

AKASHA OPENING PRAYER & VISUALIZATION

PLEASE NOTE: This is for you to open the Akasha for yourself and to facilitate a session on behalf of someone else. You will have to adapt some of the languaging slightly depending on whether you are reading for yourself, or on behalf of someone else, or a group. Keep in mind you will have to read the visualization OUT LOUD for your client.

STEP 1. Ground, Center & Breathe

Always when opening up space to do this sacred Akasha healing work you want to bring yourself into the present moment, ground and centre. This becomes even more important when working with others. This sets the stage for sacred space, and drops you out of your head and into your heart center which allows you to connect to your intuition clearly.

You may want to light a white candle before you begin as well.

Grounding Meditation:

See and connect now to the pure radiating positive potential of the divine light within you and begin breathe work (using 3 sequences of rhythmic breathing patterns, trains your nervous system to calm down supporting you to find your center when you are doing intuitive work, while also boosting your vital life force energy, then raising your vibration which enhances the connection to the Akasha).

The simple breath pattern I use is 3 cycles of 5 x 5 x5.

Begin your breath work:

Breathe in to the count of 5, pause for the count of 5, breath out for the count of 5.

Breathe in to the count of 5, pause for the count of 5, breath out for the count of 5.

Breathe in to the count of 5, pause for the count of 5, breath out for the count of 5.

Allow your body weight to drop, and drop, open and expand until you feel fully held by Mama earth.

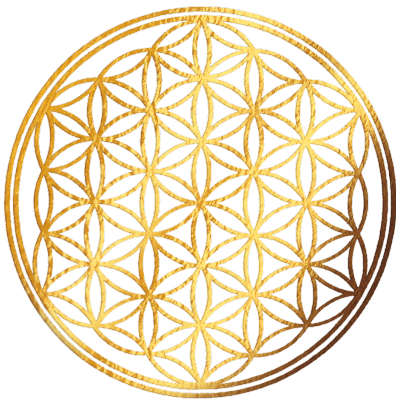
Now bring rose quartz light to the heart chakra centre located at the centre of your chest. Allow this rose quartz light begin to gently swish and swirl, releasing, clearing, nourishing and opening the heart chakra centre.

See a gold door about 50 feet above your head..

From there visualize gold, pink and sparkly white light, cascading down, entering in through the top of your head, filling you up from the tips of your toes and into your whole body.

See this gold light fill the energetic womb space swishing and swirling. Take the gold light down now from the womb, down, down through the core of your body, down through the yoni, and down into to the core of mother earth. (If this is not comfortable for you see a gold light drop from the base of the tailbone- down through all the layers of earth, crust, soul, root and rock). Attach the gold light that has dropped down to the centre of Mother Earth to a piece of pink rose quartz at the core of radiant mother earth.

You can then bring that earth energy back up through all the layers of earth, crust, soil, root and rock up through the bottoms of the feet and back into the womb space.



STEP 2. Begin Akasha Opening Prayer & Visualization:

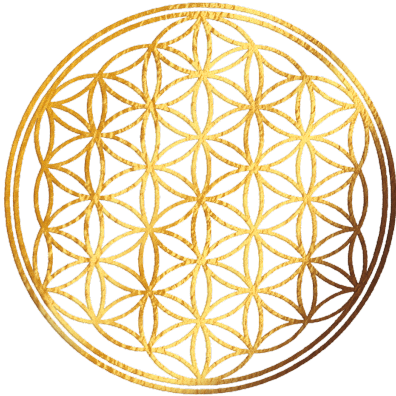
STATE OUTLOUD:

I now request the temples of divine love, light, truth, abundance, wisdom, and divine power to descend around me now. I call in now my guides, teachers, masters, akashic guardians, angles, and the goddesses to be present with me here now. I ask the creator of all beings to create a protective space of 100% light and love around me, banishing all negative influences should there be any.

I ask this be a divinely protected space where only the highest frequencies of love and light shall pass in and out of.

VISUALIZE THIS FOR YOURSELF OR STATE OUTLOUD IF WORKING WITH A CLIENT (You may talk it out loud for yourself if you wish as well):

At the center of the heart chakra see a pink rose bud. Now begin to see the bud open and furl open.



Give yourself a moment to be with the energy of your heart space.

From this place allow the golden grid of the Flower Of Life to begin to expand, and swirl out from the heart space located at the center of your chest. Let this pure wisdom and high frequency light, the radiant divine substance of all of creation that is interwoven into all of life begin to permeate and infuse itself within you, out from you, and all around you into the Akasha field. Let this light continue to grow, expand and interpermeate with the physical and non physical reality that exists before you, all around you and within you.

Let this radiant divine substance of all of life that flows through all things continue to flower and expand from your heart chakra, merging with the infinite wisdom of the akashic field. Then feeling, seeing and sensing now as the the doors to the akasha, and all the wisdom and love of the akasha open now to you.

Let the doors of your awareness open to receive the light, wisdom & love of the Akasha.

Continue to feel, and sense the energy coming down and around you, holding you in the sacred energy of the akasha.

STATE OUT LOUD: Thank You. Thank You. Thank You. And so it is.

STEP 3. Open the Akashic Record of yourself or another person.

Everytime you open your record or the record of someone else you will need:

There current full name:

Where they were born:

When (full date):

Full name at birth:

Once you are in the Akasha you can request your record by asking

Do I now locate the vibrational record of: "myself, (stating your current full name), born on (state the full date of birth) , born in (state the town and province), born (state your full name at birth).

Your record is now open. If we have not yet introduced pendulums know that simply requesting your record is enough to know that it is now open. If you want to check with your pendulum and we have done this portion of the training you can wait for your pendulum to swing YES.

It should sound like this (I will use an example of myself):

Do I now locate the vibrational record of myself, Tara Marie Preston, Born on March 11 1978, In Wadena Saskatchewan, born Tara Marie Oliver.

If reading for yourself you can also simply as the Akashic Guardians to open your personal Akashic Record. And then just begin!

If opening the record for another person it would look like this:

Do I now locate the vibrational record of Faye Marie Thompson (current full name) Born on May 13th 1968, In Ottawa Ontario, born Faye Marie Thompson.

Use your pendulum to get a YES response.

If working with a client: *At this point you will either work with your client to create an intention, focus on an issue, connect to the higher self to see what's show up for your client (this gives a direction to the session).*

After that ask how many blocks are coming up for clearing at this time, and move into the script for the Akashic Flower Of Life Healing Session.

Have fun, be receptive, and trust what comes through.

At the end of the Akashic Flower Of Life Healing Session you will close the door to the Akasha by simply saying:

Thank you to the guides, guardians, helpers, and angels and to all that have been a part of this experience here today. Knowing now that the healing and intentions that have been a part of our work today will continue to unfold to completion. Calling back into existence the door between the worlds. The Akashic Records are now close.

Thank you. And so it is.

At this point I like to see the golden grid (flower of life symbol)coming back into the heart space, and then a door actually closing to symbolize energetic completion.

You want to be very mindful to NOT leave the door to the Akasha open or you could find yourself feeling very ungrounded as you move through the day. Its' a service to both you and your client.

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