

# **Hello, and welcome to Through Your Heart to the Akashic Records!**

This is an 8-Week online course designed to help you establish a connection with your Higher Self, fine tune your innate psychic gifts, and explore your Akashic Records. By the end of this course, you will have greater understanding of how your heart and Higher Self guide you, how to invoke the energy of the Higher Mind for the highest good, and how to connect with the Akashic Guides to read your records.

This course is appropriate for all levels of psychic connection as it will take you through the foundation of establishing a clear heartspace, mind, and body to activate and refine your inner psychic awareness.

Through guided practices, self guided practices, and live Q&As with Eluña, you will learn how to clear your energy body, open your third eye, and connect with inter-dimensional spaces and beings.

For those who wish to take this course, a prerequisite is building time into your daily routine to practice the methods that are taught. It is through disciplined and compassionate practice that our psychic gifts develop, and accessing inter-dimensional spaces requires this.

You will have lifetime access to all content of the course, including the Q&As, which will be recorded.

## **Necessary Materials:**

- ★ A journal and pen for reflections
- ★ A voice recording device or app on your phone (this is recommended unless you are already familiar with automatic writing)
- ★ Sacred space for your devotional practices
- ★ Sacred time for your discipline to blossom

## **Introductory Notes and Extra Learning Resources**

- ★ If any of the work listed is difficult at the time, ask for the information to come through in your dreams and give yourself spaciousness for everything you are learning to integrate into your being.
- ★ Record your dreams throughout the course, and journal about each practice and experience.
- ★ Voice record experiences in the moment and/or after.

- ★ I recommend the work and meditation practices of Dr. Joe Dispenza to maintain clear energy, hone your psychic gifts, and continue to deepen your ability to access higher consciousness.
- ★ *Life and Teachings of the Masters of the Far East Vol. 1-6* by Baird T. Spalding will expand your mind and introduce you to the teachings of living masters.
- ★ *The Four Agreements* by Don Miguel Ruiz can help to establish a good relationship with your ego and gives a simple and clear way to live life in harmony.
- ★ *The Kybalion* by Three Initiates reviews the Laws of the Universe which will help you to gain a foundation for what laws you are learning in this course and how to use them to access higher states of consciousness.
- ★ Reading the content Debbie Solaris has written on her website about galactic history can be helpful when you are first distinguishing what kind of being you are seeing and which planet you are on.
- ★ Reading the work of Dolores Cannon can give you a different perspective on what you may see, feel, or experience when accessing the Akashic Records, which can help you better understand how to discern the information that you are receiving.

## Overview

Week 1: Tuning into the Body, Heart, and Mind

Week 2: Clearing Energy and Creating Sacred Space

Week 3: Activating Your Inner Senses

Week 4: Using the Inner Senses to Travel Through Your Heart and Time

Week 5: Attuning to your Inner Guides with Your Inner Senses

Week 6: Activating Your Energy Body and Aligning with Invocation

Week 7: Working with Your Higher Self

Week 8: Calling in the Akashic Guides and Seeing Your Records

## Live Q&A Calendar

Introduction Call: Monday, Feb 3rd 5pm PST

Q&A I: Monday, Feb 17th 8am PST

Q&A II: Saturday, Mar 8th 5pm PST

Q&A III: Friday, Mar 21st 5pm PST

Q&A IV: Thursday, Apr 3rd 8am PST

Q&A V: Saturday, Apr 12th at 8am PST

Before writing to my team, please read over all the documents on this course webpage to see if your question already has an answer here. If you still need assistance, you can reach out to my support team at [support@elunanoelle.com](mailto:support@elunanoelle.com).