

Busting Loose from the Karma Game

Reclaim your Power of Thought and Participate in the Golden Earth Experiment

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A The Possibility of a New Earth

I created this story from my visions and other people's visions that resonated with me. I choose to believe in this story because it gives a grand cosmic purpose of my life on this planet, way beyond the normal human experiences and aspirations.

A.1 Clarion Call for the Golden Earth Experiment

In this multi-verse composed of several dimensions and universes, earth is one of the densest planets, hosting a variety of emotional games. The atomic bomb during the World War II set in motion a possibility of total destruction of the planet. Use of atomic weapons not only destroys this planet, but also disturbs the other worlds of all dimensions, as everything is interconnected through the quantum field, the web of consciousness.

Cosmic beings living in higher dimensions have the ability to stop the destructive movement on this planet. However such an action would interfere in the natural evolution on this planet, hence not allowed by the cosmic law, which allows free play. An experimental idea was to infuse "fresh" cosmic beings (who are new to the earth and do not carry past karmic patterns) into the earth with the possibility of transmuting the dense energies and disrupting the co-creation of planetary wide destruction. A clarion call went out in the multi-verse and millions of non-earth beings responded.

A.2 Arrival of the Fresh Cosmic Beings

Three batches of fresh cosmic beings incarnated on the earth, the first batch in 40-s and 50-s, the second batch in 60-s, 70-s and 80-s, and the third batch in the late 90-s to present.

The third batch is composed of the highly intelligent crystal kids who carry the prototype of the new DNA just waiting to be activated. Even at a very young age, they are aware of who they are and their purpose on this planet. These beings will be the developers of the new earth, if it manifests.

The second batch is in the age group of 30-s and 40-s. Some of these cosmic beings have taken the roles of parents and teachers of the crystal kids. Their purpose is to create high-frequency environments for the crystal kids to maintain their higher states of awareness during the transition, and shield them from the dense energies of the planet. The remaining beings of the second batch are here just to increase the frequency of their environments and support other beings in their awakening process.

The first batch is in the age group of late 50-s and early 60-s. Their purpose is to lead the way and set the ground for the second batch. The hippy movement in USA, for example, was initiated by this batch of beings focused on creating harmonious, communal, loving environments. They had the most difficult time on this planet, as they were not embraced by the society. A few of them went on the downward track and lost control of themselves, but many of them managed to survive in the dense environment and communicate new ideas of freedom.

A.3 Human Journey of the Fresh Cosmic Beings and their Contribution

Per design, once the human embodiment is taken, the human self forgets its true nature and connection with the cosmic self. In the birthing process, ancestral emotional and mental patterns are imbibed. New dense patterns are implanted during the lifetime in the dense environment. Through deep feelings, dreams and visions, some of the fresh cosmic beings eventually re-connect to their cosmic selves and realize their purpose of being on this planet. Once awakened to this realization, they seek efficient paths towards clearing up the acquired dense patterns and raising their vibration to consciously participate in the golden earth experiment.

Out of the millions of fresh cosmic beings who incarnated on this planet, only a small percentage of them managed to awaken to their purpose and raise their frequency, perhaps a few tens of thousands. Even though the number is small, the collective thought of this awakened group disrupts the manifestations of the old thoughts. The focused thought of beings in higher frequency carries more power of manifestation than the thought of beings operating with fear and greed.

The best analogy is of a movie theater. The old movie depicting war, victimization, destruction and suffering has been projecting for a long time. Now, a new projector has appeared and it is projecting a movie depicting harmony, creativity, beauty and enchantment. The new movie feels like a fantasy only because the old movie has been playing so long that it feels very real. However, both are projections of collective thought. Both the movies are projecting onto the same screen! Imagine the confusion. The second movie projector is becoming more radiant and drawing the attention of more and more people. The beings controlling the old projector are trying hard to intensify the old projector and sabotage the new projector.

It is now the conflict of collective thought forms. What would be the outcome of this conflict? No one knows! It is the first time such a play is being manifested on this planet and it is being watched from the skies. It is an exciting time to be on the earth in human embodiment.

A.4 Possible Outcomes of the Golden Earth Experiment

A.4.1 Two Failure Scenarios

A pessimistic scenario is the continuation of the old dense earth. The golden projector is dismantled and the movie theater will continue to screen the same old movie. Planetary wide destruction is avoided, but the victimization games continue on the partly destroyed planet. Some awakened beings will choose to leave the planet, while the remaining ones will support one another and quietly focus on the transmutation of their matter bodies. Several intentional and self-sustaining communities are forming on different parts of the earth to prepare for this scenario.

