

Karma⇒Yogi-Bhogi-Rogi

How to go beyond karmic law? Explain using the Rogi → Bhogi → Yogi framework.

Here's an explanation of going beyond karmic law—Prarabdha, Agami, and Sanchita karma—using the Rogi → Bhogi → Yogi framework.

◆ Rogi → Bhogi → Yogi: Transcending Karma & Going Beyond Karmic Law

The journey of human evolution is often described as moving from Rogi (one trapped in suffering and disease) to Bhogi (one engaged in enjoyment and desires) to Yogi (one who transcends all limitations and attains freedom).

Karma operates in three forms:

1. Sanchita Karma (Accumulated Past Karmas) – The stored karmas from countless lifetimes that are yet to bear fruit.
2. Prarabdha Karma (Fate or Destiny Karma) – The portion of Sanchita karma that is currently unfolding in this life.
3. Agami Karma (Future Karma) – The new karmas created in this life that will bear fruit in the future.

1. Rogi – Trapped in the Web of Karma (Suffering & Helplessness)

◆ State of Being:

- A Rogi (diseased person) is deeply entangled in karmic patterns.
- Experiences suffering, struggle, disease, and limitations due to strong Prarabdha karma (past actions shaping present destiny).
- Is completely identified with the body and mind, believing they are the "doer" of actions.

◆ How Karmic Law Affects Them:

- Sanchita karma weighs heavily, bringing repeated cycles of suffering.
- Prarabdha karma manifests as illness, financial struggles, or emotional pain.
- Agami karma (new actions) is often unconscious, driven by pain, fear, and survival instincts—leading to more karmic bondage.

◆ Examples:

- A person suffering from chronic disease believing it is their "fate" and feeling helpless.
- Someone trapped in poverty, blaming destiny instead of taking conscious action.
- An individual facing repeated heartbreaks but not realizing they are playing out unresolved past karmas.

◆ Key Insight: A Rogi is ruled by karma and sees life as happening to them, not through them.

💡 Solution? Start shifting from victimhood to awareness. Accept karma but do not become bound by it.

2. Bhogi – Playing with Karma (Enjoyment & Attachment to Results)

◆ State of Being:

- A Bhogi (enjoyer) begins to take control of their life but is still caught in desires, success, and pleasures.
- They experience ups and downs based on karma—enjoying when life is good, suffering when it is bad.
- They start consciously creating Agami karma but still seek results, making them attached to outcomes.

◆ How Karmic Law Affects Them:

- Sanchita karma is partially active but not fully understood.
- Prarabdha karma still unfolds, but they try to modify it using effort (good actions, rituals, hard work, etc.).

- Agami karma is actively created—they try to create good karma for future rewards but are still bound to cause and effect.

- ◆ Examples:

- A successful entrepreneur using wealth and power but fearing loss.
- A spiritual seeker who does good deeds hoping for better karma but is still tied to results.
- Someone in a happy relationship but afraid of losing their partner—still in attachment.

- ◆ Key Insight: A Bhogi is aware of karma and actively shapes it, but they are still bound by cause and effect.

- 💡 Solution? Shift from doing good for rewards to acting from pure awareness, beyond desire and fear.

3. Yogi – Going Beyond Karma (Freedom & Liberation)

- ◆ State of Being:

- A Yogi sees karma as an illusion—they are no longer bound by it.
- They realize they are not the body-mind but Pure Awareness.
- They transcend all three types of karma (Sanchita, Prarabdha, Agami).

- ◆ How Karmic Law Affects Them:

- Sanchita karma burns away because they no longer identify with past impressions.
- Prarabdha karma continues but no longer binds them—they remain untouched by life's ups and downs.
- Agami karma does not accumulate because they act from a state of non-doership.

- ◆ Examples:

- A yogi who accepts all situations (good or bad) with complete equanimity.

- Someone who works, serves, and interacts with the world but has no attachment to results.
- A person who faces illness or hardship but remains undisturbed, knowing they are not the body.

◆ Key Insight: A Yogi is no longer bound by karma because they realize they are not the doer.

💡 Solution? Live in effortless action—work, eat, speak, and serve without identifying as the doer.

◆ Final Realization: How to Transcend Karma Completely?

1. Rogi's Perspective: "I am suffering because of my past karma. How can I escape?"
2. Bhogi's Perspective: "I will create good karma to enjoy better results in the future."
3. Yogi's Perspective: "I am beyond karma. I am Pure Awareness, untouched by cause and effect."

