

Understanding “Karma”. Is it impacting your life?



What is karma?

The Law of Karma is one of 12 key energy principles of the Universe. The simplest understanding of this energy principle is the Law of Cause and Effect. “What you give you receive” or in biblical terms “What you sow you shall reap”. All energy you have created in previous times and realities and are presently creating has an effect on the energy field within and around you. It could be called the law of karmic balancing.

At any time you create your life from love or fear. You hold the records imprinted in your cellular DNA memory

Your creations may be manifested with love from an open loving heart or manifested in life in negativity, through emotions such as anger, fear, guilt, blame, jealousy and judgments. You hold all karmic energy in your being and have the potential to bring back balance to these energies. Records of all your past creations and their impact on yourself and others are called the Akashic records of the soul. You carry these within you as imprints in your cellular DNA memory. The records include memories of your soul's gifts and giving through all lifetimes as well as unresolved fear based experiences as thoughts, beliefs, feelings, actions, deeds, creations, when you were unable to be guided by your loving open heart.

“Lucky”? “Unlucky”? Are you simply balancing karmic energies?

You may have so-called “lucky” experiences that are reflecting the balancing of past deeds of giving and heart guided actions directed for the benefit of all. This karmic balancing will attract to you situations of good fortune and unexpected gifts to balance the karma you hold, in specific areas of your life. For example you may be offered opportunities through a specific person(s). I can recall a couple of soul-mates who steered me to work opportunities, when I was retrenched and supporting a mortgage. I had the sense they “owed me”, even though then, I did not understand the Law of Karma.

If you see yourself as “unlucky” in specific areas of life you may be attracting unresolved karma based on choices, actions, deeds, words, beliefs and thoughts, arising from the core emotion of fear, at the time of creation. Fear is

the core emotion that lies beneath emotions such as anger, shame, blame, guilt and jealousy.

Karma is not about punishment for your misdeeds of the past

It's important to recognise that karma created from negativity, simply means that you were unable to resolve the issue with an open loving heart and intention at that time. Now, it offers you the wonderful opportunity to resolve past creations that hold low vibrational energies, and are attracting similar energies, by releasing the records with love.

Forgiveness is the opportunity – unconditional love is the answer

It's been said that when we do not fully forgive, we are locking ourselves into a prison of our own making. Forgiveness is a process that cannot come from your mind, an idea or thought. It comes from opening your heart with unconditional love to all concerned. This includes the part of you holding the memory in negativity. Each time we choose to release lower karmic energies by rebalancing them with unconditional love, compassion and forgiveness, we raise our vibration and open our hearts to hold more love.

You also need to be aware of not creating new karma in your daily actions. This requires us to be open and loving in our intentions.

Recognising Karma in© your life

You may hold karma in any area of life and there are three forms of karma that may influence you as a soul – Personal Karma, Family Karma and the Collective of Humanity's Karma.

You may not even be aware of the karma you hold. The records are held in your cellular memory, blueprinted in your DNA, beyond your conscious mind's knowing. However in your daily life karma may be affecting areas such as finances, love and relationships, the physical body, business, the mind, sexuality. Whenever fear is activated, or shows up as anger, guilt, blame, jealousy, grief and shame, there is karmic energy to be balanced. Another sign is in the circumstances that you are attracting to you. For example: If you hold karma with stealing, you will attract situation(s) to you of stealing from you, because you carry an energetic blueprint needing to be balanced. This vibrational energy pattern that attracts is described by another law of energy called the law of Attraction. It's the same if you are attracting noise or anger, jealousy, situations such as deceit, betrayal, abuse and abandonment. There are many possibilities that can be explained by karma. You may not be an angry person yourself. It is the vibrational blueprint you hold unconsciously

that is attracting the situation for you to learn more love, compassion and forgiveness

Karma in Relationships

Have you ever wondered why you keep attracting and repeating the same patterns in relationships? Perhaps you're unable to leave a partnership, yet the warning signs are there? Can't stop attracting a certain type of unsupportive relationship? Can't seem to forgive the past and move on? You may feel "stuck", wanting to heal this but find it challenging to do so.

The principle of karma operates in all relationships, be that with a partner, business colleague, family member, friend or associate. As a soul wishing to evolve we hold karmic contract made before we incarnate to resolve karma especially within families. We choose our parents, siblings and childhood environments to activate the karmic memories. Until we realise and release these deep cellular DNA blueprints, we remain stuck in these patterns. Often unresolved karma is perpetuated through many generations of the mother and father lineage before a forgiveness process releases it for all the family. Only one family member needs to consciously do this process.

Resolving karma

Unconditional love is the only energy that heals. It begins with recognising there is a karmic energy pattern that needs resolving. Next you need to choose to accept this opportunity to release the karma forever and to resolve this with love, compassion and forgiveness for all your aspects and others involved. This involves learning to open your heart and a clearing process of forgiveness and release. If you haven't learned how to do this, or would like assistance, Soul Power services can assist you with this. My work aligns you to your Essence or true self by releasing all that creates experiences that seem to sabotage your progress. Often this is karma.

Please feel free to call or email me if you have questions about karma or to assess if karma is holding you back in your life. I'd love to assist you.

If you are experiencing karma, I invite you to experience a release through a Soul Atonement session.

Release Karma - effectively, gently and safely

A Soul Attunement Energy Balancing session accesses the cellular memories of your DNA blueprint, releasing the karmic patterns you are holding.

It is a gentle, relaxing and safe way of freeing you of any karma you hold. As you lie back on the healing table and receive, I use a combination of kinesiology (muscle testing which I do on myself for you) to access information from scan lists, energy clearing using sound, sacred art and healing energy transmissions. In this way, I am accessing the Akashic records and releasing the imprints from your DNA.

I tune into your body's wisdom to be directed as to which of the 35 kinesiology balances is perfect for the issues presenting. For example, a "Relationship DNA" balance reveals and releases relationship karmic patterns that you hold with another soul.

There are many other balances including those for your business, money, health, love, soul evolution and success in manifesting.

To read more click <http://www.soulpower.net.au/healing.php>

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