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The MOST healing conversation of your life

In Video 2, we talk about how to get to the ROOT ([watch video 2 if you haven't already](#)) of where your Karmic Pattern comes from.

That awareness is powerful, but it will NOT change the kinds of men you're attracting in and how you relate to them.

These Karmic Patterns must be released.

You see, this is where therapy often fails us, hence why I have women say to me all the time that 3 weeks of coaching with us has literally changed more in their lives than years of therapy.

Therapy gets you to an awareness, which is good...

But it doesn't do this last part, which supports you in **RELEASING** these Karmic Patterns for good.

In fact, going to therapy can make you feel worse because you're aware of why you're blocked, but you don't know how to get unblocked, so you're left feeling even more stuck.

And you've experienced having all of this awareness and still landing yourself in a relationship with a man that was totally wrong for you.

In real life, something isn't matching up.

Maybe you've tried writing letters, journaling, doing inner child work, or meditating your way to shifting these patterns, but nothing has changed.

Trust me, I have been meditating since I was 6 years old, and it didn't keep me from unknowingly sabotaging love.



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Remember, the kinds of men and the quality of love you are capable of attracting in right now is limited by these Karmic Patterns.

Let me say that again: **until you heal the Karmic Patterns, the high-caliber man you want won't come in. You'll be stuck attracting men who are not at your level, who don't commit, or who hurt you just like the other exes did.**

And these patterns originated with your parents and family.

When we go to the source, the fears that rear their ugly heads with men we like or love simply fall away.

Once these Karmic Patterns are released...

A whole new world of secure, healthy, emotionally available men that are worth your time and energy (more on this in Video 4) opens up.

Now, let's get into the fastest, most effective way of releasing these patterns for good, through...

ONE powerful conversation with your mom and dad.

This process can be done with grandparents, stepparents, siblings, aunts, uncles, or those that raised you. If one or both of your parents are deceased, you can do it with any living member of your family.

And before you shut down at the very idea of this, let me break it down for you first.

Because this is not a regular conversation, this conversation is **UNLIKE** any conversation you've had in your life.

Here's what the conversation entails:



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1. Pinpoint the memory that's connected to the unconscious rule (if you don't have a good memory of your childhood, no big deal, there are ways to pinpoint this by looking at how you felt overall with a parent).
2. Explain why you created the rule, how it felt, and how it impacted you.
3. Ask for what you needed most in that moment to feel loved.

Now, I'm sharing what is discussed in the conversation for you to get a picture of what it looks like, but in no way are you expected to know exactly what to say.

When we work together, we help you excavate exactly what to say and why because so much of this is still unconscious right now.

For example, most people come to me saying *I just need to know my mom is sorry or my dad is sorry.*

But that's not going to heal or release anything when it comes to Karmic Patterns because it's coming from the ego.

And that's where 99% of conversations are coming from; that's why nothing really transforms.

The ego is all about protection, importance, and being right.

Now, there's a place for the ego for sure, so I'm not making it wrong, but to heal and release what's keeping you stuck in love, we need to transcend it.

In these conversations, we transcend the ego with an approach that makes your parents go from being stuck in their ways, defensive, and incapable of admitting what they did...

to them approaching you with love and understanding.

We do that by looking at the energy you're bringing into the conversation.

You see, most people think that a conversation is all about what you say.



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But that's a huge misnomer; it's more about the energy from which you say the words.

I could say "I love you" with a ton of feeling and warmth, or I could say "I love you" with bitterness, and it's going to translate completely differently.

Most conversations with your parents come from an energy of what I call "parenting your parents" versus the "daughter" space.

It's a complete energetic shift.

The energy of parenting the parents is to try to fix, change, or make your parents understand something (ego).

The energy of the daughter space is to be in your full expression, without adjusting yourself in any way to meet the needs of someone else.

Just like a toddler that wants a toy.

They don't care if they hurt their mom by saying, "I hate you." They don't hold back tears because they don't want to seem too emotional; they aren't scared.