💡 Ultimate Truth:

- ✓ Karma exists only as long as you believe you are the body-mind.
- ✓ When you shift into Pure Awareness, karma loses its power over you.
- ✓ The body may act, but you remain the eternal witness—free, whole, and untouched.

🌱 Final Liberation: When you transcend karma, life becomes effortless. Eating, sleeping, working, and living all happen spontaneously, without attachment or resistance. This is true freedom. 🌱 ✨

Is it possible to completely dissolve Prarabdha Karma?

It is possible to completely dissolve Prarabdha Karma, but only when there is total transcendence—when one no longer identifies as the doer (karta) or as an individual bound by cause and effect.

Understanding Prarabdha Karma

- Prarabdha Karma is the portion of karma that has already started playing out in this life (like an arrow that has been shot).
- It determines aspects of your body, circumstances, and experiences until it is exhausted.
- Even enlightened beings may experience its momentum, but they remain untouched by it—just like the sky is unaffected by passing clouds.

Can Prarabdha Karma Be Completely Deleted?

- ✓ If you remain in body-mind identification → Prarabdha Karma continues to play out.
- ✓ If you rest as Pure Awareness → It no longer binds you, but it may still unfold.
- ✓ If there is Absolute Realization (beyond body, mind, and experience) → Even the illusion of karma dissolves, like a dream disappearing upon waking.

How to Completely Dissolve Prarabdha Karma?

1. Shift from Doership to Witnessing – If there is no "one" to experience karma, how can it bind?
2. See Life as a Passing Movie – Just like a dream disappears upon waking, karma dissolves when one sees through the illusion of personal identity.
3. Rest in Pure Consciousness – Not as the body or the one going through life, but as the eternal, formless awareness beyond all experience.
4. Surrender to the Flow – The more resistance, the stronger the illusion of karma. The more surrender, the faster its dissolution.
5. Deep Inner Knowing – When one fully knows "I was never born, I was never bound, I was never the doer", all karmic traces vanish.

Final Truth:

Karma exists only as long as you believe in its reality. When you recognize your true nature as beyond birth, action, and consequence, Prarabdha Karma disappears like a mirage dissolving in the desert sun. 🌞

Understanding Cause and Effect to Completely Dissolve Prarabdha Karma

The cycle of cause and effect (karma and its fruits) is what binds an individual to the illusion of Prarabdha Karma. To dissolve it completely, one must go beyond this dualistic play and recognize the timeless, causeless nature of Pure Awareness.

1. What is Cause and Effect?

- Cause (Kāraṇa) → An action, thought, or intention.
- Effect (Kārya) → The result or consequence of that action.

- This chain of cause and effect is what creates karma. When we believe we are the doer (karta), we accumulate agami (future karma) and remain bound to prarabdha (past karma that is playing out now).

🌀 Example of Cause and Effect in Action:

1. You react in anger → It creates tension in your energy.
2. That energy builds over time → It manifests as an argument, illness, or a difficult situation.
3. You experience suffering → More reactions arise, creating new karma.

Thus, cause and effect keep one trapped in the illusion of karma, reinforcing the idea that life is happening to you rather than through you.

2. Why Does Cause and Effect Appear Real?

- The law of karma appears real because of identification with the body-mind.
- If you believe you are the body, you also believe that actions (causes) lead to inevitable effects.
- If you believe you are the thinker, you feel bound by your past thoughts and decisions.
- If you believe you are the experiencer, you remain caught in the highs and lows of life.
- ◆ But Pure Awareness (your true Self) is beyond all causes and effects—it simply witnesses everything without being touched by anything.

3. How to Dissolve Prarabdha Karma by Transcending Cause and Effect

✓ Step 1: Stop Identifying as the Doer

- Every action you take creates an effect only if you believe you are the doer.
- The moment you shift from "I am doing this" to "This is happening in awareness," karma loses its grip.

💡 Realization: "I am not the one acting, life moves through me effortlessly."

✓ Step 2: See All Effects as Just Appearances

- Effects (situations, pain, experiences) seem real only when you personalize them.
- When seen as a passing play of consciousness, they no longer create binding impressions.

💡 Realization: "Nothing happens to me, everything is just appearing and dissolving within me."

