

# Week 8: Calling in the Akashic Guides and Seeing your Records

## Lesson 1 - The Akashic Records, Akashic Guides, and Your Inner Senses

- Calling on the Akashic Guides before entering the Records and asking them to help bring through the information that is in the highest alignment for you will support your experience in the Records and how you receive information.
- Your Higher Self and the Akashic Guides work together to bring you the information that is for your highest good.
- You will receive information from the Records based on your level of practice and through the inner sense that is the most refined.
- You may need to ask clarifying questions to understand more fully what you are receiving.
- Some ways you may experience the Records based on your most refined gift:
  - Auditory: voices, tones, audible and inaudible frequencies
  - Visual: scenes, fragments of stories, faces, energies
  - Sensing: energy, sensations, and emotions in your chakras and body
  - Energetic: all of the above and spontaneous downloads of information during or after accessing the Records
- When accessing the Akashic Records, you will want to ask for information that is in alignment with your highest good, and trust that what you receive is also for your highest joy.
- A note: Your joy is a guide to where you are able to be of the most service. For example, you may have found that you love connecting to the Angelic Realms and experience their frequencies with ease. If this is the case, continue to connect with them and refine the messages you receive. Wherever you feel the highest joy, follow it with your entire heart and know that you are being led for your highest good.

## **Lesson 2 – Calling in the Akashic Guides**

You will guide yourself through this process. Call in the Akashic Guides and ask to establish a loving connection with them. Record your experience with a timer set for no more than 40 minutes.

- a. Extension: after practicing this meditation a few times, call in the Akashic Guides, your Higher Self, and/or the Angels and discern the distinction in energy between each of them.

## **Lesson 3 – Understanding Different Levels of the Records**

- When attempting to access the Akashic Records, you may tune into the “records” of your ego, your heart, or your inner child. These can all be helpful, but you will want to know what you are seeing so you can understand the messages.
- Continue to explore your inner world and develop relationships with your inner selves.
- If you do not have information come through when working to access the Records, it is likely because your Higher Self is directing your attention to your waking life in order to bring about your highest good.

Self-Guided Practice: Ask your Higher Self to bring through a message that is in alignment with your highest good at this time. Record your experience with a timer.

## **Lesson 4 – Akashic Records Constellation**

Self-Guided Practice: Write down three possible experiences to see in your Records on three pieces of paper; fold them and mix them up.

Suggested experiences to write down:

1. An experience from your current childhood.
2. An experience that your ego wants to have.
3. An experience from a parallel life.

Choose one paper without looking, then ask your Higher Self to bring through the information that the paper contains. Voice record your experience. Afterward, check the paper to see your accuracy. Continue with this practice, increasing your accuracy and building trust with yourself and your intuition.

## **Lesson 5 - How to further your practice**

- Maintain a consistent meditation practice.
- Ask your angels and other guides (your non-physical friends) to connect with you.
- Continue with shadow and/or mirror work to witness the inner self, only giving 10% of your attention and time on this.
- Hold personal ceremonies with a clear intention and conscious preparation.
- Move through the practices included in this course, include daily intuition practices in your day to build self trust and self-confidence.
- Read books about masters and by masters.
- Look into the work of Dr. Joe Dispenza for inner healing, energy clearing, and to practice accessing altered states of consciousness.
- Follow your heart!
- Experiment, and try new things!