

## **SECTION ONE**

### **INTRODUCTIONS AND BASIC INFORMATION**

Before we begin each section of this training, I invite you to create your personal sacred space - however that is most appropriate and meaningful for you. You can find below some ideas for creating sacred space.

#### **WAYS TO CO-CREATE SACRED SPACE**

- Designate one area of your space as Sacred Space. Create a ritual that you do each time you enter this Sacred Space. Any of the following ideas will be of assistance to you in this process. Be open to discovering your own way.
- Consider playing a specific piece of music each time you come into your Sacred Space to help create the feeling of sanctuary and continuity. For a simpler vibratory connection, you might ring chimes or tingshaws.
- Consider creating a simple altar that can remain in place or put on a tray so it is portable. You might like to include flowers, crystals, water, salt, pictures or a painting – anything that connects you to the Divine, to Whatever Speaks to you.
- You could light a candle to represent your intention to connect to your Sacred Space and to activate it in harmony with you and the Divine.
- Consider the use of incense, essential oils, etc. If used, choose each with intention. You may change the chosen ones to fine-tune their assistance with your learning process as we move through each section of the training.
- This is your Sacred Space so be creative! Doing it with your sincere intention to create Sacred Space is what is most important. This is a wonderful and important first step that can be of great support as you learn to access and then explore your personal Records.
- Once you have created your Sacred Space, dedicate it to whatever you deem to be the Divine, however you are guided to do so. Once you know how to access your Records, you could ask for their assistance in how to create a dedication ceremony and then welcome their support as you perform the ceremony.

## **OUR MUTUAL AGREEMENTS**

***“When we feel safe, we can trust, and then we can learn.”***

- We start and end on time.
- We create a safe environment for each other.
- We hold each other in the Light of the Divine.
- We see and assume the best in all and just as importantly, in ourselves.
- We listen to one another without interrupting.
- We use “I” statements when sharing.
- We are open to receive acknowledgement and positive support.
- We give positive and supportive feedback.
- We say “thank you” for feedback when given.
- We do not talk about someone else’s story.
- We trust the process even when we don’t understand it. We go where it takes us.
- We take responsibility for ourselves.

*(Thank you to Life Coach Marlene Martin for introducing  
the Akashic Alliance™ to the “Standards of Presence”  
from which these Agreements were derived.)*

## **SETTING OUR INTENTIONS FOR THIS AKASHIC TRAINING**

“We hold the group intention that each time we personally open our Records we connect to the highest energy possible at the time. If that is higher than the Akashic Records, then we will go higher. We are open to the possibility that when we access the Akashic Records we might eventually connect directly with the Divine.”

Our beliefs lead us to think and feel that we are **not** 100% connected with the Divine at all times. This is an illusion. We are all on a journey to shift this illusion.

Your Records and your soul have brought you here to this Akashic Training. It is no coincidence that you are here. I have been given much information and **several Integration Processes (exercises)** to help support your learning process during this training. So I request your attention and intention that your sharing always be condensed and relevant to the material.

- If you have no experience with writing intentions, affirmations – just remember to put your name in your intention or sign it, to write it in the present tense as if it is already happening, and keep it positive. Make it lucid and concise. You will know when you have written what is best for you.
- This is a question you might want to consider as you set your personal intention for this training:
  - How do I intend to experience this training?
- **This is my intention for my learning process during this Akashic Training:**
- **Purpose of Sharing**  
Speaking our intentions aloud and sharing them with others, gives our intentions greater potency. Once each intention is stated, the rest of the group can help support that intention for each individual (known and unknown). If you are drawn to the intention of another, please write it here to amplify your own intention.

## **THE AKASHIC RECORDS – WHAT ARE THEY?**

### **Explanation as given by the Records of the AKASHIC RECORDS INTEGRATION PROCESS:**

The Akashic Records are a resource that you as souls can tap, as your **birthright**, to help you to better understand your current situation and yourselves. This resource includes every thought, word, deed, emotion, and intention of your soul in all its lifetimes - past, present, and future. Through this resource, you are able to access a greater vision of your purpose, your abilities, your relationships, and your creativity.

The Akashic Records or Akashic Field is part of each soul as it enters into the body. This field is a storehouse of information and contains the journey of the individual's soul. It also contains information about all other souls and remembers when you were part of the One. An individual's mind may not have access to all of this information but the soul is the keeper of All. Many individuals have tapped into portions of the Akashic Records or Akashic Field through meditation, prayer, silence, epiphany, and other mystical journeys. All of this information is available to you, all of it, at any time. **Our purpose in teaching this Akashic Training is to show you how to begin the process of accessing your Akashic Records consciously and deliberately.** It is for the purpose of remembering who you truly are.


Every thought, word, feeling, and action your soul experiences is recorded as a vibration in what you can think of as your “soul's energy field”. That field is first created at your soul's conception. When you ask to be connected to your Akashic Records – or those of someone or something else – you are asking to be connected to that field. Each question or intention you ask or state aligns you with the vibration of “the answer” within that field. It also aligns you with the vibration of any **healing energies**, which you might request directly – or which your soul knows you desire on a non-conscious level.

So then, how does this fit with the concept of the Hall of Records?

If it helps you to think about the Akashic Records as a hall or library of records with books or scrolls or computer files, then do so. It doesn't matter. The exact way that this works is hard for human beings to understand, but it is not hard for you to feel when you open your hearts. When you open your hearts you will feel that the vibration is true. For many of you, it will be hard to put into words and yet you will know it when you feel it.

Trust that knowing. Trust that sense of truth. It is that sense of truth and knowing that you truly seek when you access the Akashic Records.

That is why there are many ways to access this energy and information. There is no one right way. The way that you will be given in this Akashic Training is a way for you to begin. Over time you will refine it. You will learn new ways, better ways, and truer ways for you and your soul. Listen to that guidance. Believe in the truth of that information. Trust that feeling.

One way to think of the Akashic Records is to visualize the infinity symbol with the alpha in the left-hand loop and the omega in the right-hand loop. It is everything. It is the beginning. It is the ending. It is the difference between thinking and knowing. 

**The bottom line is:**

**The Akashic Field = The Divine**

**My Akashic Field = My Soul**

## **THE VISION OF THE AKASHIC RECORDS INTEGRATION PROCESS**

The **AKASHIC RECORDS INTEGRATION PROCESS** is a method of connecting to the Divine via the Akashic Records, which is within the reach of all people – regardless of religious, spiritual or scientific beliefs. This Process provides a new, dynamic, individualized, and practical interface with the Akashic Records.

This Process connects the individual directly to the Divine, easily and simply, so that this connection may be done daily without need for any intermediary. It is designed to become a comfortable and convenient way of living connected to the profoundness of the Divine.

The purpose of the **AKASHIC RECORDS INTEGRATION PROCESS** is to share a method of consciously accessing the Akashic Records. This method empowers the individual in demonstrable ways to bring forth her/his own Truth with greater confidence.

With this Process people can reclaim what is a birthright – to incarnate into the physical plane without losing contact with the energy and wisdom of the Divine. This provides our past, present and future selves the opportunity to become completely conscious, healed and illuminated within the current embodiment. The highest purpose of the **AKASHIC RECORDS INTEGRATION PROCESS** is to teach the individual how to attain enlightenment and therefore holds the promise to expand human consciousness exponentially.

- **Additional Notes**

- The Records exist and we can connect with them, even though we cannot fully define them. It is the same when we use **electricity. We can plug an appliance into an outlet and it works – without us necessarily understanding exactly where electricity comes from and what it is.** How does a fax machine, for example, get all that information from the sender to the receiver? How do we explain the unexplainable? So then it comes down to the confirmation of your results and your trust.
- Your relationship with your Records continues to grow and deepen each time you access your Records. This is why it is important to access this resource often.
- Journaling your questions and answers allows you to go back to reread what you have received and written in the past. It enables you to see your growth through the Records.

**QUESTIONS PARTICIPANTS COMMONLY ASK – FAQ’S ABOUT THE RECORDS**  
***(You might like to take notes here so you can review later.)***

1. What is contained in the Records?
  
  
  
  
  
  
  
  
  
  
2. What questions are prohibited – if any?
  
  
  
  
  
  
  
  
  
  
3. What is a helpful format for asking questions? (Who, What, When, Where, Why, and How – etc.)
  
  
  
  
  
  
  
  
  
  
4. Why is it sometimes helpful to explore related questions as a group instead of individually?
  
  
  
  
  
  
  
  
  
  
5. Is there a better time of the day to work in the Records?
  
  
  
  
  
  
  
  
  
  
6. How long should you work daily?

## **QUESTIONS PARTICIPANTS COMMONLY ASK ABOUT THE RECORDS (CONT.)**

7. How does this work differently from simple meditation?
  
8. How do you tell the difference from your Records and your personality ego?
  
9. Since we are not yet able to open the Records of others, how do we handle this when we want to help someone else?
  
10. Any other questions?



- **INTEGRATION PROCESS:**

Write down your current understanding / definition of the Akashic Records. Use your intuition too, not just what you have learned from today or previous studies.

(Know this definition will evolve as you continue to work in the Records. This is for you to have as a starting point for your exploration of your Records. We will not be sharing what you've written.)

**LAST THOUGHTS:**

“The Akashic Field is a source of information for me that takes me beyond where I know myself, because it allows me to access my soul’s past, present and future. This allows me to transform where I am at any given time.”

*~ Unknown Graduate*

The Records are “Google for your Soul!” – *Sandra Gelinas*

## HomeJOY

(Complete in your own time between sessions to expand your Akashic learning process.)

- **Recommended but not required after each Section:** If possible, take a bath tonight with ½ cup baking soda (soda bicarbonate) and ½ cup of sea salt (not bath salts or table salt) or put a small amount of each in a basin and soak your feet. This will help you to integrate the work we have done today, even if your bath is very shallow.
- **Reading:** Enrollment Package and/or Pages 1 – 10 of Manual.
- **Listen to “Exploring Heart Integration” CD at this link:**  
<http://akashicfocus.com/akashic-sessions/> If you have already listened to this recording, just refresh by listening to the part where I take you through the actual Heart Integration Process.

As Heart Integration is always the first part of accessing your Records, listening to this daily will prepare you to comfortably complete the five steps of this prayer process on your own.

