps. It's huge when you're really ready to end the karma.

This is a step of ending blaming and being back in your certainty, being back into your positive loving self and defined by love and gratitude and joy. No longer sourcing yourself out of a wounded victim. It's one of the most important parts of letting go of

karma. And clearing karma is to really have this deep level of knowing, it starts with forgiveness and then it goes on to, "I got exactly what I needed. Everything is perfect. I learned what I needed to learn and now it's time for me to pull my energy back."

A lot of times at this point, it's really useful to take all that information you got from that relationship and maybe it can look like a CD-ROM or one of those cool little things that you plug into the computer and it has a room to store a lot of information - one of those storage. I forget what they're called but go ahead and take that disk of information or that little thingy-majiggy with all that information from the relationship and let's hand it over to the acoustic record keeper. And let's put this relationship stuff on file.

So it doesn't have to be kind of whirling around in your space, but you have to access to it any time you want to look at it. You can look at it as, "Well, it was a science experiment." You know, we're working on a relationship that wasn't the best. It was severed in kind of a difficult way and we don't want it really in present time but we do want to have the information because the information is really, really useful for us. We obviously, wanted to learn something and so, let's just put it on file in our acoustic record keeper's book cases for us.

Alright. Now, we're going on to ending contracts and agreements. So, you might think that all the contracts and agreements get ended because the relationship is over. But the thing is, if you've spoken something that said, "Oh, let's go on a trip." And then, you don't do it or you've said or you've imagined when on your wedding day or some commitment that you've made that you were going to live the rest of your life together and you imagined that you were going to be old together holding hands and dancing. All of those end up on the astral looking like contracts. So there's a whole bunch of things on your timeline or between the two of you that end up being unfulfilled contracts.

And so, what we're going to do now is we're going to end contracts and agreements. We do it very symbolically by reaching into your pocket, taking out a key and we're going to unhook the chains and shackles between you and this other person. And so, unhook the shackles and chains around yourself, your ankles, your wrist, maybe your waist and your neck. Wherever they are, go ahead and unhook them. Maybe you've got a chastity belt on. I don't know. You know, just go ahead and take that key and unlock all the chains and shackles.

And then, go ahead and do the same, do the favor, the same favor for the person you're clearing karma with. Unhook all the chains and shackles. And so, you're releasing yourself and you're releasing them from all the contracts and agreements.

And what that means for someone who maybe is getting child support or alimony is that everything comes into present time. And there's a great advantage to things being in present time without all the weight of resentment or anger, hurt or bitterness attached to it. So there's a great agreement to that.

If you feel at all concerned, I can see that a few of you might feel concerned, go ahead and hook up that particular issue. Say it's, "You know, I want to make sure that I have child support so I don't want to lose that contract." Go ahead and hook up that particular issue with the Supreme Being and let the chains and shackles go. So we're really letting go of all the negative past energy. But we're going to give that agreement in the safe keeping of the hands of the divine. So not to worry - just great trust.

You're doing an awesome job, really, really good. So those chains and shackles, once they're unhooked, generally they just get sucked down into the center of the earth. If they haven't, allow a big kind of vacuum to suck it down into the center of the earth. Those contracts and agreements are gone.

Now you're standing there in quite a bit of freedom and you're looking at each other. And there's another thing that we can do here and that is end the karma from past life's and this life. And what we do is, we create a half of a gold ring, like a gold wedding ring or like a Lord of the Rings gold ring. So make half of the ring and put it over a white rose and ground the rose to the center of the earth.

Now, we're going to let this gold ring fill in so it becomes a whole circle and we're going to assert that this is the karma completing from all the lives we've lived and all the future and so, we're just bringing it all into completion. That ring is filling incompletely the gold ring. It really is okay to end the karma - it really is. Believe me. You can continue to have some kind of relationship or something new can show up. But you don't have to have a relationship out of all these past stuff which a lot of it was difficult and struggle. You just let it go. Just really, it's okay to let go.

So let that ring fill in. This one sometimes is challenging for people so not to worry if it's taking you a little while to let it fill in. There we go. Now let's go ahead and drop that gold ring into the white rose. And then, put a little stick of dynamite under it and blow it up. Maybe you want to put three sticks of dynamite under it and blow it up. Very good.

