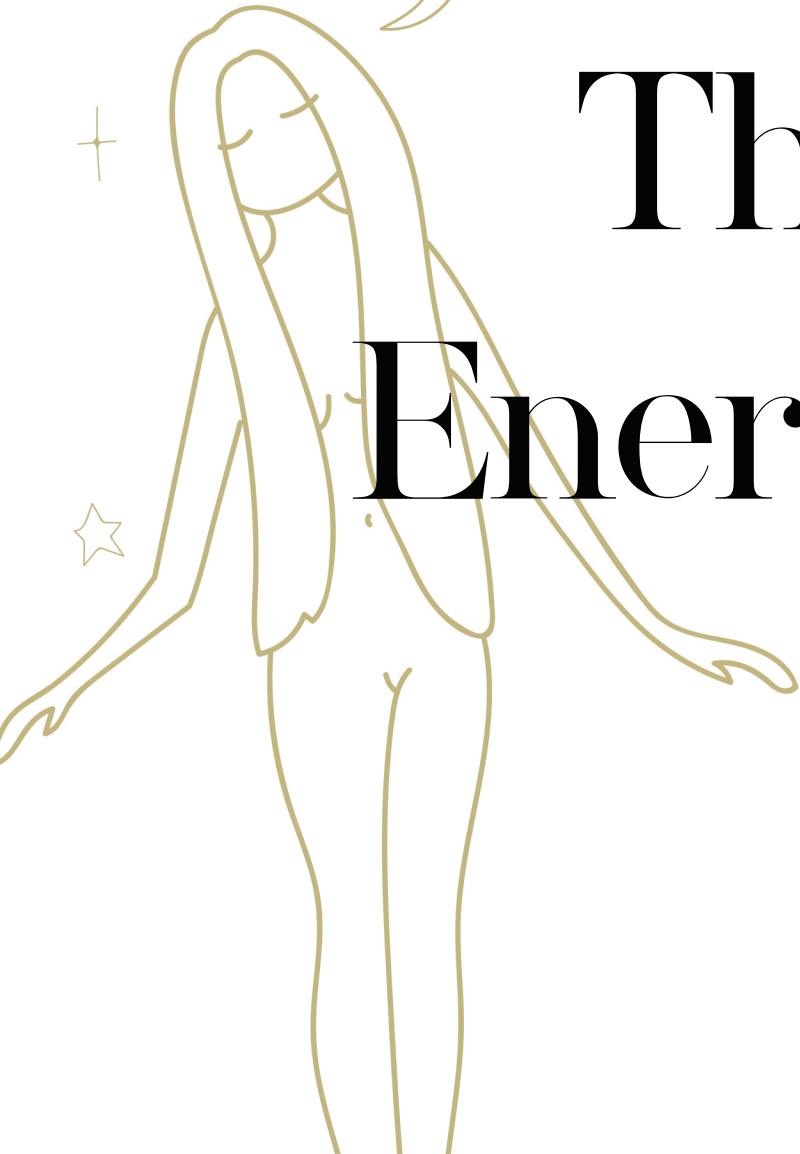




Clear
The

Energies





Your Karma contract



This assignment is all about you acknowledging what has happened in your life which may be holding you back because it's keeping you stuck in the past. Write down all of the people and situations where you have felt disappointed, betrayed or hurt.

These situations make us second-guess and lose faith in ourselves. They can even make us mistrust ourselves. It could be something which happened as a child or more recently. It can be someone mistreating you, cheating on you, stealing from you. These negative experiences have to be released and the way to do that is through forgiveness.

The idea is that you will write out what you need to (use a separate piece of paper if you need to) and then you will do the forgiveness ceremony I showed you in today's lesson. Just read the Formula For Forgiveness and then sign the Karma contract where it says Karma Contract Completed. And then burn it!





Karma Contract Completed.

Name _____

Date _____

