



ENERGY HEALING INSTITUTE
Education for The Consciously Curious

Astral Practitioner Program



Karma

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When Karma is understood through its secondary meaning – experiences that the personality and therefore the Soul have an interest in exploring, it becomes readily apparent that it can be cleared and evolved as the personality loses interest! Intention and conscious observation by the client support the ability to move through and beyond Astral Karma's repetitive themes and experiences.

An individual who karmically attracts people and circumstances that feed and respond to their interest in attention-seeking, due to a pattern of neglect from childhood, will release the attachment to attention-seeking once the neglect issue is revealed, acknowledged and understood. In some cases, the karmic pattern sometimes dissolves of its own accord, however, it may remain in place, continuing to attract people and experiences that are no longer wanted.

At times the karma can be tied directly to an individual or group of individuals. Other times the karma is more readily accessed by 'saying hello' to the pattern itself. Dialoguing the energy body and inviting the pattern to light up, and then following up by saying hello to the individuals who resonate with the pattern (or vice versa) is a comprehensive way to address karma clearing during table work.

Should the energy light up as putty-colored, dinner plate shaped stacks, saying hello to the people who resonate with the pattern, isolating some of that energy and putting it on the dinner plate stacks will dissipate the karma.

If the energy lights up as jagged, slow-moving waves, tracing the arc of the wave and passing the hand chakra through the wave as it crests will dissipate the karma.

Following up with cord clearing in the chakras further releases energy with individuals with whom the karma resonates.

[It is appropriate to teach clients to work in their aura if they express an interest in this more subtle energy work. Many clients are content to work exclusively in the chakras and resist further skills and techniques that are aura-based because they have difficulty conceiving of and interacting with the subtler energies in the field.]