## Take Aways –

(You might like to write down what others say and add your take away to the list for future reference.)

Christy

Jennifer

Valerie

Wendy

Will

Sandra

YOU!

## SECTION TWO:

### SACRED SPACE ACTIVATION:

- **AKASHIC ALLIANCE HEART INTEGRATION**

1. Place one or both of your hands on the center of your chest – your heart center.
  2. Take several full breaths and relax.
  3. Become aware of:
    - a. The warmth or coolness of your hand as it rests gently on your chest.
    - b. Every cell of your body
    - c. Every level of your being (physical, emotional, mental, and spiritual)
    - d. Your Heart Light focused in your heart center.
  4. Allow your Heart Light to merge with All That Is.
  5. As we are now in front of the Divine, we request the Divine to lift our vibration to the highest level we can sustain as a group together and to hold us in the Light of the Divine during our time together today.
- Create our Heart Light Circle – flowing to the left – connecting with all who are here.
  - Know this Circle will remain active during this section for the highest good of all concerned. This Heart Light Circle has 3 distinct functions:
    1. To bring each of us into the **strongest most profound resonance with the Divine** that we can sustain each time.
    2. To **create a healing circle**. I invite you to silently place yourself (and anyone or anything else that you invite healing for) in this circle. I will pause now for a moment so you can do this if you desire. You might also like to silently repeat your current intention for learning how to access and explore your Records. (This can be updated from your original training intention whenever you desire.)
    3. You have the opportunity throughout this training to **surrender to the Divine** any fears, doubts, anything you may experience that could hinder your learning process – by placing them silently in our Heart Light Circle whenever they come to your attention.
  - We now welcome the Records of each individual and the group’s Records, plus all Beings of Highest Light who are here to assist today. I will pause now to allow you to silently welcome Who is most sacred to you and thank them for their assistance.

## **FIVE KEY CONCEPTS TO UNDERSTAND PRIOR TO OPENING**

There are five specific, essential key energetic concepts to activate to the best of your ability each time you complete the Method to Open. Each one is completed silently.

I invite you to consider that these five energetics could be viewed like the lenses of a telescope.

As you complete each subtle energetic – polished and honed, each one supported through your heart felt intention, and you get better at this every time you access – the result is greater and greater clarity and depth in your Records. This is one reason you will often hear me comment: “Practice, practice, practice!” These energetics are dynamic and vital. Engage with them to the best of your ability on all the levels of your being each time you access your Records.

1. **Heart Integration** used for Centering - the essential pause that refreshes and prepares you to access
2. **Step into the Light of the Divine**
3. **Open Your Heart Center**
4. **Open Your Crown Center**
5. **Connect with All That Is.**

## **CENTERING – FIRST ENERGETIC**

- Relaxing and centering encourages greater focus, greater concentration, and greater connection to the Divine. This can be the pause that refreshes you. We recommend centering to prepare you to access your Records.
- Just like a high voltage wire needs to have a ground wire, so too do we need to be grounded in order to carry the higher vibrations of the Divine.
- *“To me, centering means finding my own space within my personal energetic space. Centering myself holds me there.”* *Lauren Grant, Graduate*
- *“Centering removes me from the clutter of the world.”* *Anonymous Graduate*
- There are many ways to center, no right or one way. How do you center?
- **Additional ideas for centering:**
  - 3 HA breaths with one AH breath to complete.
  - Prayer
  - Walk barefoot on grass, touch a tree, hold a plant – or just imagine this
  - Visualize pulling all your energy in along your spinal column.
  - Chanting or Toning
  - Prana breathing – in through nose and out through mouth
  - Tuning forks – Ohm forks
- **NOTE:** Whenever we access our Records with the Akashic Alliance Method to Open, we will always begin by using the Akashic Alliance Heart Integration prayer process to center. We will explore that in more detail in a little bit.
- **INTEGRATION PROCESS:** *Center however you like. Discussion.*
- **INTEGRATION PROCESS:** *Try a new way to center. (It is easier to learn a new way when you are already centered.) It may be handy sometimes, if you are very unsettled, to have more than one way to center.*

## **“IGNITING” YOUR HEART LIGHT**

Please Note: After the guided meditation that introduces you to your Heart Light, the following “igniting” steps are only required for as long as you need them for your learning process to be fully activated and embedded.

These six steps – this “Igniting” – can be completed prior to Heart Integration whenever you feel you require an extra preparation you for Heart Integration – or never again.

This material is also placed here if you ever feel the desire to come back and refresh with this interim process at a deeper level.

1. Place one or both hands on your heart center and take a moment to sense the energy of your heart. Breathe and relax.
2. State aloud: ***I now connect with my Heart Light.*** Intend that you are making this connection and know it is happening instantly.
3. State aloud: ***My Heart Light now fills every cell of my physical body.*** Visualize, sense, know or affirm this is now happening.
4. State aloud: ***Now I invite my Heart Light to extend beyond my physical body, into and igniting all levels of my being.*** Visualize, sense, know or affirm this is happening in your emotions, your thoughts, and your spirit.
5. As you bring your focus back to your heart center, with greater awareness of your own Divine energy, declare: ***Through my increased connection with my Heart Light, I now allow it to rise to my highest level of union with All That Is.***
6. Breathe and relax within the Light of the Divine. Through prayer, intention, or affirmation, state what you request. Or simply welcome and receive on all the levels of your being whatever it is that comes to you from the Divine.

## **HEART INTEGRATION PROCESS**

Below is an outline of the five steps of Heart Integration. It is possible that these steps may change over time and/or be shortened with practice as Heart Integration becomes more automatic for you. You might like to experiment with standing up or sitting comfortably to see if the position of your physical body makes a difference to your experience.

This process is an ever-evolving process, so it is quite likely you may experience different things at different times. It will bring whatever is for your highest good at that moment.

### **Heart Integration:**

1. Place one or both of your hands on the center of your chest – your heart center.
2. Take several full breaths and relax.
3. Become aware of:
  - a. The warmth or coolness of your hand as it rests gently on your chest.
  - b. Every cell of your body
  - c. Every level of your being (physical, emotional, mental, and spiritual)
  - d. Your Heart Light focused in your heart center
4. Allow your Heart Light to merge with All That Is.
5. From there you simply receive or request Divine Assistance. Heart Integration will bring whatever you need. **(This is where you ask the Divine to center you before you access your Records.)**

### **Heart Integration Sample Prayer:**

The following prayer did not come directly from the Akashic Records. It is just one way to work with Heart Integration until you discover your own prayers.

*“I welcome the Divine to release from me now anything that would hinder me, known and unknown, from (state what you want to achieve). I know this is now released by the Love and Grace of the Divine from every level of my being (physical, emotional, mental, spiritual, etc.), through all times and all dimensions. I breathe in this Divine Energy and allow it to fill me, heal me, and bless me. I give thanks for this, as I know it is already done. And So It Is.” Breathe and relax.*

## **STEP INTO THE LIGHT OF THE DIVINE – SECOND ENERGETIC**

- This is an active, dynamic, conscious, purpose-filled energetic, as are all five energetics and seven steps to the Method to Open.
- You are not wondering, considering, or intending to possibly, maybe, perhaps someday, sometime be in the Light of the Divine.
- Instead, you are making a conscious choice to reconnect and reinstate yourself in the Light of the Divine. It is always there. It is everything. Sometimes, we as humans, forget. Because we too have that Divine Creative Ability within, we then create what is less than the Light of the Divine.
- You might find it helpful from time to time to refresh the physical action of standing up and stepping forward deliberately into the Light of the Divine.
- Notice that with this first step you are automatically connecting straight to the Divine, reminding yourself that the Light of the Divine is really All That Is, and placing yourself in a wonderful place to release, clear, or heal – all with Divine Grace – and without any “rubbish” ever being left behind. Therefore, no space clearing is required after accessing your Records.
- Anything of a lower vibration is immediately and automatically Divinely transmuted to its next higher level of existence and is released to wherever it is supposed to go.
- We state our full names (first and last) because our names carry our vibration. The stating of our names, aloud, as part of this statement, reinforces the formal, purposeful aspect of this simple, yet dynamic, energetic step that is the beginning of our Method to Open.
- You can use this step on its own whenever you desire to remind yourself that you live in the Light of the Divine. I say it every night as part of my prayers before going to sleep. I invite you to do so too.



## **OPENING YOUR HEART CENTER – THIRD ENERGETIC**

- **Various Ways to Open Your Heart Center**

*It is great to use one of these methods if you ever feel stuck in your Records.*

- Relax and breathe. Bring your attention to your heart with love. Breathe in through your heart center and let that warmth begin to grow until it overflows into the surrounding spaces. Then think of someone you love. Allow this love to overflow to all those you love and care for.
- Relax and breathe and get in touch with a flame, light, or simply the energy of your heart. Experience it and watch it grow.
- Breathe up through your first three chakras and breathe into your heart chakra, which is the bridge, and then allow this energy to flow up through and out the crown.
- Place your hand on your heart, get in touch with your heart energy and feel it open because of your intention. Make a motion with your hand to indicate you are opening your heart center.
- Remember the last time your heart was open.
- Remember and connect to one of your spiritual teachers, guides, etc. Sit in their lap or invite them into your heart.
- Visually imagine that shutters over your heart are opening and feel them all springing open, opening deeper and deeper into your heart, as more and more of these shutters open. Breathe deeply and imagine that even more of these tiny shutters are now springing open.
- Gather energy and put it into your heart center. Then visualize something that brings you joy.

**REMEMBER:** *Your heart is the bridge between your spiritual nature and human self.*

- **INTEGRATION PROCESS:** *Open your heart however you like.*

## **WRAP UP + HOMEJOY**

- **Recommended but not required after each Section:** If possible, take a bath tonight with ½ cup baking soda and ½ cup of sea salt (not bath salts or table salt) or put a small amount of each in a basin and soak your feet. This will help you to integrate the work we have done today, even if your bath is very shallow.
- **Reading:** Pages 11 – 18 of Manual.
- **Listen to “Exploring Heart Integration” CD at this link:**  
<http://akashicfocus.com/akashic-sessions/> to hear me take you through this Akashic prayer process and answer questions about it. You’ll understand it more deeply now.
- Activate Heart Integration to practice **“Centering”** at least once daily.
- Practice **“Stepping into the Light of the Divine”** – make it come alive for you at least once daily.
- Practice **“Opening Your Heart Center”** – find the way that works best for you and do it frequently.

