



Realms of Akasha

Week 6 Loving Awareness

Intuition is the key to interpret the messages from the Akashic Records.

Intuition is the awareness of not only what is going on outside of you but it is also what is going on within you.

The more we are open and connected to our heart space the more intuitive you become.

The Heart space is a sacred space where you can feel safe. It washes away any old conditionings.

We experience life through our 5 senses but there are more than 5 senses to receive information from. These senses are the ability to become more psychic. These senses are called clairs, also known as extra sensory perception (ESP), from which we receive insightful information.

The 4 main intuitive senses are clairvoyance, clairaudience, clairsentient and claircognizant.

Everyone has one or more dominant clair.

You can find out yours by doing the exercise below.

Exercise

1. Think about the last time you went to beach, what did you notice?
 - a. Saw the colours, sand, blue sky, green trees
 - b. Remember conversations/noises
 - c. You felt happy/sad/good/cold/hot
 - d. You learnt that you need to take extra clothes/towels
2. How do you learn best?
 - a. When information is written or visually sketched out
 - b. When information is communicated verbally— directly or via audio
 - c. Through personal experience—by doing or feeling
 - d. Through research, learning facts, and diving deeper into your own knowing
3. When you watch a great movie, what do you remember most?
 - a. The scenery/cinematography, visual effects, costumes, appearances
 - b. The score or soundtrack (your music library is full of movie soundtracks)
 - c. How it made you feel
 - d. The storyline, the characters, and the acting



4. What do others say about you?
- a. You help them see things in a unique, new way
 - b. You're a great listener and always there for them
 - c. You give excellent advice
 - d. You are loyal and trustworthy
5. Think about the last person you met
- a. You remember what they were wearing
 - b. Remember the sound of their voice or any other noise
 - c. You felt happy/upset
 - d. You remember something they mentioned that you learnt

Answers: The most number of As is clairvoyance, Bs is clairsaudience, Cs is Clairsentient & Ds is Claircognizance

Attunement – Please only do this 4 times a year as energies are higher and bron changes at this times. Please check the dates as sometimes they fall a day before or a day after.

Winter Solstice - 21st of December

Summer Solstice - 21st of June

Spring Equinox - 21st March

Autumn Equinox - 21st of September

<https://youtu.be/SLTNE50xWBY>

@ 51mins mark

Homework

Go through the clairs pdf exercise to develop your dominant clair.