The worst-case scenario is total destruction of the planet, which relates to doomsday end-of-the-world prophecies. The movie theater, along with both the projectors, is destroyed. If this happens, the awakened cosmic beings will have the choice to return to their homes. A new dense planet will be created for the sleeping cosmic beings who wish to continue their emotional games. The backup dense planet is already under construction.

A.4.2 Two Success Scenarios

An optimistic scenario is the quick collapse of the dense networks and the establishment of the golden networks by the awakened cosmic beings. The movie theater is mostly intact (minimal destruction) and the old projector is dismantled. The sleeping cosmic beings will have the opportunity to evolve quickly out of the dense patterns and embrace a joyful life filled with harmony, beauty and abundance. Those who wish not to evolve at this time would have to move to the backup dense planet to continue their emotional games.

A magical scenario would be the creation of a new, higher-dimensional earth to manifest the collective golden thought of the awakened souls. A new movie theater is created and the golden projector is moved to the brand new theater. The old movie theater is partly destroyed, but the old projector will continue to exist as long as there are cosmic beings engaged in the old movie; eventually it will be dismantled. If the earth split manifests, all the awakened cosmic beings will have the choice to move to the new earth. The sleeping cosmic beings will have the opportunity to move as soon as they clear the dense patterns out of their bodies. The higher-dimensional earth is currently under construction.

Note: Planetary / galactic events that can disrupt the earth's electric grid (such as solar flares) will increase the chance of the success scenarios, as the old movie depends heavily on the technology.

A.5 What Can You Do Now?

If you are fully awake, continue to clean up your remaining dense emotional/mental patterns, deepen your experiences of enchantment and keep dreaming golden realities. Your enchanted state will increase the chance of success in the golden earth experiment.

If you are half awake, wake up fully and take your power (of thought) back. Make a conscious choice - do you want to continue playing dense games or do you feel ready to back out of the dense games and prepare for the golden games? If you feel ready to evolve, now is the time. The window of opportunity is wide open and you can make a quick, effortless transition, if you choose. This book presents an efficient process for a quick transition.

If you are fully asleep, you won't be reading this book :-).

What I am doing now? I am simply dreaming the magical scenario of the creation of a new, higher-dimensional earth. I believe I have the power to co-create a golden reality and I am fully engaged in dreaming it into existence. Logically speaking, I have nothing to lose. In the worst-case scenario, I am happy to go home and continue my life on a higher frequency planet. Having busted loose from the karma game, I am free to choose my journey.

A.6 The Purpose of This Book

This book summarizes by research on evolution in human body. It is intended as a reference book for the courses/workshops I teach on this subject. In addition, it can be used as a guide for those who are already familiar with the techniques listed in this book. For more details, refer to the following e-books published on www.SadhanaSchoolOfArts.com.

Naada Kriya Yoga:	Docs/NaadaKriyaYoga.pdf
Sonorous Sound:	PDF/SonorousSound.pdf
Mantra Yoga:	PDF/MantraYoga.pdf

B Overview of the Karma Busting Process

B.1 The Five Body-Layer Model

Every process is based on a model. There is no absolute truth to any model or a process. They are merely tools to help your human self connect to your cosmic self. Once their purpose is served, you can let go of them. The process described in this book uses a five body-layer model. Human body is composed of trillions of atoms vibrating at different frequencies. You can perceive the body as composed of five layers, each existing in a separate frequency band.

- Layer 1: Physical body, the densest layer composed of matter
- Layer 2: Emotional body, the layer of sound energy
- Layer 3: Mental body, the human mind
- Layer 4: Wisdom body, the cosmic intelligence
- Layer 5: Enchantment body, the abode of cosmic self, the cosmic mind

Your experience, at any given moment, depends on the location of your awareness. If your awareness is in the enchantment body, you become one with your cosmic self, the part of you that holds the power of creation. You experience your true nature - joy and enchantment. You have the power to dream your realities into existence. If your awareness is in the wisdom body, you have the ability to understand deep concepts and have a clear vision of all the patterns stored in your mental and emotional bodies.

