

Karmic Block Release

A Practical Guide to Healing, Clearing, and Realigning Your Energy

Introduction

Karma means action. There are many kinds of actions that create karmic debts.

Karmic blocks are energetic imprints created through past experiences, emotional wounds, repeated patterns, and unresolved lessons. These blocks can stem from this lifetime, ancestral lineage, or even past life imprints depending on your belief system.

They often show up as:

- Repeating toxic relationships
- Financial struggles despite effort
- Emotional triggers that feel disproportionate
- A sense of being “stuck” or unable to move forward

This eBook is designed to help you identify, understand, and release these blocks using simple yet powerful techniques.

Chapter 1: Understanding Karmic Blocks

Karma is not punishment. It is feedback.

Karmic blocks form when:

- A lesson is avoided or resisted
- Emotions are suppressed instead of processed
- Actions are misaligned with your truth

Over time, these create energetic resistance that repeats patterns until awareness is brought to them.

Reflection Exercise

Ask yourself:

- What patterns keep repeating in my life?
- Where do I feel stuck?
- What emotions do I avoid feeling?

Write your answers honestly.

Chapter 2: The Root of Your Patterns

Every recurring issue has a root.

To uncover it, follow this process: 1. Identify the pattern (e.g., abandonment) 2. Trace it back to the earliest memory 3. Notice the belief formed (e.g., “I am not enough”)

Exercise: The Timeline Method

Draw a timeline of your life and mark key emotional events. Look for repetition themes.

Chapter 3: Emotional Release Technique

Unprocessed emotions are the glue of karmic blocks.

Step-by-Step Practice

1. Sit in a quiet space
2. Bring attention to the emotion
3. Locate where it sits in your body
4. Breathe into that area deeply
5. Allow the emotion to rise without resistance

Repeat until the intensity decreases.

Key Principle

You are not your emotion—you are the observer of it.

Chapter 4: Forgiveness as Liberation

Forgiveness is not about others. It is about freeing yourself.

Forgiveness Practice

Say out loud or write:

“I release you. I release myself. I choose peace over this pain.”

Repeat daily for 7 days focusing on one person or situation.

Chapter 5: Ancestral Clearing

Some karmic patterns are inherited.

Signs of Ancestral Karma

- Family patterns of poverty
- Repeating relationship dynamics
- Shared trauma across generations

Clearing Ritual

- Light a candle
 - Say: “I honor my lineage, and I release what no longer serves me.”
 - Visualize a golden light clearing your ancestral line
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Chapter 6: Rewriting Your Beliefs

Once a block is cleared, it must be replaced.

Process

1. Identify the old belief
2. Create a new empowering belief
3. Repeat it daily with emotion

Example

Old: “I am not worthy” New: “I am deeply worthy of love and success”

Chapter 7: Energy Alignment Practice

Daily alignment prevents new karmic buildup.

Daily Ritual (10 minutes)

- 3 minutes deep breathing
- 3 minutes gratitude
- 4 minutes visualization of your desired life

Consistency is key.

Chapter 8: Integration and Transformation

Healing is not a one-time event. It is a continuous process.

Integration Tips

- Be patient with yourself
- Notice small shifts
- Celebrate progress

Final Affirmation

“I am free from the past. I create my reality with awareness and love.”

Bonus: 7-Day Karmic Release Plan

Day 1: Awareness journaling Day 2: Emotional release practice Day 3: Forgiveness exercise
Day 4: Inner child reflection Day 5: Ancestral clearing ritual Day 6: Belief rewriting Day 7:
Full integration meditation

For specific karmic debts meditation head over to my playlist :

https://youtu.be/3Hv4DS2Ocek?si=Eo_nawaTBEsueGgG

You can connect with me and have more support on ancestral karma and personal karma healing in my Skool community : Release with Ease

<https://www.skool.com/release-with-ease>

Closing

Your life is not controlled by your past—it is shaped by your awareness of it.

You have the power to release, heal, and transform.

The moment you choose awareness, karma begins to dissolve.

With Love

Edit B Kiss

Holistic Mentor