

Video lesson #001
TRANSCRIPT



The World of Karma

The World of Karma - an Introduction

Hi, it's Kelly out of the South of India. I love to welcome you to this first session of The Light Academy!

In the Light Academy, I want to bring you in touch with 'the light' from India that I experienced myself in this 1.5y that I'm here in Hyderabad.

I also still literally trying to bring light to India via solar Energy. I want to bring those two now together.

I will introduce you to a new world that is rooted in the ancient wisdom from India.

Today Usha is joining us. She is my dear friend and my first and biggest fan, of the Light Academy.

Yes.

So, a big welcome to you Usha!

Thank you, Kelly. My pleasure.

So, Usha, it is a pleasure to have you here.

I would like to start with this first question. Do you remember how we got in touch here in India?

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Absolutely. I think we met in Goa. You came on board for the Rebirthing Breathwork retreat early March. I remember one of my mutual friends called me and let me know that there is this lady from Belgium and she is very interested in joining the program. So, I was happy to have you on board. It was a pleasure. It was the same for me.

So, Usha, could you explain why that you immediately liked the concept of the Light Academy? You know the term light is very difficult not to resonate with considering that I'm passionate about any form of work that deals with our inner light and bringing that to the outside. I absolutely believe in working inside out in all areas of life, so the Light academy is an instant hit with me. You are talking my language.

So, Usha, could you also tell us a little bit more about yourself? I imagine when you say about myself you are particularly interested about the kind of work I do. I'm a Reiki grand master, I'm a breathwork rebirther, I'm a past life regression therapist. I even hold a master degree in alternative medicine awarded by a board in India that works with alternative medicine entirely. So, this is what I do currently. My passion is in the field of metaphysics. I love the idea of studying and understanding the life science, the science that operates beyond the physical sciences and impacts the quality of our life. And anything that emerges from that understanding is a passion. Currently the work that I'm most busy with is transgenerational healing. It is popularly known as family constellation I believe in Europe and other parts of the world. But I handle it slightly differently from family constellation therapy because I approach it almost entirely from understanding of energy and energy fields. And hence I call it transgenerational healing. So currently that is what I'm most busy with Kelly.

Thank you, Usha, for this super nice introduction to the ancient Indian wisdom and your wide field of expertise in this.

In our next video, we will dive deeper in the world of Karma. We hope to see you all there. Bye!