Karma Clearing Specialist Ulrika Karlsson Unveils the Karmic Embodiment Method, Built on More Than 1,000 Clearings

Drawing on more than 1,000 individual Karma Clearings and three decades of holistic practice, the Stockholm-based Soul Guide launches her proprietary method and free Live Healing Transmissions held twice a month.



Bromma, Stockholm Nov 8, 2026 (Issuewire.com**)** - Ulrika Karlsson, one of Sweden's established Karma Clearing Specialists and founder of the Original Hormone Yoga System, has unveiled the Karmic Embodiment Method. The proprietary framework was refined through more than 1,000 individual Karma Clearings with clients around the world and more than 30 years of practice across holistic disciplines.

The method is designed for people who find the same patterns returning in their relationships, career choices and life circumstances, often after years of therapy, coaching or other personal development work.

Expertise Built Across More Than 1,000 Clearings

Few practitioners in the field have worked at this depth with so many individual clients. Every one of Karlsson's more than 1,000 Karma Clearings has been a one-to-one session, and each has shaped the precision of her approach. She knows which structures most often sit behind recurring patterns, and how to reach them.

Alongside her clearing work, Karlsson is an Akashic Records practitioner, Embodiment Coach, author and speaker. Over three decades she has worked with people from all walks of life, and today she serves clients internationally from Stockholm.

"After more than 1,000 clearings, I know that a pattern rarely lives in the story people tell about it," says Karlsson. "It lives in a specific structure, established at a moment in the soul's history, that has been running the same loop ever since. That is where I work."

The Karmic Embodiment Method

The Karmic Embodiment Method combines three disciplines in one integrated system:

- **Akashic Records work:** accessing what spiritual traditions describe as the energetic archive of a soul's journey across lifetimes.
- **Karmic pattern clearing:** locating the specific vow, contract or agreement behind a recurring pattern and preparing the clearing at its source.
- **Embodiment coaching:** anchoring the change in the body and in daily life.

Each Karma Clearing is followed by a personalised 21-day protocol, through which the client activates the clearing by consciously choosing to act differently. Clients who want further support can continue with twelve weeks of one-to-one embodiment coaching and mentoring.

"I give you the key. You open the door," says Karlsson. "The clearing activates through your own free will. That is what makes the change last."

The Experience Behind the Method

Karlsson's method grew out of her own experience. After a breakdown in 2008, she rebuilt her life and opened a studio in Sweden. From 2021, a second, seven-year period of upheaval affected her health, income and work. She describes those years as the time she cleared her own deepest karmic layer, while refining the tools she now uses with clients.

Free Live Healing Transmissions From September 2026

From September 2026, Karlsson is opening her work to a wider audience through free Live Healing Transmissions, held on Zoom on the 11th and 22nd of every month.

In each transmission, Karlsson works live with the collective field of everyone present. Participants can experience her work directly, in real time, without any prior experience or financial commitment. The transmissions are group sessions and are separate from the individual Karma Clearing service.

Registration: https://freeminihealing.ulliskarlsson.com/
Discovery calls for individual Karma Clearing: https://calendly.com/ullis/discoverycall

Karlsson's work is spiritual and holistic in nature. It is not a substitute for medical or psychological diagnosis or treatment.

About Ulrika Karlsson

Ulrika Karlsson is a Soul Guide, Karma Clearing Specialist, Akashic Records practitioner, Embodiment Coach, author, speaker and founder of the Original Hormone Yoga System. Based in Stockholm, Sweden, she has carried out more than 1,000 individual Karma Clearings and brings more than 30 years of experience in holistic disciplines. She is the creator of the Karmic Embodiment Method.

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