## **TAKE AWAYS**

Christy

Jennifer

Valerie

Wendy

Will

Sandra

You

## **SECTION THREE:**

### **ACTIVATION OF OUR SACRED SPACE**

- Heart Integration
- Heart Light Circle – connecting with all participating
- I invite you to silently place yourself in our Circle and then any others for whom you request prayers.
- I invite you to silently activate your current learning intention and place it in our Heart Light Circle if it feels appropriate for you.
- Once again we welcome our personal Records, the Group’s Records, the Divine, all Highest Beings of Light who are here, and whatever is Sacred and Holy to you (silently add yours). We thank them All for their loving assistance.

## **FIVE KEY CONCEPTS TO UNDERSTAND PRIOR TO OPENING (CONT.)**

### **OPENING YOUR CROWN CENTER – FOURTH ENERGETIC**

#### **Explanation of the Crown Center:**

The crown center relates to consciousness as pure awareness. It is located at the top of the head and is the energetic connection to spiritual/cosmic consciousness, wisdom, aspirations, and knowledge of truth. It is our connection to the greater world beyond, to a timeless place of all knowing. It puts us in touch with our Higher Self and the Divine. **When fully developed and balanced, this center brings us knowledge, wisdom, understanding, spiritual connection, and bliss.** It is through this center that we connect to our personal Akashic Records or Akashic Field.

#### **Two Other Ways to Open the Crown Center:**

- To run energy up: Bring energy from Mother Earth up through your feet. **Imagine and feel** this is happening – coming up through the base of the spine, the lower abdomen, the higher abdomen to the heart area, thereby connecting to the heart energy which you then bring up to the throat, the middle of the forehead and the top of the head or the crown center. Sense the crown is opening and that this energy is spiraling to the highest connection possible, whether known or unknown.

#### **OR:**

- To run energy down: Visualize what it would look like as you open your crown center and white Light comes streaming through. Feel this sensation and the movement of the Light. See or feel this happening with each person present in the room to assist you and all of us to open our Crown Centers.
- **INTEGRATION PROCESS:** Open your crown center however feels right to you.

#### **Akashic Tip**

***“Once you know how to access your Records,  
you don’t have to go out to get information.  
It’s like having your own personal radio station.  
You simply tune in and receive.”***

**Unknown Graduate**

## **CONNECTING WITH ALL THAT IS – FIFTH ENERGETIC**

- When we talk about the energetics of this process going very high – sending your heart energy up through your crown center and *“rising to the highest level of union with All That Is”* – it may sound like we are suggesting that you send your heart energy outside of yourself, past the stars, to some far away geographic location.
- In actuality, though, we see this is an internal process, one that takes us to the highest frequencies or strongest resonance or most profound connection with the Divine that we can attain within ourselves – at the time. This highest level of union exists within each of us – within our own connection to our higher selves and to the Divine.
- While we aspire to a continual connection with our higher selves and the Divine, the frequency of this connection is not static. Some days it is higher and stronger, and other times it may feel more tentative. It can even fluctuate from moment to moment, breath to breath. And yet, it is real.
- You might like to join with us in knowing that each time you access your Records, you are strengthening your connection to the Divine.

## **PUTTING ALL THE ENERGETICS TOGETHER**

- First, **center** yourself using Heart Integration. Breathe and relax. Welcome the energy of the Divine to center you and prepare you to access your Records, releasing anything that could hinder you from doing your best. Have your eyes open if you can, or closed for now if that helps you to feel the energetics more clearly. Breathe and relax. (Pause.)
- Now feel, see, or imagine you are **stepping into the Light of the Divine**. Allow this Light of the Divine to totally envelope and support you. Does this Light of the Divine have a color? Breathe it into all levels of your being and relax. (Pause.)
- Make a heart connection within yourself. You might like to put your hand on your heart if it has drifted away. Envision or feel a warm light within your heart center. Allow this light and warmth to fill your heart center. With each breath, feel your heart center expand through the front of your heart, the back of your heart, even the sides of your heart. Feel your **heart center open and expand** as the warm light there becomes even brighter, stronger. Breathe and relax. (Pause.)
- Now imagine all this light is streaming up from your heart center, and through and extending out your crown center. Allow your heart energy to flow up to connect with the energy of your crown center. Feel, see, or imagine this light is now easily flowing out the top of your head as you **open your crown center**. Breathe and relax. (Pause.)
- Gently, while trusting the Divine to assist you, open all the way up now by lifting your energy up to your **highest level of union with All That Is**. You might also like to lift your eyes up. Visualize, sense, know or affirm that your Heart Light is rising to the highest level of union with All That Is. Breathe & relax. (Pause.)
- Know that whatever you have just been doing is perfect. Breathe & relax.

## **ACCESSING YOUR PERSONAL AKASHIC RECORDS**

### **Akashic Alliance™ METHOD TO OPEN PERSONAL AKASHIC RECORDS**

Only state aloud those words that are in ***bold italics***.  
Silently read and complete the energetics, which are indicated by their plain format.

- Step 1: Center yourself. State aloud, ***"I, (state your name), step into the Light of the Divine."***

Step 2: Make a heart connection within yourself. State aloud, ***"I open my heart center."*** Envision a light within your heart center. Allow it to fill your heart center.

Step 3: State aloud, ***"I open my crown center."*** Now imagine this light streaming up from your heart center, and through and extending out your crown center.

Step 4: State aloud, ***"Divine Wisdom please open me to my Akashic Records."***

Step 5: State aloud, ***"I center myself in Divine Connection and align my Heart Light with all that is holy and pure. I am open to receive all that is given for the highest good in truth, love, and compassion."***

Step 6: Visualize, sense, know or affirm that your Heart Light is rising to the highest level of union with All That Is.

Step 7: Declaration: ***"I am now connected to the Akashic Records of (state your name) in Love, Light, and Truth."***

## **Akashic Alliance™ METHOD TO CLOSE PERSONAL AKASHIC RECORDS**

When you are ready to close your Records, all that is required is for you to say aloud: **"Thank you" and "Amen"**. Your Records will immediately be closed. (You can also use "Om" or "So It Is" if you prefer not to use "Amen.")

### **Explanation:**

Prior to opening or closing your Records, you may choose to say a prayer of thanks or perform some other ritual. (You may even ask your Records for this.) Please note that this is not required to effectively open or close your Records. Any such prayer or ritual you might create is only for your personal comfort. Your Records do not require such things in order to open or close your Records.

**Your imagination is the way your soul communicates with you.  
Please give yourself permission to use it.**

- **INTEGRATION PROCESS # 1:** Access your Records

**Ask:** *"What ONE KEY word, color, smell, symbol, flower, angel, OR feeling, etc. can my Records give me now to assist my focus each time I open my Records during this training?"* Write down a brief description of what you receive.

*Focus on whatever you are given. Notice how you feel. Ask:* **"Why is this my support? How does this KEY support me in my learning to open and access my Records during this training?"** Write down whatever you receive in response.

### **Akashic Tip**

Each time you access your Records with the Method to Open, you will progress in your ability to work in your Personal Akashic Records. This is why accessing with frequent, short practice sessions is so beneficial.



## **POINTS TO REMEMBER**

- What to expect when you access your Records?
- How long to keep your Records open in the beginning?
- Eyes open so you can easily transition into journaling.
- Why is it beneficial to journal when working in the Records?
- Remember to breathe, have curiosity and love as you explore.
- Why is giving the Method to Open to others not for their highest good?

## **SOME REASONS TO ACCESS YOUR RECORDS – OR – HOW TO INTEGRATE YOUR RECORDS INTO YOUR DAY**

This is a list of suggestions of how you could integrate accessing your Records with your daily activities. These ideas show you how to effortlessly integrate more Akashic practice into your daily lives.

- At the beginning of each day to help your day flow more easily and gracefully.
- To bring in healing energy – in general or for something specific.
- To be renewed if you are tired or depleted.
- To rebalance your energy for greater clarity.
- To receive information or guidance on an issue.
- To understand who you are and what you are all about.
- To better understand, connect, or release positive or detrimental emotions.
- To release energy, obstacles, blockages, before approaching any challenge or fear.
- To forgive yourself and others.
- To resolve personal or relationship challenges.
- To learn about and to resolve past life relationships.
- To bring clarity and the ability to ask the best questions and retain the information received during medical or legal appointments, while attending classes, etc.
- To do creative work or anything from a place of inspiration.
- To strengthen your intuition.
- To increase your awareness and connection with the Divine.
- To bask in Divine Light, Love, and Truth.
- To build group coherence, clarity, and co-creative power.

**When you are in your Records, you can do all the above easier, faster, and more deeply.**

- What are some other reasons **you** might like to access your Records?

### **Akashic Tip**

Know that as you explore your Records with love,  
your connection will become more apparent, more felt, more real.

### **Akashic Tip**

Each time you access your Records, fully embrace your KNOWING.  
You **ARE** accessing your Akashic Records right now!

## **WRAP UP + HOMEJOY**

- Recommended but not required after each Section: Baking soda and sea salt bath.
- Tonight and each night this week, before you go to sleep, please open your Akashic Records. Then state aloud: “I welcome my Records to work with me tonight as I sleep to integrate all I have experienced during this section of this training and to prepare me for the next section.” Close your Records. Sleep well!
- **Review pages 19 – 27 of your Manual.**
- Practice the final two energetics daily
  4. Open Your Crown Center
  5. Connect with All That Isand Putting all the Energetics together – Page 22 of Manual.
- **Integration Process # 2 - How to Integrate my Records with my Life Today**  
Access your Records at least twice this week. Ask each time: **“What can I benefit from doing with my Records today?”** Journal what you receive (and your experience if you like). Or ask something else if you prefer!

