

Jonathan Parker's
**The Secret of Letting Go For Spiritual
Breakthroughs**

Session 5
Karma
The Reality, Illusion & Release

Day Five Overview

Karma is a word derived from Sanskrit meaning “to do.” All of our thoughts, feelings, and actions create energy patterns which create effects. A simple definition is “energy that has been set in motion.”

One of the main aspects of karma is continuance. Meaning that the type of experiences we have will continue in the same direction until something happens to change it or eliminate it.

The way this applies to your life is that whatever trait, attitude, or belief you hold will continue to attract and create its experiences until it is altered or stopped.

If the energies were negative such as lying, cheating, stealing, hating, judging, fearing, hurting, or in any other way going contrary to one’s soul’s inner goodness, there are natural balancing forces that will cause that person to try to compensate for or balance the negative. This is the law of balance and consequence.

The differences in the effects of karma are dependent on the attitude of the person when they put the energy into motion.

For example, it is one thing to accidentally bring harm to another, but it is quite another to do it intentionally with hatred.

Everything you experience is karmic. By that I mean everything is derived from energies you have set in motion. That includes: What you did, the choices you made, what you disliked, how you suffered, what you enjoyed, what you hid and what you exposed, what you denied and what you took credit for, every feeling you had, and every judgment you made has set in motion the powers of creation that have led to what you experience lifetime after lifetime. You can see that this can work to bring you favorable and enjoyable experiences, or things which you would rather not have to deal with.

And most of all of these factors are what are going on at an unconscious level. That is, humans are usually not aware of what they are doing that is causing their situation. So this is where meditations specifically designed to find and release the patterns are vital.

Karma Releasing Exercise

This process is more effective when you set an intension and you are connected to your heart, as opposed to just repeating statements from an intellectual place. In the subtle realms, intentions rule. Intentions determines the outcome.

You are going to ask all the karmic energies in and around you related to specific people or the cause of negative experiences to turn dark blue. Then using your imagination you will vacuum off all the dark blue energy.

You see, karma is not just an idea. It has accrued your lifeforce energy into patterns that act like programs to create and attract what you have in your life. These energy patterns can be removed with this technique.

Using your imagination create a vacuum hose vortex 6" in diameter and attach it to the center of creation. Send it up and down your aura, front and back, and have the intension to collect all the dark blue karma energy you are wanting to release which is related to the people or conditions below. (If you don't see anything in your imagination this will still work. Just have the intention for the vacuum to remove the karmic energies.)

Have the intension to go over your entire aura from head to toe.

- Karma energy from old or current relationships
- Karma energy from people you work with, or have worked with
- Karma with relatives and children

- Karma from anyone who took advantage of you, betrayed you, stole from you, hurt you, caused you emotional, mental or physical pain or loss (including those you no longer even remember)
- Karma from weakness, illness, accidents, injuries
- Karmic patterns that have held you back in lack or limitation

Now acknowledge silently to yourself...

- "I know that everything is energy. All karma is just energy."
- "I give myself permission to surrender and release all negative karmic energies in my physical body, emotional body, mental body and causal body."
- "I give myself permission to surrender and release all karmic contracts, agreements, promises, oaths, and vows."

Next bring to mind anyone you have a grievance with and say...

- "I give myself permission to surrender, release and let go of all negative karma with this person."
- "I call upon and invite the Soul presence to energy through me now and to dissolve all negative patterns."
- "I call on the highest enlightened awareness of my Soul to merge into all grievances and difficulties"
- "I give myself permission to surrender and release all thoughts, beliefs and feelings I owe to *anyone* something from any lifetime."
- "I give myself permission to surrender and release all thoughts, beliefs and feelings I owe anyone even more than what I have already given or done."
- "I call to the highest enlightened awareness of my Soul and ask it to merge its fully free, awake, and enlightened consciousness through my karmic beliefs."
- Be open to receive the soul's presence of love, light, and peace.