They are simply connected to themselves and their full expression.

And trust me, this isn't making you feel like more of a child with your parents, or like you're being selfish.

This is a completely different energy, one you haven't experienced in this way, probably ever.

By the way, this energy shift that we teach you is also a game changer when communicating with men. It can take a man that you like, that's pulling away, and have him once again pursue you when it's meant to be.

That's the energy shift that is necessary to have a healing conversation.



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And here's the kicker, the truth is it doesn't even matter what your parents say back or even if they agree; the energy that unlocks for you will absolutely free you.

Freedom is what we are looking for here.

When you shift your energy internally on this level, where you feel lighter and freer at your core (not just for a couple of weeks or months), that's when the outside massively shifts too.

Now...

If you don't think one conversation can change your life... think again. There have been pivotal conversations that have changed the course of our lives.

Did your parents have a conversation with you where they shared they were getting a divorce?

Or when you fell in love, and your boyfriend said after months or years, "I can't do this anymore; we need to break up"?

Or when a teacher said to you, "you're not good enough"?

That one conversation stayed with you and altered how you saw yourself and the choices you made from there.

So, if a negative conversation can change things drastically, imagine what a positive one can do.

And don't worry, in the program we will show you exactly how to have this conversation.

We will show you that no matter what your situation with your mom or dad, or those that raised you, we have conquered it all.

You might be thinking, "But Kavita, you don't know my mom and dad."



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My dad is completely unavailable emotionally.

My mom is a narcissist.

Or, I've never really talked to my parents about anything on a personal level.

Or, they just get defensive and blame me for everything.

Or, I haven't talked to my dad in 10 years.

No matter what your situation, we have dealt with it. Literally anything and everything under the sun.

There's no parent situation we haven't been able to support someone through.

Because it's not about them, it's about releasing something for you.

On the flip side, you might be thinking...

My parents did a great job; they have a beautiful relationship.

Or, I'm close to my parents.

Do I really need to have a healing conversation if my relationship is great with my parents?

The answer is YES.

Because you have translated A LOT around what love and safety look like through them, which has created unconscious rules too, and so no one is free until we uncover and release these patterns.

Even your friends in relationships that "look" like they've got it all.



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So, are you ready to get unstuck and set yourself up for calling in a man that's at your level, an equal, a man that adores you, a man that looks at you with love in his eyes, because he fully chooses you?

Then [watch Video 4](#) to really experience the new world of men that opens up for you once you have released these Karmic Patterns.

With love,

Kavita

P.S. I know you might be like, "Kavita, all this is great, but I really don't want to have a conversation with my family. I don't want them to get upset, and I'm afraid of what will happen. What good can come of that?"

Remember, when you have the conversion from the daughter energy, which is what I teach, the conversation will ALWAYS do what it's designed to do, which is HEAL your Karmic Patterns and open you up to more love.

We build these conversations to ultimately be in service to you and them.

I would never encourage you to have a conversation that leaves you or them in more hurt and upset; that actually defeats the intention of these conversations.

What's more scary than having this conversation? NOT having it, by not having it, you keep yourself stuck.

It's more scary to attract MORE unavailable men, attract more men who disappoint you, betray you, or men that you're settling for — ultimately leaving you swimming in self-doubt, not to mention the time and energy wasted.

P.P.S. We walk you through the entire Karmic Love Process in our program Soul Level Love™. Right under the video are all the details; [check them out!](#)



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You can also DM or TEXT our head Transformational Coach, Kathryn and share where you're currently feeling challenged in your love life right now. She is excited to talk with you and help you see if Soul Level Love is a good fit for you. Or simply answer any questions you might have about where you're feeling challenged in love.

The DM link is right under the video [click here](#), and you can TEXT her at 720-507-7637 at any time.

Also, [there's a discount code, \\$997OFF](#), to get almost \$1000 off on Soul Level Love™ now. This code will only be valid for a limited time, so take advantage of it now.