

# MASTER YOUR KARMA INTENSIVE

## DAY 1 PARTICIPANT WORKSHEET

*Connecting with Your Karmic Blueprint*

**(Please make a copy of this by going to file : make a copy-do not write on this)**

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**with Dipal Shah**

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### HOW TO USE THIS WORKBOOK

This workbook is your companion for all three days of the Master Your Karma Intensive. Bring it to every session. Use it to capture what comes up in real time — during the teachings, the reflections, and the healings. The writing you do here is part of the work itself.

Each day includes key teaching points so you can follow along without scrambling to take notes, space to write your answers to each reflection exercise, space to capture insights from the client stories, and a commitment to anchor what shifted.

**Write honestly.** Write without editing yourself. What comes up first is usually what is truest. This workbook is for you — not for anyone else to read or evaluate. There is no right answer. There is only what is real for you.

**Keep it with you between sessions.** The body continues to process long after each session ends. If something surfaces overnight — a dream, an emotion, a memory, a physical sensation — write it down before you check your phone in the morning. Some of the most important insights arrive in the quiet hours.

**Use the writing lines as a starting point, not a limit.** If you need more space, keep a separate journal alongside this workbook. The prompts are designed to open the door. What you write after the door opens is the real work.

**Do not skip the homework.** The homework at the end of each day is not optional extra credit. It is the bridge between what shifts in the session and what actually sticks in your life. Each overnight practice is specifically designed to keep the energy moving and prevent the nervous system from sealing itself back up before the next session.

**Come back to this workbook after the intensive ends.** On the days when the old groove tries to pull you back, when you forget who you became in here, when the old voice gets loud again — open this. Read what you wrote. Especially what you wrote on Day 3. That version of you was telling the truth.

**This workbook belongs to you.** What you release in these pages, what you claim, what you commit to — it is yours. Treat it accordingly

### **WHAT WE ARE COVERING TODAY**

Your Karmic Blueprint — the energetic map that has been running your life from underneath

The 4 Karmic Contracts — Poverty, Celibacy, Silence, and Loyalty — and which ones are most alive in you

AUM Pranic Breathwork — opening the body so it can receive the clearing

Initial Contract Clearing Meditation — your first intentional release of all 4 contracts

Theme: You are not just here to learn about karma. You are here to start releasing it.

### **BEFORE WE BEGIN — Set Your Intention**

Why are you here? What brought you to this intensive? What are you most ready to release or step into?

Write your honest answer below before the session begins:

## SELF-REFLECTION EXERCISE 1

### *Visioning Your Future Self*

Before we can do any healing work, we need to know what we are healing toward. Not just what we want to escape — but what we are moving INTO.

*Close your eyes. Get comfortable. Take three slow breaths. Then use the spaces below for each vision.*

#### ◆ SELF-REFLECTION EXERCISE 1 — 3 Days From Now

*After you have done this work this weekend. See yourself. Where are you? What does your body feel like? How do you carry yourself when you walk into a room? What relationships have changed? What does your energy feel like?*

1. My future self feels \_\_\_\_\_ in my body.

\_\_\_\_\_

2. The pattern I am most ready to leave behind is:

\_\_\_\_\_

3. What I most want to step into — the version of life I have been afraid to claim — is:

\_\_\_\_\_

4. What has been stopping me from living that is:

\_\_\_\_\_

#### ◆ SELF-REFLECTION EXERCISE 1 — 3 Months From Now

*You have been doing all the work you learned in this intensive. Something has shifted. You have stopped carrying what was never yours. Now see yourself.*

1. My future self feels \_\_\_\_\_ in my body.

\_\_\_\_\_

2. The pattern I am most ready to leave behind is:

3. What I most want to step into — the version of life I have been afraid to claim — is:

4. What has been stopping me from living that is:

◆ **SELF-REFLECTION EXERCISE 1 — 1 Year From Now**

*See yourself one year from now. Where are you? What does your body feel like? How do you carry yourself when you walk into a room? What relationships have changed? What does your energy feel like?*

1. My future self feels \_\_\_\_\_ in my body.

2. The pattern I am most ready to leave behind is:

3. What I most want to step into — the version of life I have been afraid to claim — is:

4. What has been stopping me from living that is:

**ANCHOR THE VISION**

Place an infinity sign ∞ on your forehead — anchoring that energy in.

What one word or sentence surprised you from these visions? Write it here:

## KEY TEACHING

### *What Is Karma — Really?*

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#### KARMA IS AN ENERGETIC RECORD

The word karma comes from Sanskrit. It means action. Every action — physical, emotional, mental, and energetic — creates karma. Karma is not a moral scoreboard. It is an energetic record. And most of what is in your record — you did not write yourself.