## **TAKE AWAYS**

Christy

Jennifer

Valerie

Wendy

Will

Sandra

You

## **SECTION FOUR**

### **Activation of our Sacred Space**

- Heart Integration
- Heart Light Circle – connecting with all participating
- I invite you to silently place yourself in our Circle and then any others that you request prayers for.
- I invite you to silently activate your current learning intention and place it in our Heart Light Circle if it feels appropriate for you.
- Once again we welcome our personal Records, the Group’s Records, the Divine, all Highest Beings of Light who are here, and whatever is Sacred and Holy to you (silently add yours). We thank them All for their loving assistance.

## **ACCESSING AND EXPLORING YOUR PERSONAL AKASHIC RECORDS**

### **HEART INTEGRATION – PART 2**

#### **HANDY REVIEW OF HEART INTEGRATION**

<b>HOW TO ACTIVATE HEART INTEGRATION:</b>	<b>KEY PRAYER/INTENTION/AFFIRMATION POINTS:</b>
1. Place one or both hands on your heart center.	<ul style="list-style-type: none"><li>• Sometimes it is helpful to focus ourselves when using Heart Integration with a spontaneous prayer that can be guided by your Records. You might like to include:</li></ul>
2. Breathe and relax.	<ul style="list-style-type: none"><li>• State intention – why you are activating Heart Integration.</li></ul>
3. Be aware of the warmth or coolness of your hand as it rests gently on your heart center. Be aware of every level of your being – beginning with the cells of your physical body. When you have connected with all 4 levels of your being, then bring this increased awareness back to your heart center.	<ul style="list-style-type: none"><li>• Include all the levels of your being – physical, emotional, mental, and spiritual.</li></ul>
4. Allow your Heart Light to merge with All That Is.	<ul style="list-style-type: none"><li>• Include all that is known and unknown.</li></ul>
5. Simply receive or request Divine Assistance	<ul style="list-style-type: none"><li>• Request this Divine Action through all times and all dimensions (&amp; planes). Be in gratitude for it is already complete.</li></ul>

## **DEFINITION OF "HEART LIGHT"**

Heart Light is our individuated aspect of Divinity. It is our Inner Divinity. So when you "open your heart center" you connect to your Inner Divinity. Then when you "open your crown center and sense this Light rising to the highest level of union with All That Is," you are connecting your Inner Divinity with the rest of the Divine. Therefore, if our Heart Light is clearing something, then the Divine is clearing something. It is the same thing.

Heart Integration ignites our Sacred Heart, or our Divine Heart. And from a practical perspective, when we believe we have ignited our Sacred or Divine Heart, it is easier to believe the Light of the Divine can clear things or bring things in. It is also easier for us to believe that we are channels/beings of Divine Light.

It changes our identities and how we see our lives, and what we can be and do. The Divine is clearing through us. Divine Energy is clearing you by flowing through you or whatever you have asked it to clear or release.

**Example:** The Divine clears the negative energy at the mall because you ask for divine energy to flow through you and clear any negative energy you may sense at the mall.

**Focus Shift:** Instead of clearing, ask the Divine to raise the vibration!

### **INTEGRATION PROCESS # 3: USING HEART INTEGRATION TO CLEAR OR EXPAND**

The following is an integration process that connects you to the Divine. This is not an exercise to do occasionally, but something to do regularly – as forgiveness is a process that can be used regularly, not just in special circumstances.

- Integrate your Heart Light and the Divine using Heart Integration.
- Access your Records.
- Sense, feel or imagine that what you want to clear or expand is now in front of you. Not sure what to clear or expand? Ask your Records to share with you!
- Reconnect with the Divine through Heart Integration. At step 5, request the Divine to heal, release, or dissolve whatever you intend to **clear or release** within yourself for the highest good of all concerned.

#### **OR**

At step 5 of Heart Integration, welcome the Divine to **open, activate, or enhance** whatever you intend to **expand** within yourself for the highest good of all concerned.

- You can complete this process with your Records open, or not. However, you can go deeper and it is more powerful when completed with the support of your Records.

#### **Akashic Tip**

The Records welcome you to go back and revisit issues you have previously released. You might be open to discovering a deeper level when you revisit.

#### **Akashic Tip**

You might ask your Records how many levels or layers are present for a specific issue or challenge.

## **REASONS TO USE HEART INTEGRATION**

1. Enables you to center yourself in preparation for opening your Akashic Records, or at any other time.
2. Ignites your heart energy to clear energies, beliefs and other obstacles to holding the truth and other forms of light you seek in the moment.
3. Clearing and releasing with Divine Direct Action any known or unknown challenges, detrimental emotions, outdated vows, beliefs or fears or anything else that is no longer serving your highest good from other lives, your ancestors, and/or your current lifetime.
4. Connects you to higher energies, information, beliefs and perspectives so that you can bring them in and integrate them with yourself and your Records.
5. Remember, you do not have to be in your Records to use Heart Integration.

## **WHEN TO USE HEART INTEGRATION, AS GIVEN BY THE RECORDS:**

***If you experience any of the below while you are in your Akashic Records, then use Heart Integration to release. Remember to breathe and relax.***

When you are nervous, this is you, not us.

When you are anxious, this is you, not us.

When you are irritable, this is you, not us.

When you are misunderstood, this is you, not us.

When you are fearful, this is you, not us.

When you are controlling, this is you, not us.

When you are responsible, this is you, not us.

When you distrust the process, this is you, not us.

When you are hurt, this is you, not us.

When you are fixed, this is you, not us.

When you are unpeaceful, this is you, not us.



## **EXPLORING YOUR “CLAIRS” – YOUR EXTRA SENSORY SENSES**

When accessing your Records, consciously remember and be open to receive through all five physical senses (seeing, hearing, feeling, tasting, and smelling). But don't stop there! These same senses have their Extra Sensory counterparts – what I call your “clairs” because that is their prefix – taken from the French word meaning clear, clearly, or light. Your sixth sense is claircognizance.

- **Clairvoyance** – clear seeing – or seeing beyond what is physically there with your mind's eye. There is an awareness of a visual field that is behind your eyes or in front of you. Your eyes can be open or shut when receiving these visual impressions. They can include anything, such as images, symbols, auras, energy fields, angels, loved ones, etc.
  
- **Clairsentience** – The ability to **feel** things about people, places, things or situations with no prior knowledge. Also called “gut instinct.” Able to feel different unseen presences while sensing their feelings and personalities. You might be sensitive to negative energies and emotions that can cause you stomach discomfort or other aches and pains. You might easily feel bombarded and overwhelmed. There are several ways that clairsentience can be experienced:
  1. Pick up and feel in your body the emotions or nausea/pain from others.
  2. Sense different types of energy from people or objects, as in psychometry.
  3. Experience chills, etc. in confirmation of your intuition or someone else's.
  4. Feel or receive information through fingertips when barely touching another – used when “scanning” a body.
  
- **Clairaudience** – hearing what cannot be heard with the physical ears, including voices, music, and other sounds. This can include hearing voices from other lifetimes, angels, Ascended Masters or Teachers, guides, the Records, and the Divine. You might be sensitive to discordant and loud noise.

- **Clairalliance** – smelling something that has no physical source. This is commonly occurs in association with deceased loved ones, saints and master teachers who can create a well-known fragrance such as tobacco smoke, perfume, flowers, baked bread, and other scents that you associate with them to help you validate their presence. You might have a keen sense of smell and be repelled by offensive odors that go unnoticed by most others.
  
- **Clairgustation** – tasting what is not physically present to your taste buds. Similar to clairalliance, clairgustation is often confirms the presence of deceased loved ones and other spirits. You might have a keen sense of taste.
  
- **+ Claircognizance** – knowing information without having any prior knowledge or facts to support it. Distinctly different from the mental process of thinking where you recall what you have learned or you work something out. This is what some term a premonition, a precognitive dream, a “download” or a telepathic transfer of information. When exploring the Records, you just suddenly know a body of information, sometimes without even knowing all that you have just received. If that happens, asking your Records questions about what you “know” will assist your clarity.

Just as you may rely most strongly on one of your five physical senses and so develop more proficiency with it, you have probably done the same with one of your extrasensory senses. One of the gifts of exploring your Records is that they encourage you to be multi-sensory – and therefore open to receive on all of your senses while being non-judgmental. There is not one way to receive while in your Records. One “clair” is not better than another one. Therefore, it is recommended that each time you access, you intend to be open to receive however your Records can most clearly bring what you are seeking. With practice, your different “clairs” activate as is for your highest good.

#### **Akashic Tip**

When you are in your Records, if you feel like you are imagining something:  
write it down! You can always analyze later if you desire.

***INTEGRATION PROCESS # 4: “Opening to More Self-Trust”***

We will open our Records **individually** this time. Remember to begin with Heart Integration and ask the Divine to Center you. Speak aloud the bold italics and silently complete all energetics. Then, complete the Integration Process below. When complete, please leave your Records open for sharing.

***(Handy Review of Heart Integration is on page 29.)***

1. **Q. What aspect of “opening to more self-trust” is now ready for higher activation?** (Remember to use all your clair senses + clair knowing.) Write down whatever your Records give you.
2. Intend to connect now with this aspect of “opening to more self-trust,” requesting the assistance of your Records. Then reconnect with Heart Integration to receive more **CLARITY** about this topic, especially how “opening to more self-trust” supports you while accessing and exploring your Records.
3. Do you feel more aware of how, when, or where it is easy or challenging to “open to more self-trust” now? Guided by your Records, briefly describe how the importance of “opening to more self-trust” is now clearer to you after using Heart Integration.
4. **Q. Why has “opening to more self-trust” not always been fully accessible to me? What have I been learning about “opening to more self-trust” that I am now ready to complete? How am I now ready to allow trusting myself to serve the highest good through me?** Ask your Records these questions, or create your own. Make notes about what you discover.
5. When ready, use Heart Integration to **RELEASE** anything that could hinder you from “opening to more self-trust” for the highest good, especially when exploring your Records. Add more notes, if appropriate, about what released and how.
6. Request your Records: **I request my Records to fully integrate my acting with greater self-trust now and align it with Divine Unconditional Love.** Be open to their guidance on how this is accomplished.
7. **Q. How is my life different now I am acting with greater self-trust?** Allow your Records to show you, tell you, to help you to feel and to know what this is like.
8. Once you have this shift, reconnect with Heart Integration to **ACTIVATE** your new way of living assisted by acting with greater self-trust. Do you feel different from all you have experienced? Breathe and relax!

