



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 awareness and energy flow through your energy field and ultimately your life.

This daily practice 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 its 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.***

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

## **YOUR WEEKLY WAY OF SACRED SHE AKASHIC JOURNAL PRACTISE**

For simplicity's sake, each week has 3 journal entries. You are welcome to do this practice daily however, 3 times a week as we move through the transmissions are 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.

## **Lunar & Light Language**

Energy is speaking to us all the time. Traveling through the fabric of our reality, weaving it's intelligence through the hidden, seen, and unseen.

Our bodies an instrument of energetic communication too.

Creation codes stir under the surface, deep in the vortex of the great mystery.

By learning ancient tools to decode lunar & light language we learn to visibly express & tap into energetic communication that is always guiding our path. Bring your art supplies for this!

### **Entry 1**

***What are you noticing about being in the records today?***

***Today, place your hand on your womb and listen for wisdom.***

***What messages does your womb have about anchoring into your power?***

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

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

**BODY SPEAK - go to this week's playlist. Select a song and allow your body to move in ways that express your emotions. Shake and swirl your hips. Cleanse, clear, and activate your sacral. 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".**

**Entry 2 -**

***When in the records ask for the Akashic Record of your womb. Use light language to decode the messages of your womb. Use the white space below.***

***What block is ready to be released around money being held at the level of the sacral/womb?***

***When was this block created? Listen to see if it's present lifetime or past. See what reveals itself as the root of this limitation. Follow the thread... allow it to come into your awareness.***

***What is one step you can take to cleanse, heal, or empower your womb? Listen for guidance. Hand over womb***

**BODY SPEAK - go to this week's playlist. Select a song and allow your body to move in ways that express sensuality! 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".**

### **Entry 3**

***What is the root block prevents you from holding, and keeping your sacral energy and power as yours?*** 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 any guidance on who to support your sacral on holding and keeping your creative sexual power for your life, desires, and creations. Trust yourself!



***What do you notice about being in the records today? Breathe. What connects you to your womb?***

***What is one action step or ritual you can create to honor wisdom this week?***

**BODY SPEAK - go to this week's playlist. Select a song and allow your body to move in ways that feel grounded and empowering - loving to touch your body and give thanks for her vessel. 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 practice or whenever it works, place your hand over your pussy, and state

*"I am a radiant woman, rooted, powerful & free".*

Place one hand over womb & one hand over heart and state:

*"I am the way. The way is the womb".*

## **Sacred Adornment**

Create an outfit that expresses your natural sexy sensuality. Dress in a way that feels good, and drops you into your sexy sensual nature