#### THE 4 DIMENSIONS OF KARMA

<b>Physical Karma</b>	What lives in the body
<b>Mental Karma</b>	The stories and beliefs we carry
<b>Emotional Karma</b>	The unprocessed feelings that keep surfacing
<b>Ancestral Karma</b>	The patterns that move through bloodlines and generations

#### ANCESTRAL KARMA — THE PART MOST PEOPLE ARE NOT TALKING ABOUT

Epigenetics has shown us that what your grandparents experienced leaves a mark on the way your genes behave. The descendants of people who endured profound collective trauma carry physiological and emotional signatures from those experiences — even without having lived them themselves.

Some of what you are struggling with — the fear of not being enough, the pattern of choosing unavailable partners, the money story that never changes, the chronic symptom nobody can explain — may not have originated with you.

#### KEY INSIGHT TO ANCHOR

"It was not their fault. And it is not your fault either. But it is your responsibility — because you are the one who is awake enough to end it."

What is something in your life that might be older than you? A pattern, a fear, a belief that feels like it came from somewhere before you?

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## KEY TEACHING

### *Your Karmic Blueprint*

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Your Karmic Blueprint is the energetic map of your soul's journey. It contains the patterns, the agreements, the unfinished business — from this lifetime and others — that shape how you experience your life right now.

Think of it like the source code running underneath everything. Until you understand the code, you will keep getting the same outputs no matter how hard you work on the surface. Your blueprint is only information — and once you see it, you can change it.

### WHERE THE BLUEPRINT LIVES IN THE BODY

Your Karmic Blueprint lives in the mind, the energy field, and the physical body — specifically in the bones. In traditional Chinese medicine and many indigenous healing traditions, the bones are considered the deepest memory holders in the body. They hold what everything else has tried to process and could not.

#### ● CLIENT STORY — Nancy — The Body Was Carrying What the Mind Could Not Name

Nancy came to me after decades of symptoms that no one could fully explain — chronic digestive problems, gum disease, weakened bones, low energy, and Mast Cell Activation Syndrome. She had tried everything. Nothing was sticking.

She had grown up in a strict household where she was taught to override her own instincts — finish your plate no matter how full you feel, do not make a fuss, keep going. Slowly, over decades, that conditioning became biology.

And there was something even deeper — a belief running silently since childhood that she would never be as smart or talented as other people. Those words had not just lived in her mind. They had lived in her gut. In her cells.

With Quantum Body Awakening healing, her digestion calmed. Her energy returned. And she said something I will never forget:

*"The joy is back in my heart again. I wake up and actually feel excited to do my healing work. I feel like I got my life back."*

Nancy's body had not been broken. It had been carrying a blueprint that was never hers.

**What in Nancy's story resonated most with you?**

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**Where in your own body do you feel you might be holding something that is not entirely yours?**

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## AUM PRANIC BREATHWORK

### *Opening the Karmic Blueprint*

#### YOUR INTENTION FOR THE BREATHWORK

You are not just doing a breathing exercise.

You are breathing back into who you actually are — underneath all the conditioning.

Set this intention silently as you breathe:

"I am open. I am willing. I release what is not mine. I am ready to see."

AUM is the sound of the universe. When you tone it, you are vibrating at the same frequency as your own cells. That vibration can reach places in your body that words cannot.

<b>PREPARATION</b>	Sit comfortably. Spine long. Hands on thighs, palms up. Take 3 grounding breaths — in through the nose, long exhale through the mouth.
<b>ROUND 1</b>	Breathe in deeply. On the exhale, tone: AUMMmmm... Feel the vibration in your chest, your throat, your skull. Continue 6 to 8 rounds.
<b>ROUND 2</b>	Tone AUM with your intention: 'I am open. I am willing. I release what is not mine.' Let emotion come if it rises. Continue 6 to 8 rounds.
<b>CLOSING STILLNESS</b>	Let the sound fade. One hand on chest, one on belly. Ask your body: What do you want me to know today? Just listen.

**After the breathwork — what did you feel? What moved? What surfaced?**

## THE 4 KARMIC CONTRACTS

### *Agreements That Have Been Running Your Life*

As you read each contract below — feel into your body. Notice where something tightens. Where something gets quiet. Where something says: yes, that is me.

<b>POVERTY CONTRACT</b>	Made in lifetimes where wealth was renounced for survival, purity, or devotion. In this lifetime: resistance to abundance, fear of visibility, undercharging, money guilt, sabotaging financial flow. The block is not strategy or mindset. It is a contract.
<b>CELIBACY CONTRACT</b>	Made in lifetimes where sexuality was suppressed or tied to shame. In this lifetime: blocked creative energy, blocked pleasure, blocked magnetism and manifestation — because sexual energy IS creative energy. Disconnection from desire, intimacy, receiving.
<b>SILENCE CONTRACT</b>	Made in lifetimes where speaking truth led to persecution or death. In this lifetime: chronic throat tension, fear of judgment, second-guessing your voice, holding back your gifts, dimming your light to stay safe. Your voice is contracted — not broken.
<b>LOYALTY CONTRACT</b>	Oaths of allegiance to people, groups, or identities that no longer serve your soul's evolution. In this lifetime: inability to leave what no longer serves you, staying in outdated roles, family entanglements, paths that no longer feel true.