## **WRAP UP + HOMEJOY**

- Recommended but not required after each Section: Baking soda and sea salt bath.
- Tonight and each night this week, before you go to sleep, please open your Akashic Records. Then state aloud: “I welcome my Records to work with me tonight as I sleep to integrate all I have experienced during this section and to prepare me for the next section.” Close your Records. Sleep well!
- **Review pages 28 - 36 of your Manual.**
- Revisit **Integration Process # 3**: Using Heart Integration to Clear or Expand. This time select your other option from the one explored during this section. How was this different?
- Revisit **Integration Process # 4 – Opening to More Self-Trust**. Select a new topic to open to more fully ( self-confidence, self-worth, self-acceptance, self-love, etc.) Go through all eight steps with this new topic – using Heart Integration to help you receive greater **CLARITY**, to **RELEASE** anything that could hinder you, and then to **ACTIVATE** your new way of living.

## **TAKE AWAYS**

Christy

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Will

Sandra

You

## **SECTION FIVE**

### **Activation of our Sacred Space**

- Heart Integration
- Heart Light Circle – connecting with all participating
- I invite you to silently place yourself in our Circle and then any others that you request prayers for.
- I invite you to silently activate your current learning intention and place it in our Heart Light Circle if it feels appropriate for you.
- Once again we welcome our personal Records, the Group’s Records, the Divine, all Highest Beings of Light who are here, and whatever is Sacred and Holy to you (silently add yours). We thank them All for their loving assistance.

### **FORGIVENESS**

#### **What does “forgiveness” mean to you?**

- You are never asked to condone in order to forgive.
- Much progress can be made if you are even “willing” to forgive.
- Forgiveness is often the first step that must be completed before the rest of the healing can take place. Why is that?
- When you share about the incident, it is very matter of fact, not emotionally charged.
- The Records have often commented that you know you have forgiven someone when you see the experience as a gift from their soul to yours for you could learn something important. Therefore, you thank them for the experience.
- **What other Akashic learners have shared:**
  - “Forgiveness is freedom.”
  - “When you don’t forgive, your ability to experience joy is restricted.”
  - “It’s like a dance where I’m taped together with my partner, only I’m the one who taped me to the other person.”
  - “The grace to forgive comes from God.”

## **Akashic Alliance™ PRAYER OF FORGIVENESS**

(Center yourself.)

*“I step into the Light of the Divine where all things are possible.*

*I move into the Love of the Divine and I open my heart center.*

*I choose to live every moment in the Grace of the Divine  
with an open heart and a peaceful mind.  
I know forgiveness makes this possible.*

*Today I forgive and release all pain, known and unknown,\*  
through all levels of my being, through all times and all dimensions  
for the highest good of all.*

*I bless and release all illusions of wrongness.*

*I lift up my eyes and see myself and others  
as pure reflections of Divine Light and Love.”*

### **Notes:**

- Stepping into the Light of the Divine protects you and transmutes all that you release into its next higher level of being.
- **“all pain” includes** any fear, sorrow, anger, hurtful words, intentions, judgments, deeds, and ailments – anything that you choose to forgive and release.
- *“Today”* – this is the “now” time in which all forgiveness is taking place.
- *“Today I forgive and release all pain, known and unknown,”* – If there is anyone or anything, including yourself, that has prompted you to say this prayer, you now forgive and release whatever it is. You may state your issue here, if you like – \*.

- “. . . through all levels of my being . . .” – This refers to our physical, emotional, mental and spiritual bodies, and even those for which we currently have no name.
- “I lift up my eyes and see myself and others,” – When you lift up your eyes, you are connecting to the hermetic pole that places the highest manifestation of yourself and others at the top of the pole, with the least at the bottom. As you physically lift up your eyes, you are lifting your vibration to that higher manifestation. “Myself” comes first because once you hold yourself in the Divine Light, it is easier to place everyone else there with you.
- This prayer assists in the creation of self-healing and can be shared with anyone.
- **It is recommended to read this prayer aloud from the printed words** because it is energetically more dynamic and activates more parts of your brain to see, hear, and speak these words, rather than reciting silently from memory. However, it can be read silently or recited from memory when required.
- You might like to read this prayer rather slowly, pausing to breathe and absorb at the end of each sentence.
- It may bring up strong emotions, glimpses of this life or others, memories, etc. Just keep repeating it until you feel calm and complete.
- A glitch in reading or speaking a sentence can indicate thoughts or emotions have come up for clearing. Repeat until you can read it through smoothly while remaining deeply connected to what is present in each word of each sentence.
- As a general rule of thumb, it might be read three times. The first time you may find you are just reading. The second time you can become more connected with it. The third time you are focused and deeply experiencing all that it offers.
- If your Records recommend you say the Prayer of Forgiveness, ask them for how long with how many repetitions each time. They will know what will be most effective for you with that particular issue.

## **INTEGRATION PROCESS # 5: SIMPLE TWO-STEP FORGIVENESS PROCESS**

Access your Records:

### **Step 1:**

Ask your Records by reading aloud this question:

***“Who can I most benefit by forgiving?”*** (A particular person or yourself?)

### **Step Two:**

If you are ready to forgive the person suggested by your Records, then ask your Records:

***“How do I forgive this person?”***

Then complete whatever is suggested with the assistance and support of your Records.

### **Akashic Tip**

**To work most effectively in the Records:**  
***Practice, Practice, Practice! And be curious!***



## **SEQUENTIAL QUESTION INTEGRATION PROCESSES**

The following are two great examples of how to work with a challenging issue by asking your Records a series of sequential questions. Start by opening your Records.

### **INTEGRATION PROCESS # 6: PRAYER OF FORGIVENESS INTEGRATION PROCESS**

*If you are unsure about whom to forgive, begin this process by asking your Records: “Who or what could most benefit from my forgiveness at this time?” Then proceed.*

1. What disturbs me about this person / situation?
2. What is their part in this?
3. What is my part?
4. What did I learn from this person / situation – about them and about me?
5. What am I willing to forgive and release now?
6. Read aloud the Prayer of Forgiveness until you are complete with it.
7. Then spend some time feeling the healing energy that comes through from the Records about this person / situation.
8. This process is now complete – unless you want to look at and trace this pattern back to its original source. Let your Records guide you to follow all the threads / buttons.

### **INTEGRATION PROCESS # 7: “EVERGREEN PROCESS”**

*“Evergreen” means you can access your Records and come back again and again to do this one Integration Process. Each time a different situation or question(s) will present.*

1. Describe the situation or write your question(s).
2. What guidance or understanding can my Records offer?
3. What is beneficial for me to release? Is this an issue from my current life, other lives, ancestral, or all the above?
4. What could I forgive in myself? In another? Say Prayer of Forgiveness?
5. What healing energy can I receive for my highest good? Fortify this with Heart Integration.
6. What guidance or understanding can you give me to help me move forward now?

#### **Akashic Tip**

**To work most effectively in the Records:**

*“Trust, Feel, Forgive, Practice!” ~ shared by Terry Maluk, Akashic Graduate*

## **WRAP UP + HOMEJOY**

- Recommended but not required after each Section: Baking soda and sea salt bath.
- Tonight and each night this week, before you go to sleep, please open your Akashic Records. Then state aloud: “I welcome my Records to work with me tonight as I sleep to integrate all I have experienced during this section and to prepare me for the next section.” Close your Records. Sleep well!
- **Review pages 37 - 42 of your Manual.**
- Integration Process # 6: Complete the **Prayer of Forgiveness Integration Process on page 41**: Continue with your original person / situation suggested by your Records or discover a new one and explore that one with this process. Ask your Records about how to best use the Prayer of Forgiveness for this week to forgive what you discovered from your Records. Was it easier and more potent using your Records to help you navigate a forgiveness process this time?
- Integration Process # 7: Complete the **Evergreen Process on page 41**. Do you now see why this is a great process to cover many of the basics when exploring your Records?

## **TAKE AWAYS**

Christy

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Valerie

Wendy

Will

Sandra

You

## **SECTION SIX**

### **Activation of our Sacred Space**

- Heart Integration
- Heart Light Circle – connecting with all participating
- I invite you to silently place yourself in our Circle and then any others that you request prayers for.
- I invite you to silently activate your current learning intention and place it in our Heart Light Circle if it feels appropriate for you.
- Once again we welcome our personal Records, the Group’s Records, the Divine, all Highest Beings of Light who are here, and whatever is Sacred and Holy to you (silently add yours). We thank them All for their loving assistance.

### **To Request the Guidance of Your Records when “Chatting”**

- Access Your Records.
- Make the following request, or you can use your own words:

*“I now request the guidance of my Records – as we are “chatting” together. Bring to me the questions and comments that are most relevant and important for me to share during our time together today. Thank you.”*

#### **Akashic Tip**

**“Cry to release, laugh to heal.”**

From the Records of an Unknown Graduate

## **YOUR INTUITION VS YOUR AKASHIC RECORDS**

### **Integration Process # 8: PART ONE: Receiving Guidance Intuitively**

*If you need more room to journal, you might like to use the back of the previous page or your notebook. You can just write the number of each question – there is no need to write the question again unless it helps you to focus and receive.*

**Part 1:** Use your **INTUITION** plus what you already know about yourself, and write down your answers to the following questions:

- 1. *What part of me is longing to be cherished? How well do I cherish myself? Others? Welcome the Divine to cherish me?***
  
- 2. *What level of my being (physical, emotional, mental, or spiritual?) is most challenged when this part of me does not feel cherished? How does this manifest?***
  
- 3. *What holds me back from being comfortable with receiving more awareness that I am cherished through all levels of my being?***
  
- 4. *What can I do right now to expand my ability to cherish myself, so I can gracefully receive more cherishing from others and the Divine?***
  
- 5. *How do I feel about this part of me now?***

Continue on next page.

## **INTUITION VS YOUR AKASHIC RECORDS (CONT.)**

### **Integration Process # 8 (cont.):**

#### **PART TWO: Receiving Guidance from Your Akashic Records**

**Part 2:** When complete with using your intuition, and at your own speed, **ACCESS YOUR RECORDS** and ask your Records the following questions. (Remember to be aware of all your clair senses + clair knowing. Write down whatever you experience.) When you are finished, please leave your Records open. I will let you know when our time is complete.

