



# The Loopbreaker's Guide

A Soul Reflection Sheet for Ending Cycles and Reclaiming Power

## What Is a Karmic Loop?

A karmic loop is a repeating emotional or life pattern that stems from unhealed trauma, suppressed emotion, or unresolved soul contracts. These loops are not punishments, they are energetic feedback mechanisms, repeating until you bring Love to the wound and consciously choose another path. Your soul is not broken. It is *ready*.

## Journal Prompts for Soul Reflection

What recurring experience or emotion *keeps showing up* in my life right now?

How does this loop *feel* in my body, and what triggers it most often?

When in my life do I *first remember* feeling this way? Whose energy might I still be carrying?





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What beliefs or vows may have formed during this original wound (e.g., "I'm not safe," "I don't matter," "I'll always be alone")?

What truth am I *now* ready to live instead?





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## Soul Contract Revocation Ritual

In sacred space (whether spoken aloud, written, or felt in meditation) declare:

*"I now release all energetic contracts, vows, or entanglements that bind me to this karmic pattern. I honor what it has taught me, and I call back my power from all timelines and identities where this pain once lived. I revoke all unconscious agreements made in fear and replace them with sacred alignment to Love, truth, and freedom. The loop is closed. I choose liberation. I choose now."*

You may burn the written version or place it under a crystal for integration.

## Anchor Affirmation

*"I no longer carry what I was never meant to hold.*

*I release the past with compassion.*

*I reclaim my power and walk forward; whole, wise, and free."*

## The Loopbreaker's Daily Practice

Anchor your transformation through intention, breath, and aligned choice.

Repeat this practice for the next 3-7 days to signal to your body, mind, and soul that the loop is truly ending. These micro-acts create macro-shifts.

## Daily Mantra

*"I reclaim my energy from all timelines. I choose Love today."*

## 1-Minute Breathwork

**Inhale** through the nose: Breathe in Power

**Exhale** through the mouth: Release the Pattern

**Repeat** for one full minute. Let the exhale be an energetic release.

## Conscious Disruption

Throughout your day, choose one thing you normally do from habit, and do it *differently*.

This could be how you respond to a text, how you speak to yourself, what you say yes or no to.

**Even the smallest shift breaks the loop.**

