

# 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



## 5 = body karma

I know sacrifices make me sacred  
I exercise one hour per day  
I balance time, energy and food perfectly  
I relax regularly · I guard my health

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## 6 = arc line karma

I feel the inflow of cosmic energy  
I protect my head · I take my intuition serious  
I serve the community with my intuition  
I unite my will with God's will  
I am truthful and act with integrity

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## 7 = aura karma

I uplift and nurture others · I love animals  
I feel safe and secure · My presence heals  
I have a strong immune system  
I stand out · I drink a lot of water

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## 8 = prana karma

I have infinite energy · I am completely fearless  
I breathe from the belly · I balance time and energy  
I am healthy · I understand disease as a gift  
I always breathe consciously

**1. Assignment:** Once per year choose a project that serves or will serve your community. Meditate on it for 40 days and project it

**2. Mantra:** I am the great spirit, I am, I am, I am the great spirit, Wahe Guru

**3. Contemplation sentence:** „Person at Prayer“

**4. Identity:** I am the Shaman

**5. KRIYA (do for 40 / 90 / 120 / 1000 days):**  
The Divine Shield Meditation for Protection and Positivity

*Raise the right knee. Place the sole of the left foot against arch and ankle of the right foot. Make a fist of the left hand and place it on the ground beside the hip. Bend the right elbow and place it on the top of the right knee. Bring the right hand back along the side of the head with the palm facing the ear, forming a shallow cup. Chant at a comfortable high pitch: MAAAAA 11-31 min.*

*Change legs and ear and continue 11- 31 min.*



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**1. Assignment:** Each year for one week do the green diet

**2. Mantra:** Ang Sang Wahe Guru (in every limb I move from darkness to ecstasy)

**3. Contemplation sentence:**  
„Half God, Half Man, Half of Balance“

**4. Identity:** I am the Teacher

**5. Kriya (do for 40 / 90 / 120 / 1000 days):**  
Breath of Ten to Become Disease Free

*Your hands move in and out like clapping but they do not touch (keep them about six to eight inches apart). Move slowly and rhythmically. Breath is timed with the movement of the hands. Inhale in five strokes through the nose and exhale in five strokes through the mouth. Each stroke is one clapping motion. 11 min.*



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**1. Assignment:** Each week schedule one day on which you take three deep breaths every hour (set a beeper)

**2. Mantra:** Pavan Pavan Pavan Pavan Par Para Pavan Guru Pavan Guru Wahe Guru Wahe Guru Pavan Guru

**3. Contemplation sentence:** „Finite to Infinity“

**4. Identity:** I am the Warrior

**5. Kriya (do for 40 / 90 / 120 / 1000 days):**  
Breath Awareness Exercise

*Focus on a 1-inch square area above the root of the nose. Through this point focus on the navel center, below the navel. Feel the motion of the breath. See the body as luminous with a light that increases with every inhale. Notice the motion of the prana. 3 - 62 min.*



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**1. Assignment:** Each week schedule one day of silence (to learn how to make your presence work)

**2. Mantra:** Sat Narayan Wahe Guru Hari Narayan Sat Nam

**3. Contemplation sentence:**  
„Platform of Elevation“

**4. Identity:** I am the Healer

**5. Kriya (do for 40 / 90 / 120 / 1000 days):**  
Meditation for Tuning into your Aura

*The hands move from 1 to 2 to 3 and back again in a graceful arc as you chant: Sat Naaam Sat Naaam Sat Naaam Ji, Wahe Guru, Wahe Guru, Wahe Guru Ji. Use only the tip of the tongue. Pull the navel in as you chant. You can use the instrumental music of Dhuni. Stop the hand movement every now and then to feel the flow of the energy in your aura. 7 min.*



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