If your awareness is in the mental body, your thoughts are controlled by your mental patterns, including beliefs, ideas, desires and ambitions. If your awareness is in the emotional body, you become caught in your emotions. If your awareness is in the physical body, you become lethargic.

B.2 Definitions

- Cosmic Self: The body of enchantment, the fabric of creation that is eternal and immutable. Cosmic self exists in a paradoxical state - it is a separate entity, yet one with the multi-verse and the source of the multi-verse. It exists inside multiple realities experiencing life through multiple embodiments existing in different time-space domains, and it also exists beyond, in the void of creation. It is not possible to describe cosmic self in a set of words that a human mind can comprehend, so I stop here.
- Human Self: A combination of the five bodies (note that cosmic self is part of Human Self). Human Self exists in one co-created reality, yet can commune with the cosmic self to receive guidance and direction for movement.
- Karma in a human embodiment: Dense patterns in the mental and emotional bodies that manifest realities of hardship, suffering, disease, victimization, scarcity, etc.
- Evolution on the earth: The process of dissolving karma and increasing the power of dreaming golden realities into existence.
- Evolution milestones on the earth: Sanskrit words *jeevan-mukta* and *siddha* represent the two milestones. The first one refers to the state of being free while living in mutable body (i.e. no karma) and the second one refers to the state of manifesting immutable body which can be transmuted into different energy forms at will.
- Spiritual Guru: Your cosmic self, the true teacher / companion of your human self.
- Spiritual Guides: Cosmic beings (living or non-living) helping you with the process of establishing connection with your cosmic self.
- Yoga: Any practice that helps your human self to connect with your cosmic self.

B.3 The Three Phases

Most of the emotional patterns (suppressed emotions and traumas) are condensed into the core muscular system; where as most of the mental patterns (beliefs, ideas, desires and ambitions) are condensed into the core skeletal system.

The first phase involves agitating the core muscular system using massage, movement and breath techniques, dematerializing the emotional patterns, and allowing the patterns to release. The goal of the first phase is to penetrate through the emotional body and anchor awareness in the mental body, the hub of human programming.

The second phase involves agitating the core skeletal system (bones of cranium, spine, ribcage and pelvis) using inner celestial vibration techniques, dematerializing the mental patterns, and allowing the patterns to release. The initial goal of the second phase is to penetrate through the mental body and anchor awareness in the wisdom body, the source of cosmic intelligence. The final goal is to dissolve all the karmic patterns in the mental and emotional bodies, and reach the state of *jeevan-mukta*, freedom while living in the mutable body.

The third phase involves taking full power of thought / creation back and experimenting with dreaming new realities into existence. The goal of the third phase is to have fun playing in the cosmic quantum field and consciously participating in the golden earth experiment.

C Releasing Dense Emotional Patterns (Phase 1)

C.1 Massage Techniques

C.1.1 Diaphragm

C.1.2 Sternum and Intercostals

C.1.3 Deep Abdominal Muscles

C.1.4 Jaw and Neck Muscles

C.2 Hatha Yoga Techniques

C.2.1 Postures and Movements with Breath and Sound

C.2.2 Fast Belly Breathing (bastrika)

C.2.3 Fast Diaphragmatic Breathing (kapAla bhAti)

C.3 Cosmic Breath Technique

D Releasing Dense Mental Patterns (Phase 2)

D.1 Inner Celestial Vibration Techniques

D.1.1 Cranial Region

D.1.2 Thoracic Region

D.1.3 Pelvic Region

D.2 Mantra Yoga Techniques

D.2.1 Integration and Harmony of Opposites through Ganesha Mantra

D.2.2 Flow of Creativity and Beauty through Sarasvati Mantra

D.2.3 Radiance of Abundance through Lakshmi Mantra

D.2.4 Accelerated Dissolution of Dense Patterns through Durga Mantra

D.2.5 Mastery of Time and Dissolution of Persona through Siva Mantra

D.2.6 Rejuvenation through Kumara Mantra

D.2.7 Rejuvenation through Gayatri Mantra

- D.3 Partnership with Cosmic Self**
- D.4 Transmuting Human Relationships**
- D.5 Busting Loose from the Disease Game**
- D.6 Busting Loose from the Money Game**

E Experiencing Golden Realities (Phase 3)

- E.1 Basic Quantum Physics Principles**
- E.2 Concepts of Non-Linear Logic and Non-Linear Time**
- E.3 Joyful Play in the Quantum Field**