- 1. *What part of me is longing to be cherished? How well do I cherish myself? Others? Welcome the Divine to cherish me?***
  
  
  
  
  
  
  
  
  
  
- 2. *What level of my being (physical, emotional, mental, or spiritual?) is most challenged when this part of me does not feel cherished? How does this manifest?***
  
  
  
  
  
  
  
  
  
  
- 3. *What holds me back from being comfortable with receiving more awareness that I am cherished through all levels of my being?***
  
  
  
  
  
  
  
  
  
  
- 4. *What is the Divine Direct Action (DDA) my Records can take me through right now to expand my ability to cherish myself, so I can then gracefully receive more cherishing from others and the Divine?***
  
  
  
  
  
  
  
  
  
  
- 5. *How do I feel about this part of me now?***

## **WRAP UP + HOMEJOY**

- Recommended but not required after each Section: Baking soda and sea salt bath.
- Tonight and each night this week, before you go to sleep, please open your Akashic Records. Then state aloud: “I welcome my Records to work with me tonight as I sleep to integrate all I have experienced during this section and to prepare me for the next section.” Close your Records. Sleep well!
- **Review pages 43 - 48 of your Manual. Please have your Records open, ready for Akashic Chat Time, when you begin Section Seven.**
- Integration Process # 9 or #10 (See pages 47 & 48): Without looking, ask your Records which of these two Integration Processes would be best for you to explore now. What do your Records recommend - #9 or #10? You may choose to complete the entire Integration Process in one sitting or take one question at a time. Access your Records each time you explore this set of questions.
- Access your Records and ask them anything you would like – something you have been eager to explore! Or complete the second Integration Process offered.

## **Take Aways**

Christy

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Will

Sandra

You

## **INTEGRATION PROCESS # 9: EXPLORING YOUR RECORDS – INTEGRATION TIME**

This Integration Process gives you the opportunity to integrate all you have learned about accessing and exploring your Records during this training. When you are ready, access your Records using the Method to Open, beginning as always with Heart Integration. Take a moment to be aware with all your clair senses + claircognizance. You might journal drawings, feelings, and/or words – whatever is appropriate.

1. **“What deathbed promise or vow have I made in another lifetime, related to refusing to access my Divine Guidance that is no longer serving the highest good?”** Write down what you receive. Guided by your Records, access Heart Integration to **release** anything about this promise or vow that is no longer serving the highest good. You might like to include “known and unknown” in your prayer / intention.
2. **“What negative inherited family beliefs, fears, or statements do I have about trusting my Divine Guidance?”** Guided by your Records, use Heart Integration to discover and then release any ancestral issues about your new connection with the Divine through your Akashic Records.
3. **“How could activating the Prayer of Forgiveness help me to bring healing and peace to the above past life and ancestors?”** (Prayer is on Page 26.) Write down what benefits are available. When ready, read the Prayer of Forgiveness aloud from your heart to forgive yourself during the past life and any ancestors.
4. **“What, if anything, in my subconscious mind could hinder me from easily integrating (with my own modality – if appropriate) all I have learned about accessing and exploring my Records?”** Write down what you receive. Then ask: **What can my Records guide me through to clear this right now?”** Follow the process they give you – it might be using Heart Integration, forgiveness, or something else.
5. **“How can my Records support me as I continue to explore my Akashic Records?”** (This is an opportunity for your Records to communicate with you about this new skill you are learning.) Write down what you receive. Thank your Records for their support. Use Heart Integration to **activate** the loving support of your Records as you embark on this next part of your Akashic journey.

**CLOSE YOUR RECORDS WHEN YOU ARE COMPLETE.**

## **INTEGRATION PROCESS # 10: EXPLORING YOUR RECORDS – INTEGRATION TIME**

This Integration Process gives you another opportunity to integrate all you have learned about accessing and exploring your Records during this training. When you are ready, access your Records using the Method to Open, beginning as always with Heart Integration. Take a moment to be aware with all your clair senses + claircognizance. You might journal drawings, feelings, and/or words – whatever is appropriate.

1. **“What is my heart song – what I’d love to sing or say to my Inner Child?”** Write down what you receive.
2. **“What negative inherited family beliefs, fears, or statements do I have about trusting my heart? What past lives hinder me in trusting my heart?”** Guided by your Records, use Heart Integration to discover and then release with Divine Direct Action any ancestral issues and/or past lives affected by your new connection with the Divine through your Akashic Records.
3. **“How could activating the Prayer of Forgiveness help me to bring healing and peace to the above past lives and ancestors?”** (Prayer is on Page 25.) Write down what benefits are available. When ready, read the Prayer of Forgiveness aloud from your heart to forgive yourself and others during the past lives and any of your ancestors.
4. **“What, if anything, in my subconscious mind could hinder me from easily integrating (with my own modality – if appropriate) all I have learned about accessing and exploring my Records?”** Write down what you receive. Then ask: **What can my Records guide me through to clear this right now?”** Follow the process they give you – it might be using Heart Integration, forgiveness, some process you know, or something entirely new to you.
5. **“How can my Records support me as I continue to explore my Akashic Records?”** (This is an opportunity for your Records to communicate with you about this new skill you are learning.) Write down what you receive. Thank your Records for their support. Use Heart Integration to **activate** the loving support of your Records as you embark on this next part of your Akashic journey.
6. Sing or chant your heart song to your inner child one more time. Is it different now? Visualize, sense, know or affirm all – known and unknown – that these sounds and/or words bring to your physical, emotional, mental, and spiritual bodies.

**CLOSE YOUR RECORDS WHEN YOU ARE COMPLETE.**



## **SECTION SEVEN**

**Note:** Please have your Records open before beginning this section.

### **ACTIVATION OF OUR SACRED SPACE**

- Heart Integration
- Heart Light Circle – connecting with all participating
- I invite you to silently place yourself in our Circle and then any others that you request prayers for.
- I invite you to silently activate your current learning intention and place it in our Heart Light Circle if it feels appropriate for you.
- Once again we welcome our personal Records, the Group’s Records, the Divine, all Highest Beings of Light who are here, and whatever is Sacred and Holy to you (silently add yours). We thank them All for their loving assistance.
- If you would like, please silently repeat after me our request to our personal Records for support during our Akashic Chat Time:  
*“I now request the guidance of my Records – as we’re “chatting” together. Bring to me the questions and comments that are most relevant and important for me to share during our time together today. Thank you.”*

### **AKASHIC CHAT TIME**

Discussion about HomeJOY designed to bring all of this Akashic Training together for you. Since these two Integration Processes (# 9 & 10) bring a wide range of Akashic possibilities to your attention, I have given us extra time to share about this. Who would like to start us off?

## **INTEGRATION PROCESS # 11**

### **Accessing Your Records to Enhance your Personal Spiritual Practice and/or Divine Communion**

- We have been asking our Records questions and journaling (some of us even painting), which are all wonderful. However, some of you may already have discovered there is still another way you can interact with your Records.
- You can also access your Records with no agenda other than to be still – to go into the silence, the Oneness and to go deeply within. This is what the Records have to say about this:
- *“When you enter your Records with no other purpose than to be present and to listen, you open to receive whatever you hadn’t thought to ask for. This could be healing energy, inspirations, guidance, and communion. This is a rich process to grow and enhance your vibration and a compelling enlightenment method.”*
- **Instructions:** “Activate Heart Integration and ask the Divine to center you as you open. Then quietly complete the seven steps of the Method to Open. Then do as the Records invite you: *“simply be open to receive whatever is ready to flower within you, to be delighted, surprised, graced, and inspired.”*
- We will then spend the remainder of the **10 minutes** with our Records welcoming them to be present with us for our highest good.
- (If you do not feel complete with the ten minutes allowed for this Integration Process, you can continue this at another time on your own.)
- I will announce when the 10 minutes is complete so you do not have to watch the time – just relax.

## **SUGGESTED, BUT NOT REQUIRED, READING**

- *“Science & the Akashic Field – An Integral Theory of Everything”* by Ervin Laszlo
- *“The Akashic Experience”* by Ervin Laszlo
- *“How to Read the Akashic Records – Accessing the Archive of the Soul and Its Journey”* by Linda Howe
- *“The Akashic Records – Sacred Wisdom for Transformation”* by Ernesto Ortiz
- *“Edgar Cayce on the Akashic Records – the Book of Life”* by Kevin J. Todeschi
- *“Akashic Field Affirmations”* by CJ Martes
- *“Divine Magic – The Seven Sacred Secrets of Manifestation”* by Doreen Virtue, Ph.D.
- *“Journey of Souls – Case Studies of Life Between Lives”* by Michael Newton, Ph.D.
- *“The Divine Matrix”* by Gregg Braden

## **IMPORTANCE OF REFRESHING THIS TRAINING AND MORE:**

I hope you will come back to “refresh” this Akashic Training Package by listening to the entire series again when the time is right. (You can ask your Records when that might be – right away or after you have been exploring your Records for a month, six months?) Refreshing brings you the opportunity for a deeper, more profound learning experience, as you already know how to access your Records. You can sit back and relax!

If you would like to be a LIVE participant on another Audio series so you too can ask your questions and join us for the lively discussions, contact me about upcoming dates and the fee. **Please see the Schedule tab at AkashicFocus.com for more details.** (All subsequent versions of this training will be recorded but will only be released to the active participants. This is my only version of the online Akashic Training – Module A.)

If you have been accessing your Records regularly and comfortably for a while, you desire more AND you have received the support and encouragement of your Records to proceed, then I invite you to contact me about the possibility of taking your next Akashic training step – **accessing for Others** – which currently requires your physical presence.

## **WRAP UP + HOMEJOY**

- Recommended but not required after each Section: Baking soda and sea salt bath.
- Tonight and each night this week, before you go to sleep, please open your Akashic Records. Then state aloud: “I welcome my Records to work with me tonight as I sleep to integrate all I have experienced during this section and to prepare me for the next section.” Close your Records. Sleep well!
- **Review pages 53 - 63 of your Manual. Please review the entire manual, making notes of any questions you may have remaining about any facet of this training. Noting page numbers is very helpful so we can all follow along. The next section will be your last opportunity to ask these questions!**
- **Optional - Revisit Integration Process # 8 – Intuition VS the Akashic Records** with a different topic (or one the Records offer). So instead exploring “cherishing” explore a new topic first with your intuition and then use the same questions for your Records (with the addition of the request for Divine Direct Action). What did you discover this time?
- Optional – Choose one of the Bonus Integration Processes from the Appendix.

