

KARMA PASS

CITIZEN OF THE KINGDOM OF MAYA

Save this document in your subtle body and show it to „Dharmraj“, your own inner judge, when passing to a new developmental stage



1 = soul karma

I live creatively · I let my heart dominate my mind
I am in permanent contact with soul
I befriend my soul · I see God inside of me

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2 = negative mind karma

I do not endanger my soul · I know: patience pays
I am neither naïve nor am I blocked
I belong to my divine soul
I respect my and others boundaries

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3 = positive mind karma

I love to serve · My thoughts are affirmations
I listen to spiritual music · I renew my identity
I exercise my will power · I test my strength

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4 = neutral mind karma

I pierce through the veil of Maya · I balance polarities
I am not a man, I am not a woman, I am a teacher
I take my time taking decisions
I receive information through intuition

1. Assignment: Once a year schedule a 72 hr. period, during which you are not allowed to have even one negative thought or word. If you have one, the cycle of 72 hr. starts again. This is to learn to control the negative mind.

2. Mantra: Har Har Mukande
(I liberate the divine in me)

3. Contemplation sentence: „Longing to Belong“

4. Identity: I am the Lover

5. Kriya (do for 40 / 90 / 120 / 1000 days):
Conquering one's Imagined Disabilities

Panting dog breath through open mouth. Hands start in front of shoulder with fingers spread. As they twist outward the fingers close to a fist, the thumb stays spread (1). Repeat 3 min.

Pushing the hands away from you, as one comes in the other goes out. Panting dog breath through the mouth (2). 3 min.

Move your arms in backwards circles with panting dog breath through the mouth (3). 3 min.



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1. Assignment: Use a mala (meditation beads) daily and meditate on the mantra Wahe Guru. This is to learn to be in constant contact with your soul.

2. Mantra: I am the light of the soul,
I am beautiful, I am bountiful, I am bliss

3. Contemplation sentence: „Head versus Heart“

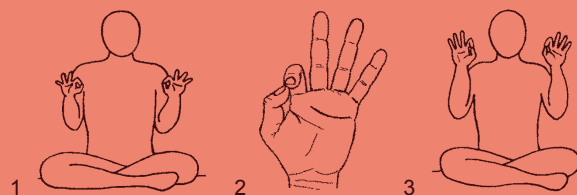
4. Identity: I am the Wise One

5. Kriya (do for 40 / 90 / 120 / 1000 days):
Guidance of the Soul

Lower arms are 45° forward (1).

Sing HAR and jerk the hands – fingers in Gyan Mudra (2) – in a rapid movement up and back about 12 inches until they are next to the ears (3).

Move so powerful you almost lift your buttocks off the ground. 11 min.



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1. Assignment: Each week dedicate one special day. On this day you do not judge anybody or anything, but you observe everything neutrally.

2. Mantra: God and me, me and God are one

3. Contemplation sentence: „Cup of Prayer“

4. Identity: I am the Counselor

5. Kriya (do for 40 / 90 / 120 / 1000 days):
Meditation for Prosperity

Elbows by the side. Forearms parallel to the ground. Hands are pointing forward, with the palms facing up, wrists straight. Touch the thumbs to the tips of the index fingers. Chant the mantra HAR HARAY HAREE in a steady cadence. 11-31 min.



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1. Assignment: Each week schedule one day, where you consciously serve everybody in need. On this day you do not make any promises (to learn not to make promises you cannot keep).

2. Mantra: Wahe Guru (True ecstasy is my way from darkness to light)

3. Contemplation sentence: „Devil or Divine“

4. Identity: I am the Magician

5. Kriya (do for 40 / 90 / 120 / 1000 days):
Stimulating virtue

Cross arms, right over left. Inhale, exhale, hold the breath out. Rapidly and vigorously pump the navel point with the breath held out (20-30 seconds). Repeat two more times for a maximum of three times.



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