



Hello beauty!

Welcome to your Way Of Sacred SHE, Akashic Journal, Movement & Embodiment Pleasure Practise.

As you begin working with the Akasha you are developing a clear point of connection to an ancient sacred field of quantum possibility where the highest frequency of love , healing and wisdom reside.

Specifically with *Way Of Sacred SHE* we are working at a very deep level exploring our relationship to the Dark Feminine activating this archetypal energy while healing, clearing and realigning to more of your true liberated divine feminine & soul level blueprint.

Over the next 60 days you will feel, see and notice shifts as new upgraded awarnesses and energy flow through your energy field and ultimately your life.

This daily practise will support an intuitive attunement process, and allow you to begin dialoguing in partnership with this infinite wisdom and healing source (the Akasha & Records) as you work with this powerful archetypal energy.

Trust yourself. Once in the Field & Records listen, feel and begin writing! Be open, and allow the process to unfold at it's own pace. Remember to drink lots of water throughout the day as there is more happening than you know as you begin to work with the energy of the Akashic Field & Records.

PLEASE NOTE: The Akasha & Records are held at the subconscious, soul & cellular level, which means with this method of working with the Records it is also very body based.

Breathework, movement and body listening are an integral part of this process.

YOUR WEEKLY WAY OF SACRED SHE AKASHIC JOURNAL PRACTISE

For simplicity sake, each week has 3 journal entries. You are welcome to do this practise daily however, 3 times a week as we move through the transmissions is MORE than enough to integrate everything we are moving through.

HOW TO BEGIN & ACCESSING THE AKASHIC FIELD

I invite you to set aside 15 minutes of solitude where you light a white candle, and begin the grounding meditation followed by the breathe work prayer, and visualization that you have been given to open to the Akasha.

From there locate your personal Akashic Record by simply stating "*I now local my Akashic Records*" The Akashic Guardians are more than happy to help. Begin working with the following daily prompts. I've included a playlist for each week's journal prompts.

BODY INTEGRATION & MUSIC PLAYLISTS

After you have done the body listening and & breathwork portion of your daily Way Of Sacred SHE Akashic Journal hit that week's playlist and let your body speak through the music releasing, and then integrating the day's new energetic insights.

Have fun!

This is going to be a WILD adventure.

WEEK 2 - Sacred Anger - Your Truth Your Way

Entry 1

What are you noticing about being in the records today?

Imagine seeing a strand of anger in your body. Follow the strand of anger deep into the core of your body. Where is it sitting? What messages does anger have for you? What is the root of this anger?

Breathe. Move.

Where are you ready to claim your truth more fully, to speak it even if it means others perceive you as a bitch?

What is one present life situation where you felt angry but didn't have the chance to express it? What did you learn about anger at that time? Clear it - through it into the violet flames. Breathe.

What do you know to be true about anger now? How can anger be an empowering guide? A messenger?

***What are you most angry about right now? Breathe. Move. WHY?
How can you honour your anger?***

What is the deepest question that you would like guidance, healing, or insight around today?

Ask the one question? Begin stream of consciousness writing as you open to receive the wisdom.

What is a new way of being that will support me transmuting anger in my life/body today?

Listen and record the answer. Keep it simple, and small so you can take action on it today or this week.

BODY SPEAK - go to this week's playlist. Select a song and allow your body to move in ways that express your anger. Dance to release and to integrate today's work.

Close the records by thanking the Akashic helpers and simply stating "the doors between the worlds are now closed".

WEEK 2 - Patriarchal Power Plays & The Pleasure Pioneer
Entry 2

When in the records call in the element of water visualize the element of water and see how the water wants to help you transmute the elemental energy of fire that may be showing up in your body. See. Sense. Feel. Breathe. Move. Express. Create.

Where do you feel the most anger in your body? What messages does your anger have for you? Listen. Untangle the messages. Breathe. Feel. MOVE.

Where do you feel limited, stifled or silenced in your life right now? HEAR what your Inner SHE has to share with you. Place your hands over womb and heart - listen, and receive insight. Where can you create more space for her truth, liberation & expression this week?

What deeper truth have you been avoiding claiming? Hands over heart and womb. Listen to SHE. Breathe. Write. Feel. Allow old energy to untangle around the core truth. This is your SHE guiding you into fuller expression of your truth.

Create a ritual or some small step to honour your deeper truth.

What is the root block leading to patterns of deep rage or anger? Listen. Feel. See. Allow a story from a certain timeline to be revealed. This could be a present lifetime or past. See how the story unfolds. How could that story have created a current timeline experience of pleasure disconnect?

Ask the Akashic guardians to clear it.

Write down the new story that will replace it. Trust yourself!

If anger is your guide, how does anger want to guide you today? Make the action step simple and easy!

BODY SPEAK - go to this week's playlist. Select a song and allow your body to move in ways that express anger. **GO DEEPER!** Dance to release and to integrate today's work.

Close the records by thanking the Akashic helpers and simply stating "the doors between the worlds are now closed".

WEEK 2 - Patriarchal Power Plays & The Pleasure Pioneer

Entry 3

What do you notice about being in the records today? Breathe.

Today use the chant HUM. Repeat HUM for 1 minute. This is a powerful practise for clearing your channel of truth (your thought) of old emotions stifling your expression.

Where have you felt betrayed, or silenced in the past? What unconscious beliefs, did you create around where it felt safe to express your anger or speak your truth? Allow the present or past life experience to appear in your mind. Breathe. Allow it to reveal where you unconsciously give away your power in your current experience. See where you scripted a story that limited your expression but allowed you to feel safe.

What new story can you create to honour your expression of truth, or anger? Listen - and write.

What does your SHE need to feel safe next time when it comes to speaking more of her truth?

Where do you feel the anger of deep injustices in the world? Why do you feel this matters to you?

What is one action step or ritual you can create to honor your expression of anger or truth this week?

BODY SPEAK - go to this week's playlist. Select a song and allow your body to move in ways that soothe any firey spots in your body. Dance to release and to integrate today's work.

Close the records by thanking the Akashic helpers and simply stating "the doors between the worlds are now closed".

BONUS DEEPENING HOMEWORK

A few times this week either in the space of this practise or whenever it works, place your hand over your pussy, and connect to the pleasure center that SHE is.

Affirm: "My emotions are MINE, and it is safe to have them".

Create an ANGER art piece. Allow yourself to BE as messy and expressive as you want. BURN IT!

PUSSY ASSIGNMENT:

Hand over pussy. LISTEN to where SHE may feel anger, frustration or RAGE. Listen to what SHE needs.

Sacred Adornment

How can you bring some bad-assery into your sacred style this week? What ways of dressing express your inner fire, and bad ass bitch? Play with POWER sacred style.

Create and wear one outfit!