#### ● CLIENT STORY — Patt — Forty Years of Searching

Patt had been searching for answers for over four decades when she came to me. What started as mysterious fatigue had stacked into tick-borne illnesses, constant infections, weakened bones, five teeth lost in a short span of time. Every morning felt like survival.

Behind all of it was another wound — quieter, but just as draining. Patt had been in an on-again, off-again relationship for years with someone she believed was the love of her life. He never gave her what she truly needed: trust, transparency, commitment. And she kept going back.

She said to me: 'I use him as a support system. But I can't really depend on him.'

What I saw was a Silence Contract and a Loyalty Contract running simultaneously. A suppressed voice from years of not being heard. And a loyalty to a dynamic draining her life force — showing up not just in the relationship but in every system in her body.

When we began uncovering those layers, a weight she had carried for forty years began to lift. For the first time in a very long time, Patt felt something she had almost forgotten was possible.

She felt hope.

Which contract in Patt's story felt most familiar to you?

## SELF-REFLECTION EXERCISE 2

*Recognizing Your Contracts*

Before we do the clearing — locate which contract is most alive in you. Not just intellectually. In your body. The clearing will be more powerful when you know exactly what you are releasing.

### ◆ SELF-REFLECTION EXERCISE 2 — Which Contracts Are Running in You?

*Tune in before you write. Trust the first thing that arises — your body knows before your mind does.*

1. Which of the 4 contracts made me feel something — a tightening, a recognition, a heaviness, a 'yes that is me'? Name it.

2. Where in my body do I feel the presence of this contract right now? Place your hand there. Describe the sensation — tight, heavy, numb, hollow, hot, cold.

3. What has this contract cost me in my life? What has it kept me from saying, doing, being, or receiving?

4. Does this feel like mine — or does it feel older than me?

5. Write this as a statement: I am ready to release \_\_\_\_\_.

## INITIAL CONTRACT CLEARING MEDITATION

### *Clearing All 4 Karmic Contracts*

#### **BEFORE THE CLEARING — Set Your Intention**

What are you most ready to release today?

Write it below — one sentence, from the heart. This is your intention for the clearing.

<b>POVERTY CONTRACT</b>	Bring awareness to your relationship with abundance, money, receiving, being seen. Notice where there is resistance or guilt. Place your hand there. Repeat internally: I release every vow of poverty I have ever made. I am free to receive. I am free to thrive. This contract is complete.
<b>CELIBACY CONTRACT</b>	Bring awareness to your creative energy, your aliveness, your pleasure. Notice where there is numbness or shutdown. Place your hand there. Repeat internally: I release every vow of celibacy I have ever made. My energy is sacred and free to move. This contract is complete.
<b>SILENCE CONTRACT</b>	Bring awareness to your voice, your truth, your gifts. Notice where in your throat, chest, or jaw there is holding. Place your hand on your throat. Repeat internally: I release every vow of silence I have ever made. My voice is sacred. My gifts are needed. I am allowed to be heard. This contract is complete.
<b>LOYALTY CONTRACT</b>	Bring awareness to where you have stayed past the point of truth. Notice where in your body you feel the tethering. Place your hand there. Repeat internally: I release every oath of loyalty that no longer serves my soul. My loyalty now belongs first to my own truth and my own becoming. This contract is complete.

#### **AFTER THE CLEARING**

Take a moment and just notice your body right now compared to when you walked in.

Which contract moved the most? What did you feel physically as it released?

What energy returned to you during the reclamation — the sealing at the end?

## **HOMEWORK**

## *Keep the Clearing Moving Tonight*

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The contracts just got their first release. The homework below supports that process continuing overnight rather than the nervous system sealing it back up.

### ◆ TONIGHT'S PRACTICE — Do All Four

1. DRINK WATER before bed and set this intention as you drift off:  
'Tonight I release what is no longer mine.'
2. DO AUM FOR 1 MINUTE — sitting comfortably, tone AUM out loud or internally.  
Let the vibration settle the nervous system before sleep.
3. SESAME OIL PRACTICE — Before bed:  
Put a small amount of sesame oil on your feet and massage them.  
Apply a little to your lower abdomen and your lower back.  
This keeps the nervous system stable and supports the integration of today's clearing.
4. NOTICE AND WRITE — In the morning, before you check your phone:  
Write down any dreams, emotions that surfaced, or body sensations that shifted.  
Your body processes long after the session ends — pay attention to what it tells you.

**What I noticed this morning after Day 1:**

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### **OVERNIGHT REFLECTION QUESTION**

*Sit with this question tonight — not to answer it, just to feel it:*

**"What would become possible in your life  
if the contract you named today  
no longer had a hold on you?"**

*Write anything that arises below — in the morning, tonight, or whenever it lands:*

**See you on Day 2.**

*With so much love — Dipal Shah*