

KARMA CODE

FROM LOOP TO LIBERATION IN 21 DAYS

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Day 13 Worksheet: Energetic Spring Cleanse

ENGLISH



DAY 13 WORKSHEET: ENERGETIC SPRING CLEANSE

Aligning Your Inner & Outer World

Step 1: Energetic Audit: Soul Inventory

Take a mindful walk through your **physical, digital, emotional, and social spaces**. Write down what feels heavy, stagnant, or connected to your old identity.

Prompt: *What feels like “old energy” in my life right now?*

Category	What feels heavy / outdated?	Why is it connected to old identity?	Release or Keep?
Physical space			
Digital space			
Emotional life			
Social circle			

Step 2: Physical Environment Cleanse

- Clothes I haven't worn in over a year
- Broken objects tucked away
- Expired products/medicines/beauty items
- Journals filled with pain / stuck stories
- Gifts or objects tied to old painful memories

Action Plan: List what you're ready to **Donate, Discard, or Burn (ritual release)**.

Item / Category

Donate

Discard

Burn / Ritual Release

Step 3: Digital Detox & Recoding

- Archive or delete conversations that hold karmic residue
- Unfollow accounts that lower vibration
- Organize files, photos, inbox
- Turn off unnecessary notifications
- Set screen-time boundaries

Prompt: *What energy do I want my digital space to carry?*

Step 4: Routine Reset: Conscious Habits vs. Old Loops

Old Routine / Habit (ego-led)	Emotional Root (fear/anxiety/pressure)	New Conscious Habit (soul-led)	First Step to Integrate
Example: Checking phone first thing in the morning	Fear of missing out	Morning breathwork + sunlight	Phone on airplane mode overnight

Step 5: Energetic Space Clearing Ritual

Circle the practices you'll use:

- **Sound** (clapping, mantras, singing bowl, music)
- **Smoke** (sage, camphor, incense, bay leaves)
- **Water** (rose water spray, salt water cleanse)
- **Light** (candles, diyas, sunlight, lamps)

Intention Statement:

As I cleanse my space with the elements, I release what no longer aligns and invite only what uplifts my new identity.

Step 6: Energetic Boundaries & Protection

- Visualize golden egg of light each morning
- Affirm: “I do not carry what isn’t mine.”
- Ground after social/emotional interactions
- Spiritual hygiene practice (daily energy cleanse)

Prompt: *What situations trigger me to absorb others’ energy?
How will I protect myself next time?*

Step 7: Create Your Sacred Anchor Space

Draw or describe your altar:

- What items will you include? (candle, flowers, crystals, affirmations)
- What affirmation will you place on it?
- What daily ritual will you perform here?

Daily Energetic Alignment Tracker (7 Days)

Day	One thing I released today	One habit I upgraded today	How did I protect my energy today?	Alignment Check (1-10)
1				
2				



Closing Affirmation

“I cleanse my world inside and out.
I align my energy, my space, and my habits
to the vibration of my new self.
I am ready for my spring awakening.”