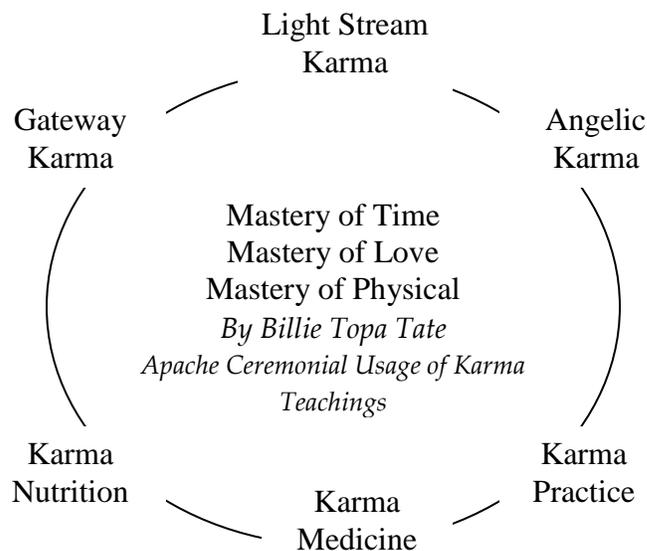


Good Karma Advance Class Document

Welcome to the narrative I promised for our "Good Karma Advanced Class" Lecture. I wanted to recap on some of the topics I reviewed within the video and at the end is the Karma Invocation you can use for the Karma Medicine Category. If you would like to pursue a personal one on one mentoring program with me, you are welcome to schedule a session with me, either on the telephone or in our office. Many Blessings Billie Topa Tate 847-866-0505



Karma Nutrition

is providing service to ourselves "Self Love" and "Self Care"

- Self Love is meditation
- Self Love is empowering self talk
- Self Love is positive thoughts, images and feelings about ourselves
- Self Care is Yoga and exercise
- Self Care is Nutrition
- Self Care is educating ourselves about how to take good care of our body

Karma Medicine

is utilizing the karma invocation written by Billie Topa Tate. This karma invocation was created from a very old tradition regarding the gift that the Creator gave the Nde people (the apache people) about using our dream time to resolve our past life and present life karma, through a combination of healing words written to access this special energetic connection. Billie Topa Tate composed this karma invocation and this karma invocation is attached to this document. Read the karma invocation every night before sleep time. The karma invocation should be read every night for at least 6 months. The Karma Invocation is listed below.

Karma Practice

is providing virtuous service to others, here are the kingdoms that benefit greatly by providing

empowering and compassionate energy to these kingdoms. Your goal is to think about how you can help these kingdoms. You are welcome to do meditation on these kingdoms and send kindness, compassion and healing . You are also welcome to schedule a private consultation with me if you would like to learn more about this category.

Kingdoms...

Animal Kingdom

Plant Kingdom

Human Kingdom

Mother Earth (water, air, etc)

The Apache Story of how the Karma Invocation was created

By Billie Topa Tate

Many moons ago, the Creator decided to create this beautiful Mother Earth. The Creator placed us on this wonderful mother earth and said, you have had many lifetimes in other places and have experienced karma. I will give you the gift of dream time, where your body can experience, maintenance and repair and your spirit can travel in the energy world to resolve past lives and aspects of karma.

Let me define how apache tradition defines karma.... We believe that

Karma is a mechanism by which we become aware of our own unawareness, and have compassion for ourselves and provide healing for this karma in a compassionate way

Karma is a mechanism by which we become aware of other people's unawareness, and have compassion for this and guide it in a compassionate way

Having said this, the Creator provided a wonderful tool called the Karma Invocation to work on our stress points and soften our karma, even from past lives. According to the tradition, we are to read this karma invocation every night for a period of six month consecutively. The Apache story related to the Karma Invocation is a wonderful but extensive story. I shorten this story for this document, however, you are welcome to be mentored by me via our training programs and person one on one sessions. You are welcome to contact our office for additional information.

Enjoy this wonderful ancient tool to help soften karma, I look forward to seeing you , Billie Topa Tate

Karma Invocation

By the Power of my Good Merits
I invoke for the substance of:



Divine Peace, Virtuous Awareness, Divine Love, Courage, Good Physical Health, Divine Joy, Contentment, Serenity, Gratitude, Compassion, Insight, Nobleness, Empowerment, Forgiveness, A Clear Conscience, Wisdom, Strength, A Gentle Heart and a Cheerful Spirit, High Self Esteem, Intrinsic Worth, Clarity, Expansive Organizational Skills, I ask to practice a wisdom filled relationship between me and all sentient beings and Reverent Communication with myself and others. Virtuous Foresight, Virtuous Self Talk, Excellent Concept of Time, Excellent working memory. All harmoniously and joyfully for me in this lifetime. I focus upon the greater regard of my virtuous principles and operate from a great sense of prosperity and generosity in a wise and aware manner, transmute my unaware and aware constrictive patterns and proclivities to these empowering substances in the lifetime. Transform the notion of struggle into mindful expansive purposeful and joyfully placed effort, that systematically facilitates: spiritual fulfillment, financial success – as well as, physically, emotionally and mentally healthy wisdom and fulfillment. I do namaste to all my divine helpers and my spiritual teachers who provide me with this bridge of assistance. With deep gratitude, may all my helpers and spiritual teachers be blessed with wisdom and all other virtues, harmoniously and joyfully in this lifetime.

During my sleep and dream time I will work to harmoniously and joyfully transform, modify and or dissolve the listed karma(s), proclivities and patterns, and with the assistance, guidance, protection and intervention of my virtuous helpers and teachers please provide healing medicine to all concerned thus bringing all to wholeness. I decline the listed karma's and proclivities in the physical and the emotional plane, I cut the cord between me and these karmas, proclivities and transform all substance to virtuous substance for all concerned, and to empower us with all the divine virtues of awareness, compassion, serenity, high self esteem, courage, divine peace and divine love, all harmoniously and joyfully done. I decree only virtuous transforming energy flow through me at all times.

I invoke to release myself of the bondage of the following listed karma(s), proclivities, and patterns. I further decree to harmoniously and joyfully in my sleep time, as well as in the physical and in the emotional plane evaporate and dissolve the following karma(s), proclivities and patterns between me and (_____) (use another page to list out the karmas, proclivities and patterns).

Optional – to use if you would like to help a family member or loved one during dream time I also, during my sleep time, step forward to harmoniously and joyfully utilize this karma invocation on behalf of _____ and _____ so be it.

To my spiritual helpers and teachers, please help me to practice good moral manners and reverence for all things. Bless me so I may be a blessing to others. All in a loving and harmonious manner. So be it.

Written By Billie Topa Tate – Founder, The Mystical Sciences Institute www.msi-healing.com

What type of Things can we place on our karma list?

A good way to decide what to place on our karma list is to think about what obstacles you are experiencing, here are some good examples:

The karma between me and.....

If I want to help a Family Member with Their Karma How can I word it ?

A good way to decide what to place on this karma list is to think about what obstacles your family member is experiencing. Also, how this is affecting you (this aspect is not necessary, however, may be beneficial) here are some good examples:

Optional – to use if you would like to help a family member or loved one during dream time I also, during my sleep time, step forward to harmoniously and joyfully utilize this karma invocation on behalf of (name of Family member) and (list the karmas and proclivities) so be it.

- * The notion of struggle
- * Smoking cigarettes
- * Depression
- * Lack of Healthy coping skills
- * Addictions