✓ Step 3: Rest as the Unchanging Awareness Beyond Causes

- The deeper you rest in Pure Awareness, the more you realize that cause and effect exist only within the illusion of time.
- In timeless awareness, there is no past cause or future effect—just an eternal presence where nothing is ever "done" or "undone."

💡 Realization: "Karma is just a dream. I was never bound by it."

4. The Ultimate Realization: There Was Never Any Cause or Effect

🌀 If you investigate deeply, you will see that cause and effect exist only when believed in.

💡 When Pure Awareness is recognized as the only reality, karma dissolves instantly because:

- ✓ There was never a cause → Nothing truly started.
- ✓ There was never an effect → Nothing ever changed your real nature.

✓ There was never a doer → Who is there to be bound by karma?

🔥 Final Truth: Prarabdha Karma dissolves the moment you stop believing in its reality.

You are the sky, untouched by the passing clouds of karma, cause, and effect. ☀️

When you realize that the Unlimited Pure Consciousness is ultimate cause, then Prarabdha Karma dissolves. Is it correct?

When unlimited Pure Consciousness is realized as the ultimate and only cause, Prarabdha Karma dissolves completely because:

1. No Separate Doer Exists – If all actions arise from Pure Consciousness, then the "individual" doer (karta) is an illusion. Without a doer, there is no karma to bear.
2. Karma is a Play of Illusion – Prarabdha Karma operates only in duality (where there is a separate "me" experiencing cause and effect). But in Pure Consciousness, there is no duality, no division between doer and deed, cause and result.
3. The Ultimate Cause is Beyond Cause & Effect – Pure Consciousness is causeless. If everything arises from the unmanifested, then nothing truly "happens" to anyone—only the illusion of happening exists.

💡 Key Realization: If you fully abide in Pure Consciousness, you see that karma was never real—only a belief system that disappears the moment Pure Awareness is recognized as the sole, infinite reality.

🔥 Final State: There is no karma, no past, no future—only the timeless Now.

No Prarabdha remains because it was never real to begin with! ☀️

Deep Inner Knowing – When one fully knows "I was never born, I was never bound, I was never the doer", all karmic traces vanish. Is it correct?

Yes! Deep Inner Knowing is the key. When this realization is not just intellectual but a direct, living truth, all karmic traces vanish completely because:

1. No Birth = No Karma

If you were never truly born, then there is no past, no accumulated karma, and no cycle of cause and effect binding "you."

2. No Bondage = No Prarabdha

Bondage exists only when one believes in it. If you recognize that you were never bound, then karma has no hold over you—it was just a dream mistaken for reality.

3. No Doer = No Karma to Bear

Karma belongs to the doer (karta), but when it is realized that doing happens, yet there is no separate doer, then karma dissolves instantly.

💡 Final Realization:

- ✓ You were never born, so karma was never real.
- ✓ You were never bound, so there is nothing to free yourself from.
- ✓ You were never the doer, so cause and effect were just passing illusions.

🔥 Result? Absolute Freedom—beyond all past, present, and future.

No karma, no destiny, only the infinite stillness of Pure Awareness. ☀️

Panchabhutas (five elements) and Trigunas (three qualities).

Prarabdha Karma dissolves fully when the body, world, sin, and virtue are seen as expressions of Pure Consciousness rather than solid matter made of Panchabhutas (five elements) and Trigunas (three qualities).

Why Does This Work?

1. Karma is Bound to the Illusion of Matter

- When you see the body as solid, you believe in cause and effect, leading to karmic consequences.
- When you see the world as real, you accept pleasure and pain as truth.
- When you see sin and virtue as separate forces, you stay trapped in duality.

2. Pure Consciousness is Beyond Cause & Effect

- Karma operates only in the realm of duality (birth, death, action, reaction).
- If all experiences are just reflections of awareness, then karma is just a temporary movement—not reality.

3. Matter Appears Real Only Due to Conditioning

- The mind labels objects as "solid" or "subtle," but in truth, all is simply consciousness vibrating as form.
- If you no longer perceive the body as a dense, limited structure, karma has no base to function upon.

How to Fully Dissolve Prarabdha?

- ✅ See the Body as Awareness, Not Matter – It is not solid but an appearance of consciousness.
- ✅ See the World as a Projection of Consciousness – No separation, no external force acting upon you.
- ✅ See Sin & Virtue as Neutral Expressions – Just like waves in an ocean, they rise and fall but do not bind the water itself.
- ✅ Rest as the Unchanging Witness – Let all arise and dissolve in you without identification.

