



Realms of Akasha

Week 3 Requirements to access the Akashic Records

1. Creating the habit to set clear intentions in your life makes everything a lot easier as you project positive energy towards it.
 - To connect with the Akashic Records, you need to have a clear connection with higher realms.
2. Your space is sacred. As your space holds memories and energies from the past and projected future it is good to clear your space every now and then as these energies are like clouds blocking access to the sun's rays and warmth.
 - You have to clear your inner space and your outer space. Your inner space is about clearing your mind and feelings which can sometimes be conscious or unconscious.
 - Clearing your mind from thoughts or limiting beliefs that lead to judgement creates the space to allow higher insights to come to you easily. Focus on the lesson learned and on what you choose instead.
 - Clearing low vibrational feelings help to raise your vibrations.
 - Forgiveness is key to letting go.
 - Set your boundaries so you do not allow other energies into your space.
3. Your outer space is your room, home and garden and your car. Clearing your outer space also creates a clean atmosphere in your home and easy connection to the higher realms.
4. Remember to activate protection for yourself and your home.
5. Permission is required from your guardian to enter your records or when you are visiting someone else's records. Incorporation permission into your own life will bring a lot of improvement in your life in general too. Often times we hold back when we do healing or just not allowing ourselves to do something nice for us. Giving yourself full permission has a bigger impact on what you want to do. Also everyone has his/her their own space, so asking for permission to enter other's space is also important as then you know you are welcomed and no one holds any grudge against you.
6. A prayer requesting access to the Akashic Records is required.
7. Step into neutrality and be open to receive. Neutrality is about not carrying any emotional baggage from the past or projected future but focusing on the present. Your past is gone, your present determines your future. So focussing on your present is where you need to be.
8. Work on developing your intuition and always stay in the present moment.



9. Inner child connection helps us to heal the part of us that has been holding some of our unconscious issues and help us to being whole again.
10. Higher Self connection is the connection to our higher mind, the higher wisdom of your soul.
11. Once we go through these steps, we start to realign with our soul's path.

Meditation – Clearing the past you

Meditation @ 47 minutes mark

<https://youtu.be/cyPTyAKAyq4>

Homework

Clearing Energy practice

Clearing heart and mind meditation

Journal all low vibrational feelings that are holding you back and work through them