

Complex Karmic Wound

With thanks to Bob and Kathy Mahaney who worked with me to heal some of my Karmic Wounds in the mid 1970s. Both my Simple and Complex Karmic Wound procedures are inspired by one that Bob Mahaney developed and used in his practice.

What?

The Complex Karmic Wound is different from the Simple Karmic Wound in three basic ways, which are mainly a matter of degree.

1. The Complex Karmic Wound (CKW) always contains a detailed and important story set on specific time and day and in a specific lifetime. This story is always about the primary wounding experienced in that moment that must be re-constructed to be released.
2. The CKW has specific emotions that will evoke the story and also will be present in the client's current life. Use the Word List to determine the emotions.
3. The CKW will always be with and contain people from the past life. They will also be in individual's current life. These people will need to be either *forgiven or apologized to* in order to fully release the CKW.

A Complex Karmic Wound is always located in the Layers. It lodges in a Layer and strata and has an affect on the health of the structure. This kind of wound may contain things. I've seen everything from a tractor to a sword lift out with the removal of a CKW.

Like the Simple Karmic Wound, the Complex represents a repeating and insidious Karmic pattern cycling through the client's life. It is based in a profound trauma that is continuing to repeat lifetime after lifetime. The SKW is usually a death experience but the Complex KW is oftentimes *not* a death although it may be part of the wound... *but* it will be instead a dramatic, tragic, or shocking situation. The effect of a Complex KW will profoundly color the client's orientation in life, affect how they seek goals, follow a life path, and how they find happiness in their current life. It is possible to trace a CKW through many lifetimes and to reconstruct the scenario in each time period as the same set of emotions, the

same people and even similar circumstances appear. This is done by “time traveling” with the dowsing rod.

Although this is interesting, it is *not usually necessary* to travel through time to get multiple lifetimes of lessons and events for removal to occur. However, there are clients who will simply not “get” the impact of their recurrent issue any other way than to have it spelled out lifetime by lifetime. This is especially true for individuals new to this kind of healing work. Do not be surprised if a CKW is difficult for a person to wrap their head around. Making it relevant to the current lifetime by drawing out comparisons to the trauma or shock and relating the emotional content to current emotional climate is the best possible way to make this esoteric piece about the here and now. *Thinking because the word Karma is mentioned that this piece is about the past and not about now is the mistake. Until the CKW is removed it is about NOW and it will continue to repeat over and over in the lifetime!*

Why?

As the Karmic Wound activates it is actually “up for removal” and it is possible to let it go at that time. If the opportunity is missed then the CKW will increase in drama and intensity. Each time it “comes up for removal” and the chance passes the CKW recedes into the HES and only comes up again when the life pattern is activated yet again. Avoid the pitfall of multiple reoccurrences and clear it completely by bringing the CKW content into the current life frustrations as much as possible. Seeing those connections makes a huge difference for the client.

Fortunately, it is also possible to reconstruct a client’s current life experience with the wound. Dowsing through the individual’s life from the womb to the current moment and determining the time periods when the CKW was active and “*up for removal.*” It is only “*up for removal*” when it is active and for the CKW to dowsing ready means that it is currently active and probably causing some distress in the life. Tracking through the current life and dowsing the difficult periods that had a

similar quality can be profoundly helpful. It is not essential but it may help the client be able to name the issue or problem that is bothering them in greater detail because chances are good it has been an issue for decades.

Of course, the difficulty comes when they cannot connect with anything you are saying, especially if together you have failed to make the content relevant in the current moment. They might refuse to believe the existence of the idea of a Complex Karmic Wound is even a remote possibility. Sometimes clients might think the emotions you dowse are not in their current experience. If this happens, you are using the wrong approach. You are not off on your assessment of the person, but in your effort to *get it right* you most likely are trying to *do* something to them instead of *enlist* their participation in the experience of release and healing.

How?