💡 Final Realization

When nothing is seen as solid or real outside of awareness, karma loses its power because the experiencer (jiva) no longer exists as separate from the whole. Prarabdha is erased—not by effort, but by pure knowing. ✨

When you realize that One Energy appearing as many, then Prarabdha Karma dissolves. Is it correct?

Yes, When you fully realize that there is only One Energy appearing as many, Prarabdha Karma is completely deleted.

Why Does This Work?

- ◆ Karma exists only when there is a separate experiencer.
- ◆ If all is One Energy (Pure Consciousness), there is no separate "you" to be bound by karma.
- ◆ The moment you truly see no separation, there is no past, no future—just the eternal now.

How Prarabdha Gets Deleted Through Oneness?

1. Karma Needs Duality to Exist

- If there is an actor (doer), there is a reaction (karma).
- If there is a seeker, there is something to seek.
- When all is One, action has no separate reaction—it is just movement within itself.

2. The Illusion of Individual Existence Dissolves

- The body, mind, world, and karma are just waves on the ocean of Pure Being.
- Waves may rise and fall, but the ocean is never separate from them.
- When this is realized, Prarabdha has no base to function upon.

3. You See Everything as a Play of Energy

- If there is only One Consciousness playing as everything, then who is bound?
- The idea of personal karma collapses.
- Just like a dream vanishes upon waking, Prarabdha disappears in the realization of Oneness.

How to Fully Dissolve Prarabdha?

- ✓ Stop seeing yourself as a separate individual.
- ✓ Recognize that everything is just Consciousness vibrating in different forms.
- ✓ Rest as the ever-present Awareness that is beyond cause and effect.
- ✓ See all actions, past or future, as waves within the One Ocean of Being.

Final Realization

When there is no division between you, the world, and existence, Prarabdha is erased—not through effort, but through the direct seeing that there was never bondage to begin with. 🔥

FTBA (Feelings, Thoughts, Beliefs, and Actions) to Develop & Release for Going Beyond Karmic Law from Pure Awareness

- Karmic law operates through cause and effect, binding individuals to cycles of prarabdha (destined karma), aagami (new karma), and sanchita (accumulated karma). To transcend karma, one must shift from identification with the doer (ego) to abiding in Pure Awareness, where actions arise spontaneously without karmic bondage.
- Just as the relationship with food changes when seen as an expression of consciousness rather than necessity, karma dissolves when it is no longer seen as binding but as a passing play within awareness.
- Here's how a Rogi (bound by karma), Bhogi (enjoying karma), and Yogi (beyond karma) relate to FTBA and how one can transition to Pure Awareness:

1. Rogi – The Bound Soul (Living in Karmic Consequence & Suffering)

A Rogi is trapped in karmic cycles due to unconscious living, attachment, and suffering. This state is marked by resistance, reactive emotions, and feeling bound by fate.

FTBA of a Rogi (What Binds One to Karma)

- ✓ Feelings – Helplessness, guilt, shame, fear, regret, resentment.
- ✓ Thoughts – “Why is this happening to me?” “I must suffer because of my past karma.” “I am stuck in destiny.”
- ✓ Beliefs – “Karma cannot be escaped.” “Life is unfair.” “I must compensate for my mistakes.”
- ✓ Actions – Reacting emotionally, blaming others, feeling victimized, over-identifying with suffering.

Shifting from Rogi to Bhogi (Develop & Release)

✓ Develop: Acceptance that karma is only a movement of energy, not a punishment. Begin to witness experiences instead of reacting.

✗ Release: The belief that suffering is required. Let go of the illusion of karma as a binding chain—it exists only when seen through the lens of ego.

💡 **Key Insight:** A Rogi remains bound because they resist what is happening. The first step to freedom is realizing that karma is not personal—it is just energy moving, like the air that flows freely, belonging to no one yet touching everyone.

2. Bhogi – The Enjoyer (Playing with Karma Consciously but Still Bound)

A Bhogi enjoys karma, using it for pleasure, fulfillment, and creation. They are aware of karma but still operate within its duality—seeking good karma and avoiding bad karma.