And then let's just say, "Goodbye." if there was anything else that you wanted to thank the person for and gratitude. We don't want to bring any of the old history back. No blaming. Just, "Thank you. I wish you well on your journey. Happy trails." And see this person walking off into the distance, into the sunset really in complete freedom. Wish them well. "Have a great time and may you be blessed to partner with people who are really in your vibration, that really suit you or you really feel heard, respected and honored."

And you send them on their way and then, you stand there whole, complete and perfect. In celebration, noticing that you're free of the cords; you're free of the contracts and you're free of the old karma. Great rejoicing.

Now, coming back into a more present time experience, let's go ahead and bring a golden sun into the top of your head and bring this golden sun down into your body, filling every single cell of your body. Bring another golden sun to the top of your head and make this



golden sun as big as a house. Bring it down into your body. And finally, one last golden sun and bring that golden sun down into your body. And we're really filling all of the spaces and places that have been cleared. It's really fantastic. These golden suns are vibrating and energizing us, raising our energy vibration to celebration and gratitude. Feel the changes in yourself.

Bring a golden sun of validation to the top of your head, "I am capable, competent, loving and lovable. I am cherished and I easily cherish those I love. I am seen, heard and witnessed. I'm strong healthy, vibrant. My body and the choices I make for myself, my life, my spirit are the most amazing choices. I am so happy. I'm delighted with who I am."

Bring this validation and all the other validation that you want to put into that golden. Bring that golden sun of validation into your body and let the feeling of validation fill every cell of your body then, your body become energized. Feel that validation. Feel it good. It feels to just fill yourself up with positive energy, love, self love, self appreciation, self affinity.

And one last golden sun and there you sit as a handsome yogi or a beautiful yogini at the top of your head. Let's bring yourself back into your body using this golden sun like a spiritual shoehorn and filling out your arms and legs, hands and feet, torso, neck and head, wiggling your fingers and toes. Starting to feel yourself back in your body and just like we begin the meditation, let's end the meditation rubbing your hands together, creating some psychic heat, some tapas, some spiritual energy and your hands are probably heating up real fast right now. Breathing in and out. Putting your right hand over the chest and your left your hand over your right. Breathing in.

I love myself. I trust myself. I will express my unique self. Feeling yourself deeply back in your body, feeling that self-love, self-appreciation, joy and celebration energy. Recharged. Revitalized. Fully present in your body, spirit and body, present time.

May you be with the blessings of the Supreme Being that this healing meditation is complete. Amen.

### 03 Track 3

May you be with the blessings of the Supreme Being that whatever happen during this meditation be a blessing in body, mind and spirit. Amen.

Sending a grounding cord down from the base your spine to the center of the earth. Make the grounding cord nice and wide. Set the grounding cord on release. Release all the excess energy in the body. You might want to remove this grounding cord. Put another grounding cord down. Set the grounding cord on release and release all the excess energy in the body. Go ahead and put a whirlwind or a vacuum in the grounding cord and let's just let it all rip. Let it all go. All these congested energy that's maybe in the space, want to just really set this space in neutrality so we can do a deep, joyous clearing. And this meditation will be focusing on clearing karma with a person who's currently in your life.

Okay, let's go ahead and ground the male and female bodies. For females, ground the ovaries with a line of energy as wide as your wrist, hollow in the center, down one foot below the body to the center of the earth. Set the ovaries on release and begin to release all the healing projects, even the energy of hysteria and frustration.

Men, go ahead and release your male bodies. Send a line of energy as wide as your wrist, hollow at the center down to the center of the earth from the male body. Set them on release. Release competition and aggression, control. Start bringing these male and female bodies into neutrality. And we're just going to be available to ourselves right now.

Draw a line of energy as wide as your wrist, hollow in the center from the adrenal glands down to the first chakra and down to the center of the earth. Set the adrenals on release and release all the excess energy in the adrenals. Again, let's go ahead and plug in the sciatic nerve into the adrenals and let's let the nervous clear out, setting the nervous system on release, that beautiful, lacy network of nerves. Bringing the nervous system out of the sympathetic on nervous system to the parasympathetic healing system. Clearing any gunky energy out of the nervous system. Oh, that feels better already.

Go ahead and look at that nervous system. It should be coming into an electric blue color. Stay with it until it all, all the other colors drain off in its electric blue. The nervous system is our electric system and, of course, you realize that when you have all these funny things on electric wires, you have short circuits and all kinds of disasters. So we want the nervous system really clear.

