



Karmic Forgiveness Balance

By Joy Conner

We are about to explore a blend of karma, forgiveness, Non-Violent Communication (NVC) principles, self-responsibility and kinesiology.

Karma means action. It is part of the operational software of our souls. Action creates memory, which creates desire, which creates action. When we have an experience that we judge as uncomfortable, inappropriate or painful, we tend to separate from this energy in order to survive the moment. We wall off the experience, creating an energy cyst of unprocessed emotional energy (a karmic program) that runs the software of our soul. (The book *Holodynamics* by Victor Woolf explains our holographic nature).

Karmic programs litter the body and energy field and can run our life like sub-personalities. Have you ever thought, “Why am I doing this again?” “I thought I healed this already!” Put that on hold. If we judge ourselves during the healing process, we stall out or worse, create more barriers.

Four Levels of Karma (unprocessed emotional energy)

This Lifetime (anything that has occurred in this lifetime that you may or may not remember)

Any Other Lifetime

(If that is included in your or the client’s belief system)

Genetic /Ancestral – memory encoded in the DNA & inherited

Group Consciousness (issue specific Morphic fields / Archetypes)

How does Karma get created? 1) An Event Happens. 2) We make an interpretation. 3) An Emotion Happens. If we judge the emotion as uncomfortable or inappropriate, we create separation between our True Self and the part we have judged. We wall off the judged part of self, tuck it in a corner of the body and it becomes a separate consciousness of itself that begs repeatedly for your attention, acceptance and forgiveness. Example: As a child, I bumped my glass and my milk spilled all over the table. A parent yells. I felt devastated. I started to cry. The parent then yells, “Don’t cry!” My parent judged my emotion, then I judge my emotion – separating from that little ball of devastation, in order to survive the moment. That ball then follows me around, waiting to be accepted, included, forgiven and released.

The Nature of Forgiveness

Forgiveness is an action of mind, (a visualization and experience) that says

“There is no separation between me and that.” Forgiveness is the opposite of judgment. We judge to make the illusion of separation, to pretend we are separate from whatever we find unacceptable. Separation makes space. Forgiveness collapses that space/separation. When we are separate from something,

we fear it because we think that we have no control over it. When we forgive, we are no longer separate, no longer controlled by it & now can make a choice. When we pretend to be separate

from any part of ourselves, it is like we gave our car keys away to a reckless driver and we can appear to be at their mercy at any time. Take the keys back and we can relax, knowing we are in charge.

The part of us that we judged and separated from only wants to be accepted, loved and included exactly as it is. When it is allowed to BE, it releases the charge. It no longer clamors for our attention and attracts or creates situations in order to be heard. I observe that my cats are naughty when they want some attention or food. Children often are the same. That is our clue. The parts of ourselves that need our attention make a fuss until they are regarded. So, with karma, we are attracted to the situations we need in order for these judged parts of ourselves to be forgiven and released.

Whatever or whomever I have judged, creates a karmic bond and a need for forgiveness: Any circumstance, any person, any part of my self or another person, any behavior that I or any one else exhibits - positive or negative. i.e. I could have judged the part of me that is poor or wealthy.

As I forgive, I visualize the wall of separation dissolving. Burst the bubble. From a physics perspective, it is collapsing the wave.

NVC – *Non-Violent Communication* by Marshall Rosenberg reveals that every negative emotion is linked to an unmet need. In NVC the idea is to identify the feeling and the unmet need & then communicate that with a calm observation and a request for your need to be met. *A Course in Miracles* (ACIM) teaches “I am responsible for what I see (perceive), I choose the feelings I experience and I decide upon the goal I would achieve...” Self-responsibility is important to me because it is taught by ACIM as well as TFHK. With Self-Responsibility model in mind, I use the lists of feelings and needs outlined by NVC. I identify my feeling and unmet need using Kinesiology. I then bring in my forgiveness principles, collapsing the separation between me and the part of me that feels that way – giving freedom to a new part of the soul.

Remember forgiveness is an action of mind. It is a decision to collapse the wall of separation. I have found it useful to take 4 steps, but muscle checking will take you to the appropriate step.

Steps toward forgiveness / Joy’s definitions:

I accept: I see you across the room. You’re OK. I’m OK. Don’t get too close.