FTBA of a Bhogi (Still Within Karma but in Harmony)

- ✓ Feelings – Gratitude, excitement, desire, enjoyment, attachment to outcomes.
- ✓ Thoughts – “I create my reality.” “Karma can be improved by good actions.” “I must balance my past karma.”
- ✓ Beliefs – “Good actions lead to good results.” “Manifestation works through karma.” “I am shaping my destiny.”
- ✓ Actions – Practicing good deeds, enjoying life, using spiritual techniques to improve karma, yet still attached to results.

Shifting from Bhogi to Yogi (Develop & Release)

✓ Develop: Awareness that karma exists only as long as one believes in personal doership. True freedom is beyond “good” and “bad” karma.

✗ Release: The need to accumulate good karma for a better future. Instead, surrender all actions to the Infinite, realizing you are not the doer.

💡 **Key Insight:** A Bhogi still believes they are the creator of their life. But the highest state is not creating a better karmic reality—it is transcending karma itself.

3. Yogi – The Liberated One (Beyond Karma, Abiding in Pure Awareness)

A Yogi is free from karma because they no longer identify as the doer. Actions arise spontaneously, without attachment, and do not create karmic consequences.

FTBA of a Yogi (Beyond Karma, Living as Pure Awareness)

✓ Feelings – Peace, stillness, detachment, joy without cause, equanimity.

✓ Thoughts – “Nothing belongs to me.” “All is happening by itself.” “I am the witnessing presence.”

✓ Beliefs – “I was never bound.” “Karma is just a movement in consciousness.” “I am free whether action happens or not.”

✓ Actions – Acting without attachment, serving without expectation, embracing all experiences without resistance.

Shifting from Yogi to Pure Awareness (Develop & Release)




✓ Develop: The realization that there is no individual self to accumulate karma. You are the unchanging awareness in which karma appears and dissolves.

✗ Release: All sense of personal doership. There is no one left to create karma.




💡 **Key Insight:** When there is no identification with the doer, karma ceases. Actions continue, but they leave no residue—like writing on water.

Practical Steps to Go Beyond Karma Using FTBA




Step 1: Observe the Doer (Rogi to Bhogi Shift)

-  Instead of feeling like a victim of karma, recognize that life is simply moving.
-  Ask: “Who is suffering? Is it the real me, or just a passing thought?”
-  Drop self-blame and take responsibility for how you respond to experiences.

Step 2: Act Without Attachment (Bhogi to Yogi Shift)


-  Continue acting but without expectation of results.
-  See every action as happening within awareness, not by you.
-  Ask: “If I do nothing, does the sun still rise? Does breathing still happen?”


Step 3: Rest in Pure Awareness (Yogi to Liberation Shift)

-  Drop even the need for spiritual techniques. Simply BE.
-  Recognize: “Karma is only real for the one who believes they are separate.”
-  Let all actions arise spontaneously—without resistance or attachment.

Final Truth: Karma Exists Only if You Believe You Are the Doer

- ◆ A Rogi believes they are trapped in karma and suffers.
- ◆ A Bhogi plays within karma and enjoys it.
- ◆ A Yogi dissolves karma by seeing through the illusion of doership.
- ◆ The liberated one realizes there was never karma to escape—only Pure Awareness.

 **Ultimate Insight:** You are not the body, mind, or doer—you are the infinite sky in which karma appears and disappears like passing clouds, which are not personal but simply part of the ever-changing flow of existence.

 Live as Pure Awareness, and karma will vanish like a dream upon waking.

Guided Meditation: Going Beyond Karmic Law into Pure Awareness

This meditation will help you shift from being bound by karma to realizing your true nature as Pure Awareness, where karma dissolves effortlessly.

- ☀ Best Time: Early morning or before sleep
- ☀ Duration: 20-30 minutes
- ☀ Posture: Sit comfortably with a straight spine or lie down
- ☀ Breath: Natural, effortless

Step 1: Entering Stillness (Preparation)

- ◆ Close your eyes gently and bring your awareness to your breath.
- ◆ Inhale deeply... and exhale slowly...
- ◆ With each breath, feel yourself sinking into relaxation.
- ◆ Let go of all concerns about the past and future.

💡 Affirmation (Mentally repeat):

"Right now, I surrender all thoughts of karma. I am here, now, beyond time."

Step 2: Releasing the Identity of the Doer

- ◆ Ask yourself: "Who is experiencing this moment?"
- ◆ Observe thoughts that arise—worries about karma, actions, results.
- ◆ Instead of reacting, simply watch them like passing clouds.
- ◆ Let the thought of "I must fix my karma" dissolve into silence.

