



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.

Masculine Money Matrix's

We've been conditioned to believe that money comes from working for "The Man".

What does "The Man" need? What does "The Man" deem acceptable in terms of what will generate money to feed the patriarchal system. Men feel this too.

We set aside our dreams, under valuing our sacred work, and leaning into what we think will provide an income, rather than what will change the world.

Push, DO, Go, hustle — with only enough to get by.

It's time for a NEW money paradigm that integrates a balanced masculine model with truth feminine fuel that honors our energy, gifts and desire for easeful prosperity, doing what we were born to do.

Entry 1

What are you noticing about being in the records today?

Today, place your hand over yoni. What does the energy feel like? What messages does SHE have for you?

What messages does your yoni have about reclaiming the fullness of your dark feminine 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 and integrate light energy and dark energy. Shake and swirl your hips, breathe into yoni. 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 to locate your Akashic Record. Allow the field to take you on a guided imagery journey showing you who you are most aligned to serve, and how you are her to serve them. Pay attention to the essence of your sacred work, and what your gifts appear to be.

What block is ready to be released around money being received with ease when it comes to sharing your gifts in the world?

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.

Breathe. See the violet flames in front of you, and gather the block up energetically, tossing into the flames to be cleared.

What is one step you can take to support yourself in receiving money with ease? Listen for guidance.

BODY SPEAK - go to this week's playlist. Select a song and allow your body to move in ways that express ease! 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 preventing you from stepping into the next level of your visible, most powerful expression currently? 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.

What do you notice about being in the records today? Breathe. What connects you to the energy of ease?

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 LIBERATING- lovingly 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 LIBERATED. Powerful, and free”.

This week reflect on your entire Way Of Sacred SHE journey. What is the MOST important insight or awareness you have made during this process? Why?

Sacred Adornment

Create an outfit that feels liberating!