This is why working with a CKW must always begin with an interview to determine the individual's most current issues. These are issues that are usually be obvious to them. Most often it will be something they have even articulated before. Getting clear on and consciously noticing a reoccurring pattern in their life is sometimes challenging. There will be emotional content, inhabitants of the wound and a story. This focusing not only does all your work for you but it will make the release of the CKW that much more rewarding. How you arrive at a scenario is less important than *that* you arrive at one.

Once the story is revealed and readiness is at 100% there are a number of different ways to go about removing a CKW. Unlike the physical removal of the SKW, the complex will release with meditation, sounds like rattles, bells and clapping, during the course of reconstructing the story, and of course it also will respond to physical removal.

When the release is complete, the client will almost always experience Submerged Imbalances. These are Imbalances that have been trapped underneath the wound and related to the wounding. To replenish these denied energies is part of rebalancing and stabilizing of the client after the removal is completed.

The need for forgiveness in relationship to the CKW is another very clear distinction from the ease of the SKW. People usually get the point about needing to forgive and move on, but occasionally they are resistant. This means they want to hang on to the wound. If they will not or cannot forgive even the highest aspect of the other people involved in a wounding they will not dowse at 100% readiness at any point.

If you are in this position, you are in error, not them. You may have picked up on an issue, but you will have manipulated the data in some way (this is an error) to get to a point where you think they are even ready for the release. Make a gentle attempt to support them in looking at the possibility of forgiveness, but do not press it. **This is a clear indicator of the need for psychological counseling.** Unless this is your training, refer them to a holistic therapist and move on to something else.

They will be stopped in their tracks until they deal with their issues around a particular person or event in their present life. They may get physically sick or continue having chaos or upsets in their life that will eventually lead them to their experience of forgiveness and finally release. The CKW will only be up for release for a short while until the window closes again and will recede once more only to emerge larger in the structure, usually in other Layers and a more intense presentation later in the life. CKWs appear as early as infancy but it usually takes years for the wound to make itself know and for the client to become aware of it and then to become ready for removal. This is a profoundly impactful moment

and the client will have been working toward this for a long time whether they know about it or not.

Sacred Anatomy Energy Medicine Procedure

Removal of a Complex Karmic Wound

Explanatory Version

1. **Determining a CKW-** Apply the Edge Practice with permission, begin diagnostic data collection. Determine that the individual has a CKW by dowsing yes or no, taking the pulse and conducting an interview to learn about what has been happening in their life. Ask specifically about long term and life long patterns of reaction and behavior that have caused difficulty. Ask what they are wrestling with currently. Make a note of any emotions they list or let slip.
2. **Throughout the Procedure:** Track percentage of awareness of the wound. Ask: What is: “Ms. X’s *CONSCIOUS* awareness of this CKW?”
3. **Location:** Locate the wound in the Structure by dowsing and sensing. It will be in a Layer or in multiple Layers. These Layers may be throughout the HES and not located right next to each other.
4. **Determine:** the specific strata/s of the Layer or Layers.
5. **Determine:** the location of the historical, initial wounding. This will make your work much easier as treating the initial location MAY make it possible to lift the ENTIRE wound out from there. This is not always possible but it is worth determining early on in the assessment.
6. **Time Travel:** Travel to the **exact** day, year and month of the initial wounding (not sub sequential wounding or re-activations) and the **exact** time of the wounding. DO this by dowsing and traveling backward in time from the present moment. First determine the year, then month and day then finally time.

Do this by moving forwards from midnight to 6AM, 6AM-12 noon, noon to 6PM and 6:PM to 12 midnight. Dial in the specific time when you have the basic period of time the event occurred nailed down. Write this information on a piece of paper you and the client can both see. This is to aid focus for both of you and to put things into context. Long distance: ask the client to write it down for themselves.

7. **Emotional Content:** Any emotions that have come up during the discussion are worth looking at for relevance- LISTEN to the client. If they are SURE it’s about fear and your dowse anger- present the idea, but if they are definite- go with their emotion, they can relate and that is what matters!

Determine: How many emotion words apply then determine the emotion held in the wound by dowsing the Word List for the established time and date for the client. Also dowse the applicability of the emotions expressed during the

interview. Check percentage of awareness of the wound as you determine emotions to see their impact.