And let's look at the heart and ground the heart. Look at the god of the heart, god of your heart, your sense of self affinity and self love. Let's say hello to the heart. Place a grounding cord as wide your wrist, hollow in the center down to the center of the earth. And let's just use a spiritual vacuum cleaner and vacuum out any black dots or failed energy in the heart and we're really thinking about maybe failed love relationships or interactions that have been than respectful. Let's clear out anything along those lines and we'll just have it light up as black dots.

Go ahead and put some cobalt blue, deprogram energy into the heart. Let's just deprogram any energies that might be energies that would be related to failure in love relationships collapse or even interactions that weren't that much fun. And let's rewrite the script so that we have loving interactions with everyone in our life. All the intimate interactions that we have, our loving, honoring and respectful that we set that standard for our self of love honor cherishing and respect.

All that black stuff is gone. Let's throw that down the grounding cord. Use that little vacuum cleaner and throw it down the grounding cord. Going up to the center of the head, sitting in the center of the head in your throne in the center of the head, looking around in your throne room and washing out the center of your head.

Well, let's ask all of the family members and all the people who have something at stake about you clearing karma. Let's ask them all to kind of step out of the center of the head. Maybe imagine some spiritual bleachers 15 feet away that they can sit in but they can't sit in the center of your head anymore. If your mother has an opinion about what you should do when you shouldn't do it this way. Go ahead and ask her to, "Please, move to the bleachers." This is your mind and you don't need to have anybody else in there. And you're doing a great job and you can have a lot of humor about this and it's okay but you're not your mother; you're not your father. You are you. Unique, special, wonderful, extraordinary and you know what's right for you.

Alright, so let's clear any looping thoughts, cobwebs, spider webs, papers, contracts. Let's move everything out of the center of the head. Open that trapdoor and let's just dump all that stuff. Maybe take one of those little scooper dealies and scoop it out. A dump truck, a bulldozer, whatever you need to do, move all that excess stuff out in joy and celebration. Maybe we've got the little toy Tonka trucks that our moving around in our center of our head and the diggers and the backhoes and they're cleaning everything out. We're excavating and we're finding our self in there.

And then, maybe finally, what you want to do is take that spiritual fire hose and wash it all out once we've gotten everything out of there. Be sure to move out the diggers and the backhoes and the dump trucks. Move them out. Cement trucks, if you've got some cement that's poured in there. You want to get rid of the cement trucks and the cement. It's good to have a sense of humor and it's good to be playful and child-like especially when we're dealing with subjects that might be considered pretty intense.

So popping out the top of the head, pulling the aura into 18 inches around your body and fill that aura like a sleeping bag, nice and snug and let's make the edge of the aura nice and tight. Sharp, clear defined crystal clear edge to the aura just like glass. Maybe it's a crystal. Maybe you're in a crystal ball. No spongy auras. Not today. Not on my watch.

You're doing a great job. Go ahead and look at the back of your aura again. Yes, I know I'm always reminding you but I really want you to pay attention to that. Make sure that the back of the aura is fortified. That it's as full and rich and beautiful as the front of the

aura that it has a sharp defined edge in the back especially when we're working on karma which is what's behind you.

Let's make sure that that aura is completely symmetrical both in front and back. That the edge is nice and sharp and defined. No dings, dents or holes. Fill those in, smooth those out. You're going to feel a lot better when you do. If you haven't already, go ahead and clean up the inside of the aura. Go ahead and take a little golden rumba. Put it at top on your head and have it zipped around like a little whirling dervish and clean out all the dust bunnies and fuzz balls in the aura.

A lot of times when we walk through other people's auras and our aura is extended we pick up their gunk. So we're just really clearing out, you know, people that we casually passed through their aura when we're in OSH getting our garden equipment, supplies or we're in the café picking up some food. We can pick up people stuff just really casually. This is time to clean that out. Zip, zip, zip. Wonderful! You've done a great job.

Go ahead and set that golden Roomba down the grounding cord and it can go to the center of the earth. Outside edge of the aura, let's put a big protection rose at the outside edge of the aura, front, grounded to the center of the earth.

Opening your feet to earth energy and those feet chakras are lotus-like lenses at the bottom of your feet and you kind of where the arches are and you want to just open those lenses like a camera lens. Just the shutter opens and you let earth energy up through the feet and that earth energy can go all the way into the toes too. And then, up through the ankles and the heel, and up through the calves, and up through the knees. Through the thighs, through the hips and down into the grounding cord. A lot of times, we think about hips and thighs on this physical body as actually relating to recent past or historical past - things that are happening in this body.

