

KARMA CODE

FROM LOOP TO LIBERATION IN 21 DAYS

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Chapter 12 Integration Workbook

ENGLISH



CHAPTER 12 INTEGRATION WORKBOOK

Grieving the Old Identity & Ego Checkpoint

Part 1: Honoring the Old Identity

Reflection Prompts

- What role(s) have you most often played? (victim, people-pleaser, overachiever, angry self, good girl/boy, etc.)
- When did you first remember wearing this mask? (Childhood story, formative moment, survival strategy)
- What emotional addiction or need was this role fulfilling? (safety, acceptance, belonging, validation, control)?
- If you could speak directly to this old identity, what would you say in gratitude, apology, and release?

Journaling Space:

(Leave a lined/blank section for participants to write their own letter to their old identity)

Part 2: The Release Ritual

Mini Visualization Exercise

- Close your eyes and see your old identity as a miniature self.
- Visualize escorting it to a train/balloon/light portal.
- Say the four healing words: I'm sorry. Please forgive me. I love you. Thank you.
- Watch it leave, with love.

Integration Question: How does your body feel after sending this version away?

Part 2: The Empty Chair Practice

- Draw a chair in the space below. Around it, sketch or name the “little selves” you are letting go (victim, pleaser, angry self, fearful self, etc.).
- Now write a message as your **Leader Self / True Self** to these identities, acknowledging them and reclaiming leadership.

Part 4: Ego Checkpoint: Daily Self-Audit

Every day, pause and ask: Am I responding from my **ego** or from my **true self**?

Situation	Ego Response (old mask)	True Self Response (soul-led)	Chosen Action
Example: Criticism from colleague	Defensive, shut down	Curious, calm, compassionate	I asked questions with openness

Daily Prompt:

- Am I shrinking into an old role today?
- Am I choosing curiosity, compassion, courage, and calmness?
- What mask am I most tempted to wear today?

Part 5: Somatic & Breath Ritual

Use this daily:

The Quantum Gap Breath

1. Inhale new light deeply through the nose.
2. Hold in stillness (the “quantum gap” — the blank canvas).
3. Exhale fully through the mouth, releasing all old roles.
4. Smile and anchor into your new self.

Repeat 3-5 cycles.

Part 6: Daily Check-In Grid (7 Days)

Day	Mask Triggered	How Did I Respond?	Ego or True Self?	How Do I Want to Respond Tomorrow?
1				
2				



Part 7: Closing Affirmations

- I honor the roles that once kept me safe. I release them with love.
- I am not my masks. I am my soul, my leader, my truth.
- Each day I choose curiosity, compassion, courage, and calmness.
- I am ready to create my new karmic destiny.

Instruction for participants: Print this out, use the journaling sections, check-in daily with the grid, and revisit the breath ritual whenever you feel the pull of your old identities.