

## **Spiritual practice 'Cleansing after staying on the Internet and protecting the good karma'**

Performing this spiritual practice helps to purify one from everything harmful taken during their stay in the Internet and to protect the energy of the good karma created by him in his work in spirituality and in karma yoga – labour in materiality, from dissipation in any of the networks of illusion, and also to protect the information within himself during his stay on the Internet.

### **1) Every time the person leaves the Internet, it is good to say:**

Forgive me, Lord, for everything that I have sinned,  
and help me to stop sinning and to restore my purity!  
And I Thank You, dear Father One, for Your forgiveness and for the help!  
Thank You! Thank You! Thank You!  
I Love You with all my heart and Soul, with all my Divine Love, dear Father One!  
Bow

### **2) And every time before going online, one should say:**

Lord, I am sending here and now, automatically \*\*, into my causal body, the whole 100% of the energy of the good karma from everything I have worked so far, both from working in spirituality and from karma-yoga – work in materiality.  
I am sending the energy, Lord!  
And I Thank You! Thank You! Thank You!  
I Love You with all my heart and Soul, with all my Divine Love, dear Father One!  
Bow

### **'Invocation for automatic sending of the energy into the causal body'**

Lord, I ..... (the first name), demand, sincerely wish and ask,  
if that is Your Will, help the energy of the good karma from all my work in spirituality and from karma yoga – my work in materiality, performed in Joy throughout the day, to be automatically sent to my causal body, as soon as it enters my 4 lower bodies, without any losses, without even a tiny bit directed to any of the networks of the illusion! And I consign to You, dear Father One, to arrange the use of all this energy according to Your Will!  
May all be according to Your Holy Will, Lord!  
AMEN TAKKA DA BUDDHEH OM  
Thank You, Lord, for Your Mercy towards Me and for the help!  
Thank You! Thank You! Thank You!  
I Love You with all my heart and Soul, with all my Divine Love, dear Father One!  
Bow

For more information, see [Q&A 142](#) in part Teaching

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