

# **Karmic Clearing**

## **The beginning :**

What you think of me is none of my business.

## **Statements for each release:**

I love you.

I am sorry.

Please forgive me.

I forgive you.

I let you go.

You are free.

I am free.

We are free.

All is well now.

Harmony & joy prevail.

Love & peace prevail.

Thank you.

## **Final statement for release:**

### **(1) For people who have passed on:**

I bless you with love and release you from my life.

### **(2) For living people:**

I bless you with love and release all your negative, toxic and destructive habits, behaviours and patterns from my life.

## **The give & take exchange:**

I claim my power back.

I reclaim my power back.

I give you your power back, if any.

Please receive only your power back, if any.

## **Conclusion:**

We are now complete.

Thank you.

And bless you!