So sometimes when people have congestion in their thighs or get teased about having heavy thighs or heavy hips. A lot of times that's just having difficulty releasing people in your life or releasing the history that didn't go quite right. So really, this is such an important element in karmic clearing and you can kind of tell when you're holding on if your thighs and hips are kind of full, yes. Some of that's genetic, yes. Some of that's food but definitely, some of that has to do with history in the body.

So we're just clearing that earth energy through the leg channels, your ability to take your next steps all the way out and down through the hips and the excess energy is just running right down the grounding cord from the hips. Also, we're increasing affinity with planet earth. So we're making it much more enjoyable to be here. Be present on the planet and we just, you know, really connect in with Mother Earth. We let earth energy up through our legs. We feel like we belong here.

Finding a place in the universe that's in affinity with you, some place that makes you feel really, really happy. You could be an island like Maui that you were on that you just had a blast and you just felt like you were in paradise swimming with the dolphins. Or it

could be a temple in Nepal or India or Singapore or wherever that is. It could be a star. Something that you gaze at and when you're feeling particularly at peace, you look in the night sky and there's that gorgeous constellation or set of planets that really is home to you or you feel happiness just looking, feeling like, "Oh Orion. There's my protector." So, somewhere - a mountain top 0:15:31, you know. Bring the line of energy from that fabulous place in the universe that's in deep and great affinity with you - someone that you really resonate with in joy and happiness.

Bring a line of energy from that place into the back of your head, one inch above where the spine meets the skull. And this is where spirit and body are connected and let's just go ahead and really clean out that connection one inch above where the spine meets the skull. Oh, that feels so good. And bringing it down through the neck, through the shoulders, clearing our burdens and responsibilities in the shoulders. Letting go of that heavy yoke you've been carrying along and then, going down into your arms, your elbows, forearms, through the wrist, through the hands, fingers and out the fingertips. Literally, I'm telling you that this energy is flying out of your fingertips.

And if you see energy, you can see it just flowing through you, it's like a spiritual shower and your fingertips are glowing. You have little rays like sunrays coming out of your fingertips. Bringing more of that energy down into your back channels, down your spine and the many meridians that run along the back. It's really, really important to just clean this all out. Everything that's behind you and back of you does represent your history in this physical body. Well let's keep it nice and refreshed. Down into your hips and then looping through the pelvic cradle and up through the belly, through the chest, through the neck, through the head, through the jaw, through behind the eyes, through the brain, fountaining out the top of the head, bathing and cleansing your aura. Any excess energy is running down the grounding cord. It feels so good to be this refreshed and this clean.

And your kind of working with somebody who you're experiencing maybe a current level of stress or there's some feeling of the relationship just doesn't have freedom. There's some weight when you relate with that person. Maybe some heaviness or some stuckness or there's just something you want them to think like you think you maybe you don't have quite enough room for them to be themselves. You need to be yourself. And so, we're going to start working on clearing that and really having you get into grace and ease with this person.

And one important concept to work on as we do the energetic spiritual work is that you have a right to be you and be an individual and have your unique perspective. And this individual and all individuals have a right to have their own unique perspective. And it's okay that they don't match and they're not wrong and you're not wrong. There doesn't have to be a winner in this. Like everyone is beautiful and isn't the world interesting with all this texture and flavor. And then actually, there are contributions in a unique way to this beautiful world. And even if it's not thinking the way you think, wouldn't it be a boring world if we all thought exactly the way one person thinks and no one had their own mind? So let's just celebrate the diversity.

So in your mind's eye, imagine this person in front of you about six feet away, standing there, grounded and hooked to the Supreme Being and you're standing there grounded and hooked to the Supreme Being. And you wave, "Hello, nice to see you." You can be very happy and enthusiastic. This is a time of clearing. It's a time of ease. Never dread. You let go of dread. No fear. Fearless.

And we do our standard karma clearing and we'll start with just moving energy from that person and you out. So, we'll put these two roses, magnet roses at eye level out in front of you. One for them and one for you and what I do that helps me is I make one color for me and one color for them. So I'm going to use pink for me and I'm going to use purple for them and ground those two roses to the center of the earth.

