



Realms of Akasha

Week 10 Healing using the Akashic Records

- Bringing your Akashic records around you

You can either visit your Akashic Records or bring your Akashic Records around you.

You can bring your records when you are working on any project where you will need more time working with your records or when you are about to do a reading for someone else or when you are about to do healing for yourself/someone else.

How to bring your Akashic Records around you?

1. Do clearing energy for 7 minutes
2. Prepare your room
3. Do all preparation to connect with your records
4. Do prayer to bring your Records around you
5. Connect with your guides or just tap into any higher insights coming to you when you ask questions
6. After you finish thank your guardian and ask your guardian to close the records.

Healing with the Akashic Records

When you are about to use Akashic Records to do healing there is a couple of things to keep in mind.

- You are a soul and at the level of of the soul, there is only love. The soul itself is a being of love and light.
- Before you come on earth, you have made soul contracts with souls from your cluster.
- As you are born, you on earth you go through the human experience, you make a lot of conscious/unconscious agreements which affect your life.
- Some events/experiences create pattern that you are stuck in throughout your life.
- Healing helps to break free from those patterns



Types of Healing

1. Ho oponopono

This is a simple but very powerful prayer to heal all relationships including the relationship with yourself. When you ask your guides and they suggest the cause of your current situation, you can use this prayer to heal the relationship with yourself, with someone else or a situation. Make sure when you do it, keep repeating until you feel healing has taken place.

I am sorry

Please forgive me

Thank your

I love you

2. Forgiveness letter

Write a letter of forgiveness. You can write this to yourself as well as to some else.

This letter is to help you forgive yourself/other person for current issue and by doing that you are calling your power back to yourself.

An example of a forgiveness letter.

I, (your name) forgive you (name) for (my current situation).

I know that at the soul level you are helping me to realise (fill in the blanks).

I accept all that (name) made me feel and understand that these feelings were my own.

I accept them and I am ready to release them.

By doing that, I hereby thank you with all my heart for helping me see beyond what I could see.

I now call all my power back to myself.

With love & gratitude

(your Name)

After you have written the letter, make sure to burn it right away.



3. 21 days Healing

This is another healing you can do when there is another person involved. Write a letter to that person everyday for 21 days and in this wish all the good wishes you wish for yourself to that person. This will not only help to clear the energy between both of you but also in time, you will end up truly desiring the best wishes for this person. In the end, what you put out there will come back to you.

4. Timeline healing

Timeline healing is where your guides will guide you through 2 or 3 events in your lifetime where your current situation has been reinforced before going to the root cause of the issue. This is done to break patterns that are reoccurring in your life. So the guides will first take you to the most recent event that reinforced this pattern. You can do a healing such as breaking a conscious agreement you made with yourself. Then you will be guided to another point in your timeline where this pattern was repeated and you can follow the same healing process until you get to the root cause of the issue. In timeline healing, you can mostly rip the conscious or unconscious agreements you made with yourself or any other person. Sometimes the root cause can go back to childhood or when you were in your mother's womb or even a past life. You can do healing seeing yourself ripping the agreement when you are ready and putting it in the fire then thank the fire.

4. Combine other healing

Lastly if you feel guided to, you can combine your own healing modality with the your wisdom and following the guidance of your spiritual guides. Akashic Records are records of experiences that have already taken place and that will take place in the future. When healing you are working with past records, so there will not be any energy clashes with the modalities that you use. It is like consulting a book to see which method you could use to make the healing more effective.