## **TAKE AWAYS**

Christy

Jennifer

Valerie

Wendy

Will

Sandra

You

## **SECTION EIGHT**

Please have your Akashic Records open prior to this – our final section.

### **ACTIVATION OF OUR SACRED SPACE**

- Heart Integration
- Heart Light Circle – connecting with all participating
- I invite you to silently place yourself in our Circle and any others that you request prayers for.
- I invite you to silently activate your learning intention and place it in our Heart Light Circle if it feels appropriate for you.
- Once again we welcome our personal Records, the Group’s Records, the Divine, all Highest Beings of Light who are here, and whatever is Sacred and Holy to you (silently add yours). We thank them All for their loving assistance.

## **INTEGRATION PROCESS # 12: WHERE DO I GO FROM HERE?**

What you discover in this Integration Process is private between you and your Records. You may like to have some time to see how what you receive resonates with you. Therefore, we will not be discussing this together.

We will have 15 minutes for this process. I will let you know when to wrap up.

Please take a moment to reconnect with your Records with greater awareness. Heart Integration may be beneficial to you for this purpose. Once you are in front of the Divine, ask to the Divine to fully refresh your connection to your Records for the following Integration Process.

Once you feel well connected to your Records, ask your Records any or all the following questions by reading them as a group. Journal what you receive.

- ***“What are my next steps on my Akashic Journey?”***
- ***What would be the recommendation from my Records for the best way for me to continue exploring my Records after this Akashic training?***
- ***Where do I go from here?***
- ***What personal project could I explore with my Records on an ongoing basis?***
- ***How could I begin?***
- ***What’s important about all this for me now?”***

If you are comfortable, please leave your Records open!

### **Akashic Tip**

Once you have your questions – release them to your Records.  
(Do not attempt to work out the answers yourself.)  
Just be **curious** and open to receive with all your “clairs.

## **INTEGRATION PROCESS # 13: BLESSING**

### **FROM THE RECORDS OF THE AKASHIC RECORDS INTEGRATION PROCESS**

**Definition:** What is a blessing? It is something sacred – a blessing can be approval, permission, encouragement, consent, grace, consecration, or benediction. A blessing may be perceived as – a word or group of words, a thought, a sound, a scent or fragrance, a symbol, a taste, a vision, a feeling, a healing, or anything else.

~~~~~

These Records are here waiting to bless you. So let us begin.

**Read:** “Breathe and relax. (Pause.) Connect more deeply now with your Records, and relax into their loving energy. (Pause) Repeat silently after me: ***With gratitude, I now request my personal blessing from the Records of the Akashic Records Integration Process.***”

**After 5 minutes read:** “Gently breathe the blessing you have just received into all the levels of your being. (Pause.) Now ask your Records, angels, and your highest guides to help you to energetically share this blessing with all the others taking this Akashic training, those people who are dear to you, and even the earth and all life.” (Pause)

**Read:** “Now take a little time to share the blessing you received with all those who you find to be a challenge to you, all those running for office in any party, all those who have positions of authority, and any others you choose to include.” (Pause.)

**Read:** “I invite you to return now to the original blessing you received a few minutes ago from the Records. Consciously connect again with Heart Integration – breathe in the Love, Light, Grace, and Healing of the Divine. (Pause.) Breathe your personal blessing into all levels of your being. Take it now to a deeper level than you were able to absorb the first time. (Pause.) Breathe this blessing in for a final time, and through your intention, let this blessing be who you are, today and every day. And So It Is.”

(I have included how to do this here in case you would like to request a blessing from time to time from your own Records, using a similar format. Please customize with the help of your Records prior to using on your own.)

### ***"LEARN TO ACCESS & EXPLORE YOUR RECORDS" TRAINING FEEDBACK***

You will receive this survey separately as part of this program. Please complete within the next two weeks for your impressions will be fresh. Your comments and suggestions greatly help me to make future Akashic Trainings like this even better!

### **PRESENTATION OF CERTIFICATES AND CONGRATULATIONS**

*"I welcome you to the Akashic Field.  
May you remember you are always in the Light of the Divine."*

### **FINAL WRAP-UP TIME with FINAL TAKE AWAYS**

Since this is our last time doing this, I will give you a moment to write down whatever BRIEF statement you would like to remember and to share that captures where you are right now at the end of learning to access and explore your Records.

Christy

Jennifer

Valerie

Wendy

Will

Sandra

You



## **CLOSING OUR SACRED SPACE:**

Please bring your attention back now to our Heart Light Circle. Reconnect with the flow of Light around the circle for a couple of times (pause). Please join with me now as we thank the Records and all Highest Beings of Light who have supported and assisted our learning process through this entire learning process. And it is with great gratitude we now release our Heart Light Circle, all our prayers, and intentions to the Divine.

Then as this energy circles back to you one last time, disengage now and bring your focus back just to your personal Heart Light. Notice how bright it is! Feel that expanded connection from all that you have experienced!

Bring all parts of you back to yourself, completely releasing all other connections.

Thank you once again for your focus, your dedication, and your enthusiasm!

Until we meet again when you refresh this training or join me for another – may you always live in Radiance and Love and remember that you walk in the Light of the Divine.

## **APPENDIX**

### **REFERENCE SHEET FOR WORKING IN YOUR AKASHIC RECORDS**

#### **AKASHIC ALLIANCE™** **METHOD TO OPEN** **PERSONAL AKASHIC RECORDS**

- Step 1: Center yourself. State aloud, ***"I, (state your name), step into the Light of the Divine."***
- Step 2: Make a heart connection within yourself. State aloud, ***"I open my heart center."*** Envision a light within your heart center. Allow it to fill your heart center.
- Step 3: State aloud, ***"I open my crown center."*** Now imagine this light streaming up from your heart center, and through and extending out your crown center.
- Step 4: State aloud, ***"Divine Wisdom please open me to my Akashic Records."***
- Step 5: State aloud, ***"I center myself in Divine Connection and align my Heart Light with all that is holy and pure. I am open to receive all that is given for the highest good in truth, love, and compassion."***
- Step 6: Visualize, sense, know or affirm that your Heart Light is rising to the highest level of union with All That Is.
- Step 7: Declaration: ***"I am now connected to my Akashic Records in Love, Light, and Truth."***

#### **AKASHIC ALLIANCE™ HEART INTEGRATION**

*This process is an ever-evolving process, so you may experience different things at different times. It will bring whatever is for your highest good at that moment. Standing may be helpful at the beginning.*

1. Place one or both of your hands on the center of your chest – your heart center.
2. Take several full breaths and relax.
3. Become aware of:
  - a. The warmth or coolness of your hand as it rests gently on your chest.
  - b. Every cell of your body
  - c. Every level of your being (physical, emotional, mental, and spiritual)
  - d. Your Heart Light focused in your heart center.
4. Allow your Heart Light to merge with All That Is.
5. **From there simply receive or request Divine Assistance. Heart Integration will bring whatever is for your highest good.**

~~~~~

#### **AKASHIC ALLIANCE™** **PRAYER OF FORGIVENESS**

***(Center yourself.)***

"I step into the Light of the Divine where all things are possible. I move into the Love of the Divine and I open my heart center.

I choose to live every moment in the Grace of the Divine with an open heart and a peaceful mind. I know forgiveness makes this possible.

Today I forgive and release all pain, known and unknown, through all levels of my being, through all times and all dimensions for the highest good of all.

"I bless and release all illusions of wrongness. I lift up my eyes and see myself and others as pure reflections of Divine Light and Love."

## SUPPLEMENTAL AKASHIC INFORMATION

### Heart Integration Sample Prayer

The following prayer did not come directly from the Akashic Records. It is just one way to work with Heart Integration until you discover your own prayers.

*"I welcome the Divine to release from me now anything that would hinder me, known and unknown, from (state what you want to achieve). I know this is released now by the Love and Grace of the Divine from every level of my being (physical, emotional, mental, spiritual, etc.), through all times and all dimensions. I breathe in this Divine Energy and allow it to fill me, heal me, and bless me. I give thanks for this, as I know it is already done. And So It Is." Breathe and relax.*

### Akashic Alliance™ Cleansing Prayer

This prayer can be said on its own or prior to the Prayer of Forgiveness. Please read aloud for full benefit.

*(Pause to center yourself with Heart Integration.)*

"Whatever shock or trauma I hold in my heart and soul, I surrender now.  
Whatever blocks my peace, I surrender now.  
I know that love and peace are mine to hold.  
Whatever keeps me from experiencing the love and peace my heart is meant to have,  
I willingly and gratefully release to the Light of the Divine.  
It is washed away by the beauty of forgiveness,  
And I am restored to a perfect state of grace, peace, and love.  
And so it is!"

### Akashic Alliance™ Invocation

You may adapt this prayer to work with one other person or a group of two or more – either in the Records or in meetings. Please read aloud for full benefit.

*(Pause to center yourself with Heart Integration.)*

"Let it be a **blessing** for us to be together.  
Let it be a **joy** for us to be together.

Let us **accomplish amazing things together** with grace and ease each time we meet.

Let us be **patient** with each other.  
Let us **truly, deeply, and lovingly hear** each other.

Let us all be **firmly anchored in the Light and Love of the Divine** when we come together.  
Let us come together **refreshed and ready to work** for the highest good of all.

Let us automatically be Divinely brought into the **highest resonance we can sustain** with the Divine and the Records each time we meet.  
May this Divine Resonance continue to **strengthen, deepen, and lift us** each time we meet."

## **BONUS INTEGRATION PROCESS: EXPLORING THE CONCEPT OF SENTENCE COMPLETION WITH YOUR RECORDS**

- This Integration Process helps you to understand how to take information from a source to which your Records guide you. You might use it in the same way the source does (incorporating your Records for their assistance), or you might be guided to use it in an entirely different way. Be open to the guidance of your Records throughout the whole process.
- There is an interesting book of sentence stems constructed for various topics that you might like to explore: “To See What I See and Know What I Know – a guide to self-discovery” by Dr. Nathaniel Branden.
- I invite you to write down in your journals the first set of sentence stems – leaving a half page blank under each one for the answers.
- Read the first incomplete sentence and sentence. Let your Records complete the sentence for you with at least five different endings (10 is ideal!) as you journal their responses.