- 8. **People Content:** Find out who is in the wound by first asking the wound how many people are contained in it at the specific time and date? You can determine this with dowsing. (The result might be: three, the client and two others.) Check percentage of awareness of the wound and see what this knowledge does for it.
- 9. **People Content Identification:** Determine who the people were to the client at the time of the initial wounding. Look for:
 - **#** Of entities in wound. Then for each entity determine:
 - **Gender:** Estrogen or Testosterone or Intersex*?
 - *Intersex is an umbrella term that describes differences in sex characteristics that do not fit the typically binary idea of male or female.

➤ **Age:**

- a. 0-10,
- b. 10-20
- c. 20-30
- d. 30-40
- e. 40-50
- f. 50-60
- g. 60-70
- h. 70-80
- i. 80-90
- j. 90-100
- k. 100-120

Sample Chart for Complex Karmic Wound Info

| | People in Wound | Gender | Age | Feeling from today's list | Time of Emotions | Relationships | |
|----|-----------------|--------|-----|---------------------------|----------------------|---------------|---|
| | | | | | | Then | Now |
| a. | A | T | 12 | Frustration | Same | Foe | Client identifies all current relationships |
| b. | B | E | 43 | Anger | June 4, 1278, 4:36pm | Friend | |
| c. | C | T | 40 | Fear | Same | Family | |
| d. | D | E | 19 | Doubt | June 3, 1278, 2:11pm | Stranger | |
| e. | | | | | | | |

- FYI: Dial in the exact age by counting upwards one number at a time when range is determined.
- **Relationship in past life:**
 - a. Friend
 - b. Family
 - c. Foe
 - d. Community
 - e. Stranger
 - f. Perpetrator
 - g. Victim
 - h. Battle

10. Relationship in this Current Life: It helps the client release the wounding to know who is trapped in the wound with them and what their relationships are and were. This can be a profound moment for people. The client will usually know the people in the wound and they usually will be in their life currently looming large. RARELY are people random ALTHOUGH occasionally a wound will include an entire tribe, battalion or huge clan and some lesser folks (determined later in the process) will be more random. *Wait for the client to say who they are.* They almost always will know and your job will only be to validate their knowingness with your sensing and dowsing skills.

Continue to check percentage of awareness of the wound.

11. Readiness for Removal: When you have all this information dowse to see if the wound is ready for removal? Yes: proceed to Removal.

No: go back to Emotional Content or People Content and reassess. You will have either missed something or new information will be available that was not earlier.

Check percentage of readiness as you bring new information into the discussion.

12. Removal: Only 100% Readiness for Removal will do! But once achieved, determine which style of removal is appropriate for the wound by dowsing the list.

If it is already lifting spontaneously, just by bringing it to consciousness, you can dowse for a complete release with one of the following:

- Physical Removal
 - Sound: bells, clapping, rattles
 - Meditation
 - Combination
- **Physical Removal:** is the same as required for an SKW. Depending on the size of the wound it may need to be condensed to remove it. It is best to take the entire wound out in one movement as opposed to removing it in pieces. To condense it use focused intention to simply press it into a smaller size. The wound will feel like it is getting heavier and thicker and the client may experience some discomfort. Do what you can to make them comfortable, get them a blanket or glass of water but do not become distracted by their experience of the wound, stay at your Edge and proceed. Stick your Light Fingers around the wound and lift it out of the structure into the universal. (Because you can actually lift it out, no vent is required for this type of removal.) Once you have cleared the Edge of the client's structure, use focused intention to dissipate the wound by clapping your hands. Check for 100% release.
 - **Sound:** Dowse which kind of sound is the best: bells, clapping or rattles; occasionally and in only rare circumstances yelling may be required. Make the sound in the area of the wound, do it until you feel the shift. Check for 100% release.
 - **Meditation:**
 - Lead the client to a safe inner place out of doors in nature is usually the best.
 - Have them find a comfortable place to sit, stand or lie down in the safe place.
 - Beings approach them. They are old and good friends, lovers, and companions. These are the people in the wound and they should look the way they do now.
 - Have the meditation take them to a peaceful resolution where each one of them apologizes and asks forgiveness and the client is able to extend forgiveness to them and make their apologies.
 - Do this in whatever way is the easiest for you to support them. Bring in color, sound, smells, description but not so much that they cannot be creative about the location and the contents of the space. The apologies and forgiveness should be done silently. Have them indicate when they are complete.
 - Lead them gently back out of the space into the room.

