

MASTER YOUR KARMA INTENSIVE

DAY 3 PARTICIPANT WORKSHEET

Karma Breaker — Creating a New Legacy

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 shifted 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

Stepping into the role of the Karma Breaker — the identity shift from healing to becoming

Strengthening your energetic boundaries — so you hold the ground you have built

Consciously creating your future — claiming what you actually want without shrinking it

The Bay Leaf Burning Ceremony — clearing karmic debt and liability wounds

The Invitation — what comes next if you want to go deeper

Theme: You are not here to keep healing the past. You are here to build what comes next.

OVERNIGHT LANDING — What Came Up After Day 2?

What did you notice overnight? Did you use one of the three tools in a real moment?

What did your body tell you? What shifted?

And the question from last night: If you stopped waiting for the people around you to change first — what would you do differently starting today?

WHO IS THE KARMA BREAKER?

Moving Beyond Healing Into Becoming

THE IDENTITY SHIFT

There is a point in healing work where continuing to look backward stops serving you. Where the excavation has done what it needed to do — and what you need now is to actually build something new. To stop living from the wound and start living from the choice.

The Karma Breaker is the one in the family line who decided — consciously, deliberately — that the old patterns stop here. Not out of judgment of those who came before. Out of love. Out of the recognition that someone has to be the one. And that someone is you.

RESMAA MENAKEM ON METABOLIZING ANCESTRAL PAIN

Resmaa Menakem — a therapist who works deeply with inherited and ancestral trauma — talks about metabolizing what your ancestors could not. The work of healing is completing what could not be completed before — so it does not have to keep traveling forward. You are doing that completion. Right here. Right now.

THE WOUND CANNOT BE YOUR PERMANENT ADDRESS

At some point the healing has to become a life. That requires an identity shift — not just understanding the old pattern but actually inhabiting a new sense of who you are. When you walk out of today you are not someone who is working on their stuff. You are someone who broke the cycle.

KEY INSIGHT TO ANCHOR

"The greatest thing you can offer your ancestors is to make sure the suffering they carried ends with you. That is not betrayal. That is completion. That is love."

SELF-REFLECTION EXERCISE 1

Stepping Into the Karma Breaker

Write from inside this new identity — not picturing it from the outside but inhabiting it from within. Write in present tense. As if you are already this person. Because you are.

◆ SELF-REFLECTION EXERCISE 1 — Who Are You as the Karma Breaker?

Present tense. No editing. Give yourself 8 to 10 minutes.

1. I am the Karma Breaker of my lineage. What I am choosing to end — the pattern, the contract, the inherited wound — is:

2. What I am choosing to create in its place — for myself, for those I love, for those who come after me — is:

3. As the Karma Breaker I carry myself differently. What has changed: how I speak, how I hold my body, what I no longer apologize for, what I no longer carry for others.

4. What I want to say to my ancestors — the ones who carried this before me, the ones who did not have the awareness or the safety to break it — is:

Let that last one be tender. They did not fail you. They just could not finish what you are finishing now.

YOUR ENERGETIC BOUNDARY PRACTICE

Holding the Ground You Just Built

Here is what I see happen all the time: Someone does this kind of deep work. They shift something real. They feel lighter, clearer, more themselves. And then they walk back into their regular life and within two weeks they feel like the old self again.

It lasted. What happened is that they walked back into the same energetic field without any protection. The old field does not know the new you yet. It keeps sending the old signals. And without a clear energetic boundary, it starts to recalibrate you back to what it recognizes.

An energetic boundary is not about shutting people out. Think of it more like a filter. It lets in what is aligned with who you are now. It returns everything else — with love — to where it came from.

◆ YOUR DAILY MORNING PRACTICE — 2 Minutes Every Morning

Do this before your phone. Before you speak to anyone. Every single day.

1. Stand with feet hip-width apart. Feel the ground under your feet.
2. Take a slow breath in. As you exhale, imagine a field of light expanding outward from the center of your chest — in all directions, front, back, sides, above and below. About an arm's length around your entire body.
3. Set your intention clearly:
'Only what is aligned with my highest good enters this field.'

Everything else returns to where it came from, with love.'

4. One more breath. Feel the boundary as real. Solid. Yours.

Use this before difficult conversations. Before family gatherings.
Before anything where you historically walk away feeling drained or pulled backward.
This is how the Karma Breaker holds their ground in real life.

Where in your life do you most need this boundary practice right now?

SELF-REFLECTION EXERCISE 2

Consciously Creating Your Future

We have spent two days releasing. And when you release something that has been occupying space in your field for a long time, there is an opening. The question is what fills it.

One of the things that runs underneath almost every karmic pattern is a learned smallness in wanting. A belief somewhere in the lineage that wanting too much is dangerous. Or selfish. Today that stops. We are going to claim what you actually want — specifically, clearly, without shrinking it down.

◆ SELF-REFLECTION EXERCISE 2 — What Are You Consciously Creating?

Write freely. Do not edit. Do not make it smaller than it actually is.

1. In my relationships — what do I actually want to experience? Not what I think I can have. What do I genuinely want?

2. In my body and my health — what does it feel like to be fully at home here, free from what I have been carrying?

3. In my purpose and my work — what am I here to do? What have I been holding back that is ready to come forward now?

4. In abundance — what would I allow myself to receive if I truly believed I was worthy of it?

5. What is the one thing — the single thread running through all of these — that if it were truly present in my life would change everything else?