1. ***“As I learn to receive from my Records . . .”***
2. ***“As I become more sensitive to what my Records can share with me . . .”***
3. ***“As I learn to honor my own wisdom . . .”***
4. ***“As I gain the courage to live from the perspective of trust . . .”***
5. ***“If my best and clearest moments turn out to be what life is really all about . . .”***
6. ***“If I gave myself permission to make mistakes . . .”***
7. ***“When I am ready to fully see and know what my Records have to share with me . . .”***
8. ***“As I breathe deeply and feel my own power . . .”***
9. ***“When I look back at the distance I have traveled since beginning to learn how to access and explore my own Akashic Records . . .”***
10. ***“Right now it seems clear that . . .”***
11. ***“My Records are helping me to become aware ...”***

## **BONUS INTEGRATION PROCESS: HOW TO CREATE DYNAMIC QUESTIONS**

- This Integration Process is designed to show you how to create a question from a topic that interests you.
- What is up for you in your life right now? **The common areas generally are: Career or Your Business, Dreams, Relationships (work, family, significant other, or personal development), Health, Finances / Abundance, Life Direction, Place of Residence.**
- Find a topic you are curious to access or ask your Records to give you your most significant topic for this process if you are not sure what it is.
- This topic can have a clearing/releasing/healing aspect or it can focus more on enhancement/ building blocks/ and achievements. Remember – what you focus on – grows.
- Once you have your topic, ask your Records to create a question or series of questions about it. Write them down. Remember to just be curious!
- Once you have your questions from your Records, and you have the time, then go back to each question and receive whatever your Records bring to you about them.
- To recap: You will be receiving a series of questions from your Records about what is important for you in your life right now. You may or may not have time to explore them in the Records. The main purpose is to have the opportunity to create your own questions with the assistance of your Records.

## **BONUS INTEGRATION PROCESS: SHARING GROUPS OF QUESTIONS WITH YOUR RECORDS**

This is an Integration Process where once you have the answer to the first question, the remaining questions do not have to be answered in a linear fashion. This means you can give the remaining four questions to your Records by reading them aloud as a group. My term for working with questions in this manner is “gestalting in the Records”. You just give them all the questions as a group and then see where they take you. This helps you to cover more Akashic territory more quickly and more deeply.

- “What is essential in my life at this time?”
- “How has it impacted my life?”
- “Why is this important for me?”
- “How do I feel about this?”
- “What am I now to do with this?”

## **BONUS INTEGRATION PROCESS: DISCOVERING A FRESH PERSPECTIVE**

Access your Records. Receive an experiential one-minute Open Heart meditation as guided by your Records. (This is not questions or journal work, just an opportunity to be open and receive while you are in your Records, as we have done together during the training. This time you will be able to facilitate this for yourself. When complete ask your Records the following questions:

- “What major life achievement have I experienced that my Records can help me to explore now?”
  
  
  
  
  
  
  
  
  
  
- “What did I learn at that time that’s important to me now?”
  
  
  
  
  
  
  
  
  
  
- “How can now I incorporate that wisdom into my Akashic work?”

## **BONUS INTEGRATION PROCESS:**

Ask your Records this great question. Be curious!

***Q. What is my strength in these early days as I further expand my knowledge and understanding of how to explore and work in my Akashic Records?***

or perhaps this one:

***Q. What is my empowerment in the Records?  
What is my key to my empowerment?***

## **OUTLINE OF AKASHIC STUDY BUDDY PROCESS**

Having an Akashic Study Buddy you meet with by phone on a monthly basis is a great way to ensure you'll be accessing your Records at least once a month AND brings you wonderful new questions to ask your Records that you might not have thought to ask on your own. Those who choose to work regularly with a Study Buddy often progress in the Records more quickly than those who chose to remain solo learners. I encourage you to explore this concept. You can always ask your Records to bring the best Study Buddy to your attention through the Akashic Alliance Monthly Gatherings.

1. Once you have found someone who would like to be an Akashic Study Buddy with you, agree on the date and length of time you will be together each month – usually about an hour or 90 minutes.
2. Before you meet, access your personal Records and ask:  
**"What are the three best questions for me and \_\_\_\_\_ (name your partner) to work on in our time together this month?"**
3. **Before your arranged time, access your Records so** you will be ready to go exploring right away.
4. Once you are on the call, exchange questions (so you both have SIX identical questions to work on privately). Agree on a comfortable time to complete for you both to complete these questions with your own Records. You can then hang up.
5. Ask your Records the questions and journal what you receive, doing any clearing if required. Then, with your Records still open, call back and share what you have received.
6. Do take some time at the end of each call to "Akashic Chat" a bit with your Records still open for depth and so you can get to know each other a little better.

## **HEART OPENING & HEALING MEDITATION FROM THE RECORDS**

(About 10 minutes.)

Please take everything off your laps. Take a full breath and relax. At any time you can let your eyelids softly float down over your eyes or you can leave your eyes open – whichever helps you to focus on connecting with your heart.

Connect with Heart Integration, gently and comfortably and center yourself by taking another full breath. (Pause.) As you do this, know that Divine Light is now flowing through all levels of your being with your permission, to release from you anything that could hinder your ability to be centered and focused during this entire meditation. Take a deep breath and as you exhale, allow yourself to relax more deeply into the energy available to you through Heart Integration. Know you have all the time you need.

Become aware now, if you like, that you are stepping into the Light of the Divine. (Pause.) However you perceive or sense this Light of the Divine is just perfect. As you step into this Light, you know you are now Divinely Protected and Assisted in all that you do. You realize you are in a safe place where it is possible for you to release, heal, and transform and that everything you experience here is for your highest good. Breathe in this Light of the Divine, welcoming it in every level of your being.

From your vantage point standing now in the Light of the Divine, bring your attention back to your heart center, taking a full breath as you relax. As you focus on your heart center, you easily become aware of the energy of the Divine as it now blossoms ever so softly in your heart. . . . Allow the Light of the Divine to assist you with this. . . . Perhaps you sense this energy as tingling or warmth. Perhaps you imagine it as vivid colored Light. However you perceive this awareness of Divine Energy in your heart center is just perfect for you.

Visualize, sense, know or affirm that Divine Light is now focused in your Heart Center – the energetic bridge where your physical self connects with your spiritual body.

Breathe this Divine Light into your heart and relax. And once again, breathe in this Divine Light through your heart and now allow your heart to relax and gradually open as far as is comfortable for you at this time – knowing it is receiving the unconditional and limitless love of the Divine. . . . Allow Divine Love to show you how loveable you really are, regardless of your perceived imperfections. . . . Take a moment here to notice Divine Love also augments and expands your Heart Light, the energy of your heart.

Breathe in again – this time knowing your heart is now receiving whatever healing, known and unknown, you are willing and able to receive at this time. Rest here in your ever-expanding Heart Center and simply allow Divine Light to surround you and heal you in ways that have not been possible for you before. If you like, you can also request whatever specific healing you desire, knowing it is being done in Divine Perfection even as you ask.



Take a few moments now to experience all that is happening within your Heart. (Long pause directed by the Records.)

Visualize, sense, know or affirm that your Heart Light is now expanding and rising to the highest level of union with All That Is. Allow yourself to make an even stronger conscious connection with the Divine through your Heart Light. (Pause.)

With your connection to the Divine still strengthening, perhaps you are even feeling gratitude for how easily and comfortably your heart has been able to expand, for the healing you have received, and for the transformation that has occurred. Breathe in this wonderful Divine Energy deeply again and allow it to flow now through all levels of your being through all times and all dimensions while it gently supports this new experience of your heart. Know that each time you say the words, **"I open my Heart Center"** all you have just done here today will reactivate, helping you to open your heart and expand your Heart Light more and more each time. Know that whatever you have done in this meditation today is just perfect. And so it is.

Coming back now with the Light of the Divine still surrounding you and within you as it always is, gently move into awareness of your whole body, sitting here with us. Become aware of where you are. And when you are ready, and in your own time, gently open your eyes with alert awareness and stretch if you like.

## **BRIEF HISTORY OF THE Akashic Alliance™**

The co-founders of the Akashic Alliance™ would like to take this opportunity to thank their teachers from the *Akashic Records Consultants, International (ARCI)* for introducing us to the Akashic Records.

After **Nancy Ring** and **Sandra Gelinas** worked together in the Records on their own personal growth for a while, we became aware our Records were inviting us to teach people how to open their Records. Naturally, we thought this meant completing the ARCI teacher-training program. Much to our surprise, we discovered that this was not to be our path. Instead, our Records asked us to bring forth a new method to enter the Akashic Records and a new process to teach this method to others. This amazed, and frankly overwhelmed us, as it was not what either of us had been anticipating.

At this point **Chanda Nancy Berlatsky**, another ARCI trained consultant and friend, contacted us with relevant information that she had received while pursuing other enquiries in the Records. That is when things really began to get exciting. All three of us received independent confirmation from our personal Records that we were to work together to bring forth this new process from the Akashic Records.

Therefore, in early June of 2006, we began regular weekly teleconference calls, as our schedules permitted, so the three of us – Nancy Ring in Charlotte, Chanda Nancy Berlatsky in Sedona, and Sandra Gelinas in Hendersonville – could work together. Our routine settled into doing group personal Records work in the morning to clear each of us so we could better work together in the afternoons, when we would turn our attention to the new information that was waiting for us.

Once we established the name of the process to be the **AKASHIC RECORDS INTEGRATION PROCESS**, we began to open the Akashic Records of this body of information. Gradually, it became apparent that we were being given the opportunity to do much more than teach people a new method to open their personal Akashic Records.

The **Akashic Alliance™** then came forward to expand our viewpoint from workshops, to special interest groups like artists and writers, to international tours, to research and publishing. You can see how the Records of this project guided us gently step by step, as we were ready and able to receive more of their vision.

**PERSONAL NOTES:**