



## Realms of Akasha

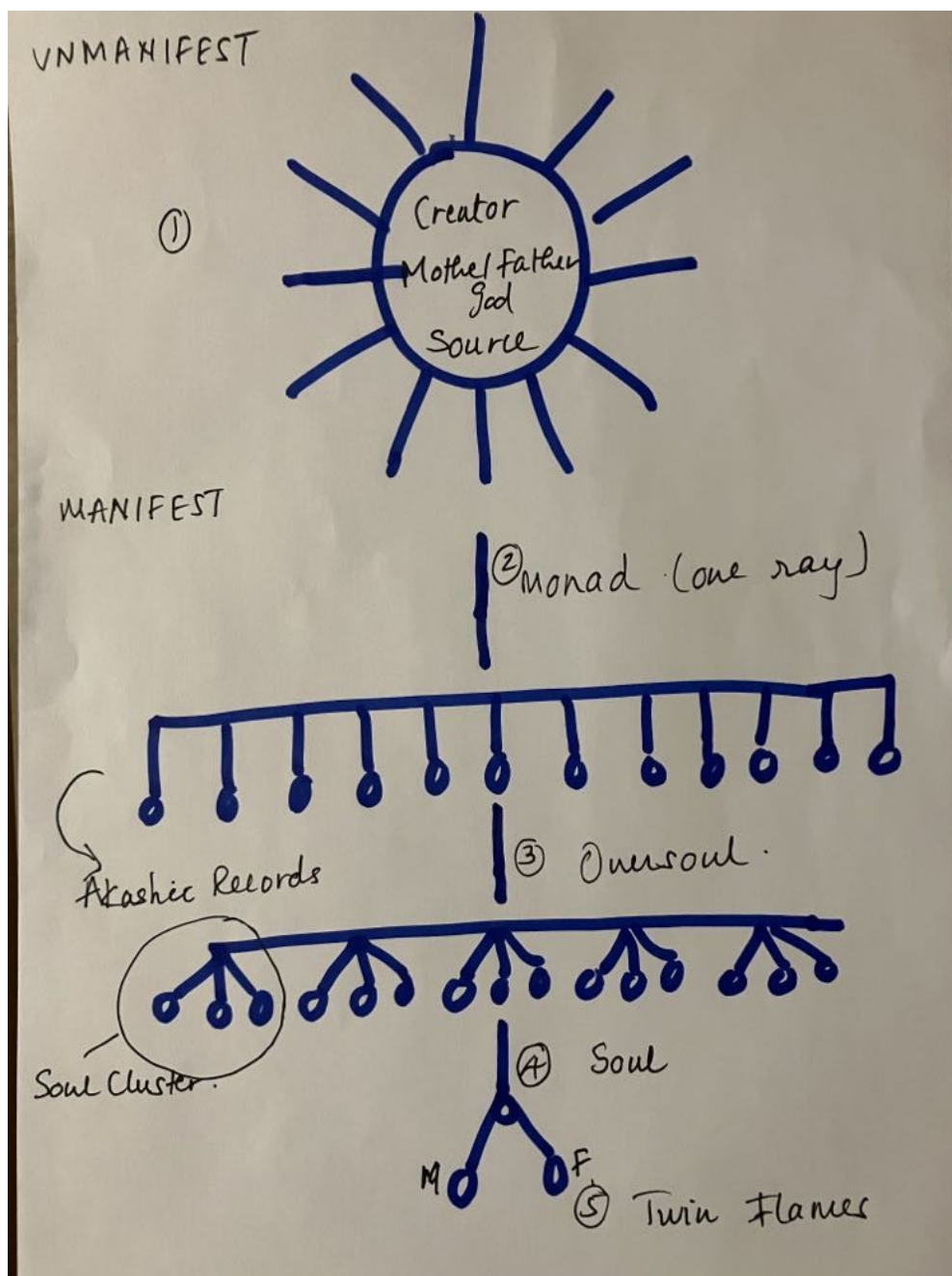
### Week 2 Incarnation, Reincarnation & Liberation

#### Incarnation

Spiritual gets into physical experience/body.

Soul cluster/soul group refers to a group of souls sharing the same frequencies.

Before incarnation we – make soul contracts and choose our body, geography & above all our life and soul purpose.





## **Reincarnation**

We reincarnate to clear karma/traumatic experiences/illnesses

(Michael Newton, Dolores Cannon, Coming Home, Brian Weiss)

As we had those experiences on earth, we come back on earth to clear them.

We also come on earth to express our gifts, talents \, serve others and having new experiences.

We experience life in the physical through our senses (sight, smell, auditory, touch, taste plus our feelings the 6<sup>th</sup> sense). This is our awareness.

When we leave earth, we take this awareness with us and all the experiences stay in our soul memory, our subconscious and the Akashic Records.

The 3D world is separated through a veil of forgetfulness and ruled by ego.

The ego is the lower mind that acts as defensive based on past experiences.

The Higher mind is that of our spiritual self/our higher self.

## **Liberation – To come out of cycle of birth and death - Ascension**

We are at the dawn of a golden age and earth wants to shed all low vibrational energies and rise.

We are here to help bring more love and light into the planet by raising our own vibrations and consciousness.

Gaining liberation is about coming to the realisation of our truth and free ourselves from the cycle of birth and death.

This is however our personal choice.

And if this is what we desire in this lifetime, we are here to fully live our life purpose/dharma/and be of service to self and others.

We can then experience life at its fullest, in balance and harmony.

Akashic Records can help us understand our purpose and clear what no longer serves us!

## **Clearing Energy Practice Practice**