- **Combination:** Sometimes a combination is required. Allow yourself to be inspired. The energy working with you is the energy of the SA Angels. Do not worry, you'll know exactly what to do. *It is magical, but it's not... it's you and your commitment to the healing work in tandem with the client and their commitment.* Always accomplish the forgiveness in some way. People sometimes need to know that a current life perpetrator is not "off the hook" for some evil action.
 - Tell your client this: This person must still shoulder their own Karma and responsibility for their bad actions in all lifetimes.
 - Forgiving them is not forgetting what they did. It is letting **you** off the hook.
 - It is them letting themselves not carry the weight of the karmic wound any longer.
 - Forgiving others means the client can forgive their Soul- not their ACTIONS.

17. **Check percentage of completion** and only end at 100%.

18. **Rebuild:** Pack the empty wound with tier 3 or 4 of *ULL*.

19. Check for submerged Imbalances. Dowse the number and the energies and bring them in to replenish.

20. **Bring in:** *Harmonizing the Layers.*

21. **Ending Protocol:** *Bring in Integration and Blending. Witness the acceptance of the change. Bring in Stabilization and finish with Integration and Blending.*

22. **Clean up:** Staying at your Edge, *immediately* wash your hands.

23. **Post Procedure Direction:** Suggest a salt and soda bath, protein meal and extra water.

24. **Follow up:** Make a plan for follow up after the session. Plan a phone call check in- set aside at least 15 minutes for this check in.

24. **Always Check for emerging issues:** Check for other issues emerging out of the covering of especially large wounds. This will help you schedule the next appointment. Dowse how long until you see them again- usually 2-4 weeks.

Sacred Anatomy Energy Medicine Procedure

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Practical Use Version

Determining a CKW-

- Apply the Edge Practice and with permission, begin diagnostic data collection.
 - Determine CKW by dowsing yes or no, taking the pulse and conducting an interview to learn about what has been happening in their life.
 - Ask specifically about long term and life long patterns of reaction and behavior that have caused difficulty. Ask what they are wrestling with currently.
 - Make a note of any emotions they list.
1. **Throughout the Procedure:** Track percentage of awareness of the wound.
 2. **Location:** Locate the wound in a Layer or in multiple Layers.
 3. **Determine:** the specific strata/s of the Layer or Layers.
 4. **Determine:** the location of the historical, initial wounding.
 5. **Time Travel:** Travel to the **exact** year, month, day, and the **exact** time of the wounding. Travel backward in time from the present. Write it on a piece of paper. Long distance: ask the client to write it down.
 6. **Emotional Content:** Any emotions that come up are worth looking at- LISTEN to the client.
 - **Determine:** How many (emotion) words apply.
 - Find out which words (emotions) are held in the wound.
 - Establish time and date for each word.
 - Dowse to see if the emotions expressed during the interview are applicable.
 - Check percentage of awareness of the wound as you determine emotions to see their impact.
 7. **People Content:** Ask the wound by dowsing how many people are contained in it at the specific time and date? Check percentage of awareness of the wound and see how it changes.
 8. **People Content Identification:** Determine how many people the client is aware of at the time of the wounding. Determine who each person is to the client at the time of the initial wounding.

Look for:

- **Determine:**
- **#** Of entities in wound. Then for each entity determine:
 - **Gender:** Estrogen or Testosterone or Intersex*?
 - *Intersex is an umbrella term that describes differences in sex characteristics that do not fit the typically binary idea of male or female.

