

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



9 = subtle karma

I am one with Dharma
I see life from an elevated perspective
I wear Bana (spiritual clothing)
I recognize force is seldom necessary
Meditation is my tool · I know my goals for this lifetime

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10 = radiance karma

I have a sphere of golden radiance around me
I am noble · I have stamina · I am outspoken
I am radiant like a first time mother
I engage myself more than 100%
Cosmic energy flows up and down my spine

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11 = totality karma

I see and hear all secrets
I name everything and thereby heal it
I have all the answers · I am the command center
I am master over the physical realm
I see the big picture for everybody

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12 = 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

1. **Assignment:** Wear gold and diamonds regularly, and clothes that show your divine projection. Dress regal. This is to learn to be in touch with your radiance.

2. **Mantra:** Chattr chakkr vartee chattr chakkr bugatay / Suyumbhav subhang sarab daa sarab jugtay / Dukaalang pranaasee dayaalang saroopay / Sadaa ung sungay abhangang bibhootay

3. **Contemplation sentence:** „All or Nothing“

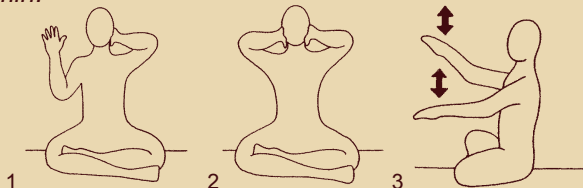
4. **Identity:** I am the King / Queen

5. **Kriya (do for 40 / 90 / 120 / 1000 days):**
Learn to Hear the Radiant Body's Frequency

Left palm closes left ear. Right elbow bent and hand forward. Eyes on tip of nose. Chant Hami Ham Brahm Ham. Use the tip of the tongue, do not move the lips much (1). 16 min.

Close both ears. Chant Har Haray Haree, with the tip of the tongue, using the power of the navel (2). 7 min.

Pat the air rapidly as if you are playing drums (3). 1 min.



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1. **Assignment:** Twice a year update a list of your karmas in this lifetime. Which ones did you solve? Which ones are you still working on? How far did you solve those? What does it need to completely solve them? This exercise puts you in touch with your subtle body.

2. **Mantra:** Ek Ong Kar Sat Guru Prasad Sat Guru Prasad Ek Ong Kar

3. **Contemplation sentence:** „Mastery or Mystery“

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

5. **Kriya (do for 40 / 90 / 120 / 1000 days):**
Releasing Childhood Karmas (especially Anger)

Extend Jupiter (index) and Saturn (middle) fingers, the other fingers locked under the thumb, stretch your arms out to the sides. Palms are facing forward.

Inhale deeply by sucking air through the closed teeth and exhale through your nose.

11 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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1. **Assignment:** Read from the Siri Guru Granth Sahib at least once a month. Cover your head. This is to learn to be in touch with your totality.

2. **Mantra:** Gobinde Mukande Udhare Apaare Hariang Kariang Nirname Akame

3. **Contemplation sentence:**
„Know All and Be All“

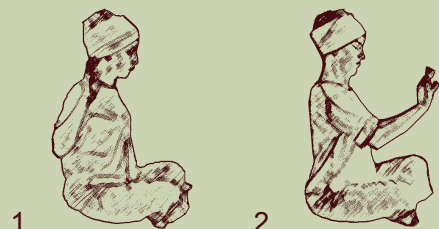
4. **Identity:** I am a Divine Channel

5. **Kriya (do for 40 / 90 / 120 / 1000 days):**
Naad Meditation to Communicate from your Totality

Hands in Gyan Mudra next to shoulders with palms forward (1).

Move both hands as if throwing darts as you chant: Wha Wha Hay Hay / Wha Wha Hay Hay / Wha Wha Hay Hay Guroo (2)

31 min.



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