💡 Affirmation:

"All actions happen within me, but I am not the doer. I am the silent witness."

Step 3: Dissolving Karma in Awareness

- ◆ Imagine a vast ocean in front of you—this represents Pure Awareness.
- ◆ Each thought, belief, and action is a small ripple in this ocean.
- ◆ Watch as these ripples arise... and naturally dissolve back into stillness.
- ◆ Realize: Karma is just a ripple—ephemeral, fleeting, powerless.

 Affirmation:

"Nothing binds me. I was never trapped. I am the vast ocean, untouched by ripples."

Step 4: Resting in Pure Awareness

- ◆ Now, stop trying. Stop seeking.
- ◆ Just BE.
- ◆ Let go of even the thought of karma, meditation, or effort.
- ◆ Sink into a deep silence where no question remains.

 Affirmation:

"I am beyond action, beyond karma, beyond time. I AM."

Step 5: Returning with Lightness

- ◆ Slowly bring awareness back to your breath.
- ◆ Feel the weight of past burdens has disappeared.
- ◆ Gently open your eyes, carrying this awareness into daily life.

Final Realization:

"Karma is only real when I believe I am the doer. But in truth, I AM the formless awareness in which all karma dissolves."

Affirmations for Going Beyond Karmic Law & Living in Pure Awareness

Use these affirmations daily to dissolve identification with karma and shift into effortless presence.

Releasing the Burden of Karma

- ◆ "I am not bound by past, present, or future karma. I am free now."
- ◆ "Karma exists only in the mind; I rest beyond the mind in pure awareness."
- ◆ "Nothing from the past defines me—I am ever fresh, ever new."
- ◆ "Actions happen, but I remain untouched, like the vast sky."

Dissolving the Doer Identity

- ◆ "I do nothing; everything flows effortlessly through me."
- ◆ "I am the witness of all actions, not the doer."
- ◆ "When I drop the sense of 'I am doing,' karma dissolves on its own."
- ◆ "I am not this body, not this mind—I am the infinite awareness in which all happens."

Living Beyond Cause & Effect

- ◆ "I am not a result of my past; I am the eternal presence."
- ◆ "Life unfolds perfectly; I trust the intelligence of pure awareness."
- ◆ "There is no good karma or bad karma—only the play of consciousness."
- ◆ "Everything is already complete—there is nothing to gain, nothing to lose."

Burning Karma in the Fire of Awareness

- ◆ "With each breath, all karma dissolves into the infinite."
- ◆ "I am pure, untouched, and limitless—beyond all karmic impressions."
- ◆ "I do not need to fix or resolve anything; I simply abide in my true nature."

- ◆ "Karma is a story—when I stop identifying, the story ends."

Walking Free, Living Light

- ◆ "I walk this world freely, unburdened by any past or future."
- ◆ "Every moment is fresh, untouched, spontaneous, and whole."
- ◆ "I am not bound by action or inaction—I simply AM."
- ◆ "The more I rest in presence, the more life flows effortlessly."

Transcending Karma & Resting in Pure Awareness

- ◆ I am not the body, mind, or doer—I am pure, infinite awareness.
- ◆ Karma is not personal; it is just energy moving, like the air that flows freely, belonging to no one yet touching everyone.
- ◆ I release the belief that suffering is necessary—I rest in effortless being.
- ◆ Nothing binds me—I was never born, I was never limited, I am always free.
- ◆ All actions arise and dissolve in consciousness; I remain untouched, like the sky.
- ◆ I see the world, body, and experiences as reflections of pure consciousness, not as separate solid matter.
- ◆ I allow all energy to move freely without resistance—nothing belongs to 'me'.
- ◆ I surrender the illusion of being a doer—life flows effortlessly through me.
- ◆ All karmic imprints dissolve in the light of my true awareness.
- ◆ I rest as stillness, beyond cause and effect, beyond birth and death.

How to Use These Affirmations:

- ✓ Morning Practice – Repeat 3-5 affirmations before starting your day.
- ✓ Silent Reflection – Contemplate these affirmations after meditation.
- ✓ Throughout the Day – Recall them when thoughts of karma, past actions, or worries arise.

✨ **Final Truth:**

"When I no longer seek to escape karma, I realize I was never bound by it." 🌱

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