And I'm going to have my pink rose magnetize all of my energy out of them. And what happens with people that you have a little difficulty with is a lot of times, control energy like the energy that you want them to see the way you think or you want them to think the way you think. Your energy starts really kind of filling them up and even though in some cases, you love this person and a lot of cases you're working with this person. Control energy, really your control energy in their body really is going to make it more difficult to relate. So let's get all of your energy out of their bodies.

So here's this rose, mine is pink, you look at your color. Mine's magnetizing all of my energy out of this person. They have the right to think the way they think and I'm taking all my energy back. I don't need to control them. I can honor them and cherish them for who they are and let them have their own unique perspective. And then, there's a rose for them, the purple rose and all of their energy which also might be the same way like they're feeling flustered and they want us to understand them or they're sending control energy towards us or they're sending fight energy towards us or they're just sending energy towards us.

In any case, if you're clearing karma with this person, you can be sure that you have some of their energy in your body. So, just let turn that magnet rose and have all of their energy leave your body. Feels better already, doesn't it? You're doing a great job. And definitely, remember to breathe. You don't have to hold your breath through this. Actually breathing helps it move faster. Maybe you can put a smile on your face. It's good. It's a good thing. You're going to get into some neutrality. It's remarkable, the shifts that are going to happen. You're going to really see the shifts.

Alright, my dears, go ahead and reach out and take your rose. I'm taking my pink rose and popping it into the top of my head and feeling myself back up. Got all my energy retrieved. Feels good to have my energy back in my body. Giving them their rose. I'm handing the purple rose over to the person that I'm clearing. I give you back your energy, thank you for sharing. I no longer need it. And see them reach out and take their rose.

And next, let's go ahead and remove cords. So, sometimes cords can be energetic control and entanglements. And so, let's just pull all the cords out like electric cords or like a garden hose, you can unscrew it. Electric cords are easy is all you do is give it a tug and it

comes out. And with cords, it's really important to get it all the way to the outside edge of the aura and to seal up any holes that might be in the aura from the cords. So we're only working on your body. We're not working on their body. Very good.

So go ahead and seal up the aura. Fill in those holes. You breathe a little deeper now. It's funny when you remove these cords, sometimes you breathe deeper like there was a cord in your lungs that was kind of making you hold your breath a lot or there was a cord in your stomach and it's making indigestion when you thought about them or just trouble digesting. Your constipation clears up. It's remarkable. So, I mean, have a sensing you're above this but cords plugged into the body can cause all kinds of havoc. And we want our energy back in there.

So while we're talking about that, why don't we bring a golden sun into the top of the head and just bring a golden sun down filling all the cells of the body and let's just recharge and energize. Ah, feels so good. And so, that energy of the divine, the energy of the supreme, coming in and helping us filling those spaces that we're plugged into until we get our own energy completely back in them. So we're filling that up. Also, so we're not tempted to put those cords back in place. You just stay in neutrality, joy, ease.

So we're going to remove contracts and agreements and that doesn't mean that you won't make new contracts with this person once the healing is done. But you will be functioning out of, we made this contract out of guilt or responsibility or I wasn't really a 100% in line with this agreement or contract. So reach in your pocket, pull out a key, unhook chains and shackles, those represent contracts that you've made with this person. Whether it be mental or verbal contracts or written contracts, let's unlock and unchain the chains and shackles around your ankles, your waist, your wrist, your neck, anywhere the chains and shackles are.

Unlock them and unhook them. And let those chains and shackles just get sucked down to the center of the earth. Oops, but go ahead and remove them from the person before it gets sucked down. We don't want to lose that person in the vortex of planet earth. So go ahead and unhook their chains and shackles and then, they all go to the center of the earth. Good job.

And when we're looking at those contracts, let's go ahead and run a timeline out the back of the body to preconception. Your preconception and run it out to the front of the chest to the end of this body. The end of your life, it's a long, long life and then go ahead and see little black dots light up on all the failed energy, interactions that have influenced difficulties in relationship with this person and we'll have it light up on the timeline as black dots. And amazingly, someone in present time is often influenced by an early emotional programming we had with a parent or a sibling, something that kind of went south. It didn't go quite the right way.

So, we want to just light up all the black dots on the timeline of all the events that will kind of make us want to control this person or make difficulties in interacting with this person. As we clear it helps us understand our own process and theirs better. Let's just go

ahead and vacuum off all the black dots off the timeline. And those are all up into the present body and that goes right into kind of that heart area in the back and then going out the front. And what's in front is like your future.