Write that last answer slowly. That is your new north star. That is what you are moving toward from this day forward.

THE BAY LEAF BURNING CEREMONY

Clearing Karmic Debt and Liability Wounds

We are clearing karmic debt and liability — the energetic obligations that have been accumulating across this lifetime and others, that keep pulling you back into the same attachments, the same suffering, the same weight even after you have done the inner work.

Karmic debt is the energetic residue of what has been owed, held, and carried without resolution. Liability where old pain has created a vulnerability — a place that keeps getting hit in the same way because it has never fully healed.

I will burn the bay leaves from my end — holding the intention for everyone in the room. Your job is to be fully present with your intention. Energy moves across distance. Your intention is real regardless of where you are physically.

BEFORE THE CEREMONY — Write Your Intention

Close your eyes. Take three slow breaths.

Bring to mind everything you came into this intensive carrying. The contract that had the most grip on you. The pattern you named. The relationship dynamic you released. The wound you have been walking around with.

What is the karmic debt you are ready to clear?

What is the liability wound you are ready to close?

Hold that in your body. Feel the weight of it. Then say internally:

'I am ready to release this. I am done carrying this forward. This ends here.'

Write your intention below — the specific thing you are clearing today:

OPENING	<i>'I am lighting this flame as a symbol of what is beginning today. The light that burns away what no longer belongs to you. Whatever you are carrying — we are releasing it now. Together. With full intention.'</i>
ACKNOWLEDGING THE DEBT	<i>'I want to acknowledge what has been carried in this room. The karmic debt accumulated across lifetimes. The liability wounds — the places in your energy field that kept getting hit in the same tender spot. These were real. The weight of them was real. And you have been carrying them with more grace than you know.'</i>
THE BURNING — LEAF 1	<i>'This bay leaf represents everything named in this room over three days. Every contract. Every pattern. Every inherited wound. Every piece of karmic debt keeping you bound. As I burn this — feel it in your own body. The release happening on your behalf. In your field. Right now.'</i>
THE BURNING — LEAF 2	<i>'This one is for your lineage. For the ones who carried this before you. Who did not have what you have — the awareness, the tools, the willingness to look. Their debt clears with yours. Their wounds close as yours close. Because you are the one in the family line who said enough.'</i>
THE RECLAMATION	<i>'Something is returning to you. Your energy coming back. Your clarity returning. Your sense of self returning. The trust in your own body, your own knowing, your own path — returning. Breathe that in. This is yours. It always was. You just could not feel it underneath everything else.'</i>
SEALING	<i>'Take a final deep breath in. And as you exhale — feel the shift in your body. Something is different. Something has been completed. The Karma Breaker stands here now — lighter, clearer, more themselves than they have been in a very long time. What you leave here today — you leave for good.'</i>

AFTER THE CEREMONY — What Shifted?

Take a moment. Notice your body right now compared to when you walked in.

What moved during the ceremony? What released?

What returned to you — what energy, what clarity, what sense of self came back?

Over these three days — in the breathwork, in the reflections, in the releasing — did you feel something? Did information come through your body that surprised you? Did you sense something shifting before you could explain how or why?

That is not coincidence. That is your intuition. That is your body's wisdom. That is the part of you that already knows how to do this work.

Book a Clarity Call with Dipal

If something in you has been quietly thinking: I want to learn how to do this.

What you experienced this week is a skill. A set of abilities that every one of us carries. They are just dormant in most people. Untrained. Unrecognized. Waiting to be opened.

In the Intuition + Self Healing Clarity Call you will discover:

- ***In what ways your intuition is already showing up and speaking to you***
- ***What you're missing that's making your healing feel inconsistent or unclear***
- ***And what it would take for you to trust your body with reliable information from your intuition in a way that's clear, accurate, and dependable instead of random***

All you need to do is book a 15-minute call with me.

It starts with you saying yes to finding out what is possible.

<https://ananda4life.com/discoverycall/>

If your body said yes before your mind had a chance to talk you out of it — that is your intuition. And learning to trust that voice is exactly what we do together.

MY NEW IDENTITY AS THE KARMA BREAKER

Complete this statement. Say it out loud when you write it.

**I am the Karma Breaker.
And from this day forward...**

My one commitment — specific, real, kept:

THE KARMA BREAKER'S DAILY PRACTICES

1. **ENERGETIC BOUNDARY** — Every morning before your phone. 2 minutes. Non-negotiable.
2. **THREE TOOLS** — Three-Part Pause, Lineage Question, Completion Breath.
Use them when the groove tries to pull you back. Every attempt rewires it.
3. **WHEN PUSHBACK COMES** — understand it as confirmation.
The people or dynamics trying to pull you back into the old role are feeling the shift.
That is not a sign you got it wrong. That is a sign you got it right.
4. **BE PATIENT WITH YOURSELF.**
The Karma Breaker is not someone who never gets triggered.
They are someone who returns to themselves faster each time.
Progress is the practice.

Thank you for being here.
Go gently. Go bravely. And know that I am in your corner.
With so much love — Dipal Shah
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