



Karmic Wounds

A Karmic Wound can be defined as a reoccurring pattern that is based in an historical interaction between one or more people and the person experiencing the wound. It is the record of a profound event that occurred at some point in the historical past of the soul's journey.

This memory of an event has been captured and held in a specific part of the subtle anatomy as an active wound. A Karmic Wound contains all the relevant information needed to release the wound. But first the contents of the wound need to be ferreted out and reconstructed as an approximate Karmic scenario. While some details are important, emotions, people, and the relationships between them are the critically relevant pieces needed in order to release the wound.

Generally, a Karmic Wound will cycle around and around within a life. This can be as a frequent pattern that rises so often that it becomes a familiar behavioral "go to" or fall back strategy. Some Karmic Wounds show up during changes or transformative periods of a life or, they can even be a consistent psychological environment that affects the personality giving it "knee jerk" reactions and responses.

Karmic Wounds influence relationships to people, places, and things; shaping reactivity and sense of self that comes about through repeated circumstance. Simple Karmic Wounds are captured and stored in a part of the Layers. This has implications in how the subtle self evolves, how the personality develops, and how the personal story is actually recorded and used by the subtle structure. Unpacking and releasing a Karmic Wound allows a person to place their attention on the potential and not the repeating issue. This is incredibly liberating.



Sacred Anatomy Energy Medicine Procedure

Removal of a Simple Karmic Wound

1) At the Edge and with permission. Determine that the individual has a Simple Karmic Wound by dowsing yes or no, taking the pulse (you may see a stop in the pulse) and conducting a brief (5-10minutes) interview.

2) Locate the wound in a specific layer and stratum.

3) Gently palpate the wound to learn size, texture, and density. Diagram the wound and this information for your records.

4) Determine the emotions held in the wound by agitating the wound and asking the client what emotion they are experiencing while you do it or by dowsing the Word List.

5) Ask the wound how many people are contained in it? You can determine this with sensing or dowsing. (i.e. 3- the client and 2 others.) Name them Entity A, B, C.

6) Determine who these people are in this current life. It helps the client release to know who in their current life is trapped in the wound with them. The people in the wound will almost always be known to the client. They will be in their current family, friends, or work life in some way. They often will know who the people in the wound are and your job will only be to validate their knowingness with your sensing and dowsing skills. Essentially confirming the Karmic relationships they may already understand and know.

7) Dowse to see if the wound is ready for removal? **Yes:** proceed to step 8. **No:** go back to steps 4, 5 and 6. You will have either missed something or new information will be available that was not earlier. This can be as simple as one more descriptive word.



8) Physical removal is required for a Simple Karmic Wound. No vent is necessary to remove it. At this point the client may experience some discomfort. If large, condense to remove it using focused intention. Press it into a smaller more liftable size. You should try not to lift it out in pieces.

9) As you condense it, the wound will feel like it is getting heavier and thicker. Lift the entire wound out in one movement into the universal. Lift the Karmic Wound out and Dissipate the wound completely by clapping your hands 1-3 times.

10) Pack the empty wound with *UL&L*.

11) Bring in *I,B,W,S,I,B*.