So the black dots that we'd be vacuuming off in the future would be little time bombs of things that we kind of predicted well. When they say, that I'm going to lose my temper or this kind of thing. So we still have some little time bombs off probably not so many but there's going to be a few black dots out in the future. And let's go ahead and vacuum them off too. So we can get rid of those predictions that we or someone else made that that's going to happen and then everything's going to fall apart. You're just using that little golden vacuum cleaner and vacuuming, vacuuming, vacuuming all the way to the end of this body. The timeline goes to the end of this body. And then when you're done, throw the little golden vacuum cleaner down the grounding cord.

And finally, let's go ahead and take the karma ring, half of the gold ring and let's let that karma ring fill in. Just like a Lord of the Rings gold ring. And the little words that are lighting up on the half of the ring, gets warm and glowy as ending karma and we're just going to let that ring fill in. And so, it becomes a whole circle, golden circle we're now asking the supreme being to bless this or filling in that gold circle and really finally completing karma with this person. If you're having any trouble, go ahead and blow up a couple of roses. Not on the ring, just off to the side of your head, blow up a few roses. That will help.

It's really okay to end karma. It really is okay. You'll still have a relationship with this person but it won't have all the weight or the history. And really, if you want their relationship to be over, it's a time that it would happen with ease. A lot of times, these are people that we're going to need to work with, somehow. There's some, a family member or there's someone we're working with and you just need to clean the space up so we can feel happy again. Doing a great job.

Okay, so seeing that golden ring filling all the way in. So, it's a whole complete gold circle and then dropping it into the white rose. There's a white rose underneath it. Drop that gold ring into the white rose for purity and completion. And then, let's blow up that white rose with a little stick of dynamite. Boy that feels good. And that karma ring has ended the karma in this life and all the past lives. So, it's a pretty spectacular experience.

So you're really free. You don't have to do more lifetimes with this person. Whatever karma you create from this moment on, you might create another entanglement but at this moment, you're clean. And it's really great to do this every once in a while, just clear the karma with everybody. This really brings you into present time in the body and you're not operating out of old pictures.

And let's bring a golden sun into the top of your head and just fill up your body again with gold sun and validation, grace and ease. Bring that golden sun all the way into your toes, in your hands and just let the gold energy fill up all the places that were cleared. You're doing a great job. I'm so proud of you for taking this step. You can, if you're



going to continue a relationship with this person, go ahead and set an intention; a new intention for a loving honoring, respectful relationship and put that in an intention rose in front of you or a bubble. And as you set this intention, you know how the energy just starts shifting and things just start happening differently.

I see them in love, honor and respect. I'm heard and I hear them. I have room for them and they have room for me. I don't need to control the outcome. It's okay to interact. It's okay to have boundaries. I know where I begin and end. I know where they begin and end. We're separate, we're individuated. It feels really, really good to own my space. And share this intention, this way of being that you're creating, it's so honoring and respectful to yourself and the other person. And actually, everybody who sees you interacting with this person is inspired. Show this intention to the Supreme Being. Get a blessing on this intention. Maybe a little gold shower of love goes down in this intention and then, release it to the ethers.

Bring a golden sun into the top of your head. Again, filling this with validation this time. Fill it with your own validation for your body and yourself. I am good, kind, loving, generous, grateful, competent, capable, strong, healthy, fit, vibrant, beautiful, radiant. I am lovable and loving. Feel that golden sun down into your body and they're just streaming to all the cells of your body. All the way down to the tips of your toes and your fingers; all the way into your legs and arms, torso, neck and head. Really feel that validation. Feel the joy in the body. You're creating a new way of being.

And bring one more golden sun into the top of your head and there you sit in that golden sun. And let's just have you slip back into your body, filling out your arms and legs, torso, neck and head, wiggling your fingers and toes, feeling very, very present, maybe even tingly. Clicking into the body, bringing the spirit out of future and the body out of history and so, you're clicking in, in present time. Almost like a seatbelt clicking in. Feel yourself click in spirit and body. Breathing in, and out very deeply. Filling up, filling your lower chakras and your upper chakras. Maybe wiggling your shoulders and your arms around, arms and your legs and feeling full of gratitude, joy and energy.

May you be with the blessing of the Supreme Being that this healing mediation is complete. And may the entire world be filled with radiant health, vitality, joy, and deep abiding peace. Tathastu - So be it.