I include: Maybe we will walk down the hall together or go to lunch.

I forgive: I see no separation between us. Time collapses. Peace prevails.

I release: I let go. I set free. I activate.

Hint: It works best to give your body/mind time to process & feel the acceptance, inclusion, forgiveness or release. If affirmations get too long we tend to be rote in our repetition & don’t thoroughly process the thought.

Enter Energy Kinesiology:

Test for the layer that the Karma comes from.

Test for the forgiveness step.

(You may have homework to do with the other steps.)

Test for the feeling.

Test for the need.

The mind-action formula:

I accept / include / forgive / release **(pick one)**

the part of me that feels _____

when my need for _____ is / is not met.

Important: I found through testing that if the person has an unmet need, they are actually unwilling on some level for that need to be met. This must be corrected in order for the need to actually be met. When the willingness is changed, either our old strategy will begin to work, or we will find a new strategy that meets our need.

I am willing for my need for _____ to be met.

I appreciate Bruce Dickson for this contribution: I forgive the 1st time (I felt ____ / I did ____ / when ____ happened. I forgive the 2nd time _____. (Continue counting as high as you feel you need to in order for the issue to clear. 20, 50, more?) It is highly effective, especially where 2 or more are gathered. ("Spilled milk" example: I forgive the first time I felt devastated when I made a mistake.)

The Mirror of Relationships

Relationships show us a mirror. Usually it is a fun-house mirror, exaggerated or diminished so that it gets our attention. We become aware of qualities in others that we don't want to see in ourselves. Conversely we may see those qualities that we deny in ourselves, and won't let ourselves experience. As you begin to observe others around you, you can use your relationships with humans or animals to transform your life!

The mind-action formula for using the mirror of relationships for personal transformation:

I accept / include / forgive / release

the part of (mirror's name) / me that...

(does whatever I find attractive or repulsive).

Example: I forgive the part of James that hogs the spotlight.

I forgive the part of me that feels jealous when I think James is hogging the spotlight.

I release the part of me that feels jealous when my need for attention is not met.

I release (set free or activate) the part of me that feels elated when my need for self-expression is met.

I am willing for my need for attention to be met.

I am willing for my need for self-expression to be met.

Sample Feeling Words when needs are met: peaceful, content, confident, energetic, vibrant, grateful, inspired, joyful, comfortable, refreshed, trusting, passionate, open, proud, happy, encouraged, satisfied

Sample Feeling Words when needs are not met: afraid, worried, angry, indignant, confused, hostile, upset, guilty, ashamed, embarrassed, tired, depleted, sad, pain, disheartened, helpless, jealous, longing

Sample *Need Words*: Choice, Freedom, Connection, Community, Respect, Support, Cooperation, Presence, Integrity, Purpose, Self-Expression, Peace, Harmony, Physical Well-Being, Play, Humor, Joy

For a list of feelings and needs, you can contact me or refer to the book *Non-Violent Communication*.

Be very careful to avoid the pseudo-feelings which are interpretations or judgments. Any word that has you play the role of victim in a situation “gives your car keys away” and disempowers you. Words like abandoned, used, manipulated, betrayed, violated, worthy, unworthy do not work in our healing process unless you word your statement like this: I forgive the part of me that felt sad when I thought I was abandoned. I forgive the part of me that thinks I am worthy. I forgive the part of me that thinks I am not worthy. This double statement collapses judgment. When we are in our zone, experiencing oneness with our Creator Source, we do not think – we are human BE-ings.

The actual statements are to be tailored to your specific needs at the moment.

You may use this forgiveness model as a method of setting a goal for a TFHK balance or use any other methods of clearing. For many years, I used mostly the spinal reflexes, checking with an indicator muscle, cervical, thoracic, lumbar, then counting the vertebrae number, also with the IM. In a balance session with Lynn Keane, we discovered together that walking in a figure 8 was useful while repeating the statements prayerfully. The 8 is perfect for integration of ideas & feelings.

Holodynamics: How to Develop and Manage Your Personal Power by Victor Woolf

Non-Violent Communication by Marshall Rosenberg

A Course in Miracles published by The Foundation for Inner Peace (quote from TEXT Chapter 21, Section II.)

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