➤ **Age:**

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| | | | | | | Then | Now |
| | A | T | 12 | Frustration | Same | Foe | Client identifies all current relationships |
| | B | E | 43 | Anger | June 4, 1278, 4:36pm | Friend | |
| | C | T | 40 | Fear | Same | Family | |
| | D | E | 19 | Doubt | June 3, 1278, 2:11pm | Stranger | |

FYI: Dial in the exact age by counting upwards one number at a time when range is determined.

9. Relationship in past life at time of wound:

- a. Friend
- b. Family
- c. Foe
- d. Community
- e. Stranger
- f. Perpetrator
- g. Victim
- h. Battle

10. Relationship in this Current Life:

- Who is trapped in the wound with them and what their relationships are now and were then.
- The client will usually know the people in the wound and they usually will be in their life currently looming large. *Wait for the client to say who they are.*
- Your job will be to validate their knowingness with your sensing and dowsing skills.
- Continue to check percentage of awareness of the wound.

11. Readiness for Removal: When you have all the information dowsed to see if the wound is ready for removal?

- Yes: proceed to Removal.
- No: go back to Emotional Content or People Content and reassess.
- You will have either missed something or new information will be available that was not earlier.
- Check percentage of readiness as you bring new information into the discussion.

12. Removal: Check for 100% Readiness for Removal- Determine Removal by dowsing the list. It should already be lifting spontaneously, just by bringing it to consciousness, you can dowse for a complete release with one of the following:

- Physical Removal
- Sound: bells, clapping, rattles
- Meditation
- Combination

13. Physical Removal: the same as required for an SKW. May need to condense to remove.

- Take the entire wound out in one movement do not remove it in pieces.
- To condense it use focused intention to simply press it into a smaller size.
- The wound will get heavier and thicker and the client may experience some discomfort.
- Do not become distracted by their experience of the wound, stay at your Edge and proceed.
- Stick your Light Fingers around the wound and lift it out of the structure into the universal. (no vent is required.)
- Dissipate the wound by clapping your hands.
- Check for 100% release.

14. Sound:

- Dowsing which kind of sound is the best: bells, clapping or rattles; occasionally in rare circumstances yelling is required.
- Make the sound in the area of the wound, do it until you feel the shift.
- Check for 100% release.

15. Meditation:

- Lead the client to a safe inner place out of doors in nature is usually the best.
- Have them find a comfortable place to sit, stand or lie down in the safe place.
- Beings approach them. They are old and good friends, lovers, and companions. These are the people in the wound and they should look the way they do now.
- Have the meditation take them to a peaceful resolution where each one of them apologizes and asks forgiveness and the client is able to extend forgiveness to them and make their apologies.
- Do this in whatever way is the easiest for you to support them. Bring in color, sound, smells, description but not so much that they cannot be creative about the location and the contents of the space. The apologies and forgiveness should be done silently. Have them indicate when they are complete.
- Lead them gently back out of the space into the room.

16. Combination:

- Sometimes a combination is required.
- Allow yourself to be inspired.
- The energy working with you is the energy of the SA Angels. Do not worry, you'll know exactly what to do. *Work in tandem with the client.*

17. Accomplish Forgiveness:

- People sometimes need to know that a current life perpetrator is not "off the hook" for some evil action.
- Tell your client: This person must still shoulder their own karma and responsibility for their bad actions in all lifetimes.
- Forgiving them is not forgetting what they did. It is letting **you** off the hook.
- It is them letting themselves not carry the weight of the karmic wound any longer.
- Forgiving others means the client can forgive their Soul- not their actions

18. Check percentage of completion and only end at 100%.

19. Rebuild: Pack the empty wound with high tier *ULL*.

20. Bring in: *Harmonizing the Layers.*

- 21. Ending Protocol:** *IBWSIB*
- 22. Clean up:** Staying at your Edge, *immediately* wash your hands.
- 23. Post Procedure Direction:** Suggest a salt and soda bath, protein and water.
- 24. Follow up:** Make a plan for follow up after the session. Plan a phone call.
- 25. Check for other issues:** emerging out of the covering of especially large wounds.