Access Your Personal Akashic Record Wisdom

Course 1

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Dear Akashic Students,

Thank you for joining us in the first Akashic Record Course. In this course you learned how to open your Akashic Record and begin communicating with your Akashic Masters. This ability will change your life if you take it to heart, practice the process as taught in this workshop and listen to the guidance of your soul.

This course is created to be listened to every 4-8 days with the time in-between to practice on your own and deepen into your Akashic Record more each week. Please print out the Akashic manual and notice there is a section at the end of the manual with exercises and homework that is talked about in the weeks recording.

Printing and binding your manual will make it easy to follow along with the reading and teaching during each call.

It is best to follow with the recording and do the processes in order. During each call, I am holding the Akashic Vibration for you as you listen. This makes it easier for you to access this High vibration of the Akashic Field. Many of your questions will be answered as you listen and there is much information added that is not in the manual.

Many Blessings on your Akashic journey,
Lisa Barnett

Terms and Agreements:
In purchasing this Akashic Record program:
I understand that I am purchasing a digital product. By purchasing this product, I agree to pay the listed price in full.
I understand that upon payment, I am granted non-exclusive, non-transferable rights to use the Digital Content for my personal, non-commercial use. I also understand that I may copy, store, transfer, and burn the Digital Content only for personal, non-commercial use. I agree not to infringe the rights of the Digital Content’s copyright owner and agree not to redistribute, sell, broadcast, rent, share, adapt, license or otherwise transfer the content. This Digital content embodies the intellectual property of a third party and is protected by law. I understand I will be responsible for any legal fees which might arise and any expenses which may be incurred by Akashic Knowing School of Wisdom in efforts to obtain full payment, if I fail to meet the conditions of this Agreement.
You are encouraged to download it promptly. If you are unable to complete a download, please contact our client care team at: swamimomy@aol.com
Mission Statement

Akashic Knowing School of Wisdom is an International leader in teaching and creating resources for clarity and healing within the Akashic Records.

Vision Statement

The Vision of Akashic Knowing School of Wisdom is to connect the compassion and unconditional love of the Akashic Records field of energy to the Earth so humanity can access with ease this source of divine guidance so they may know the Truth of their Divinity.
Welcome to Akashic Knowing School of Wisdom

Akashic Knowing School of Wisdom is part of the ancient Mystery Schools of Wisdom, which are alive and continually evolving. We have been divinely guided, at this time on earth, to simplify the mystery of this divine realm; and teach mankind to access the Akashic Record for everyday use in all areas of business and life. Akashic Knowing School of Wisdom is a living expression of such guidance. The tools we offer allow for direct access to the Akashic Record.

Lisa Barnett, Founder of this divinely guided school of wisdom and love, heard the call of her soul during her first Akashic Record consultation. Prior to the time, she stumbled into the Records from a deep trance state, but couldn’t access them at will. Lisa was frustrated at not be able to receive guidance from the Akashic Beings of Light when she desired their wisdom. She eventually learned of a dynamic and powerful shortcut to access the Akashic Field when Lisa met a woman in Sedona that gave her an Akashic Record consultation. Shortly after that consultation, Lisa took her first Akashic Record class, just as you are doing today.

The Lords of her Akashic Record told her that part of her soul’s path was to “Be a lightening rod of the Akashic Record”. That might scare some people, but Lisa took it to heart, as she loves the high vibration of the Akashic energy and got to work. Her soul contract was to bring this source of wisdom and guidance to the world. She continues to follow the guidance of the Lords of the Akashic Record daily. She was guided to open her own school and to bring through many prayers so that numerous soul lineages may have easy access to the vibrational field of the Akasha. You are being taught these profound tools, which are simple, clear, and direct vibrational keys.

Please know that although they are tools to take the mystery out of this divine source, they are by no means less sacred and powerful. Understand that these tools must be used with intention, integrity, love and compassion. The ability to access the Akashic Record is one of the most powerful tools available on the planet today.

We welcome you with open hearts and open arms. Thank you for hearing and following your Soul calling. All the information of your soul from the time you individuated from Source is stored in your Akashic Record, which can personally assist you in your life’s work, soul path, all relationships with contracts and Karma including your business (s).

As humanity moves forward into a higher vibration of energy on our planet, we hope you will use the Akashic field of energy to assist in any and all healing; and to support you in your life. Welcome to the next phase of your life.
What you will receive from this training

Tools to align with divine energy

1. Learn a *vibrational key* (sacred prayer) to simply, directly and easily access your Akashic Record.
2. Learn important guidelines, which hold you in the light of protective love in this sacred field of energy.
3. The art of formulating questions to receive life-enhancing answers.
4. How to release negative karma, which binds you to negative life patterns.
5. How to access inner wisdom for clarity to navigate your life with more precision.
6. Spend practice time accessing your Akashic Record to ensure continued success in receiving more information.
7. Learn additional healing tools and prayers to assist you in further healing.
Akashic Action Step

By taking Akashic Action Steps and committing deeply to the exercises in this class, you allow the Akashic field to be grounded into your physical body allowing your heart's desire to flow out into this earth plane at this present time, so you can manifest them.

Why has your heart called you to this Akashic work?
1.

2.

What do you wish to receive from your Akashic Records?
1.

2.
Write questions about your heart's desire

Example: How can I fulfill my desires? Or, What may be holding me back from having, creating or receiving my heart's desire?

1.

2.

3.
Guidelines to assist in accessing your Akashic Record

- Be present and consciously in your body. Keep your eyes open as much as possible. You want to learn to walk through life with your eyes wide open and in your Akashic Record.

- Do not drive a car with your Akashic Records open.

- Alcohol & drugs lower your vibration so please refrain from these substances for about 12 hours before opening your Akashic Records. Prescription medications are acceptable, though pain-killers also lower your vibration.

- It is important to be in your own integrity while working in the Akashic Records. Ask question for and about yourself, not others.

- This process is based on you asking questions that will take you to the area of the Records you wish to explore. Think of 3-6 questions around any issue you wish to delve into. This will deepen your receiving of info.

- Always READ the prayer, don't memorize it. The words are symbols which hold a vibration. Seeing/reading & hearing the words add levels of energy to the prayers.

- Use your first, middle and last legal name to open your Akashic Record.

- Please carry this sacred Akashic Records prayer with you so you can access your Records whenever you desire.

- Please do not teach the Akashic Records prayers to anyone without proper training in its use. It takes time & teaching to become proficient.

- It is recommended that you open your Akashic Records daily for the next month and record your insights by journaling. Begin with 15 minutes, daily and increase when possible.
Exercise with the 4 Akashic Prayers

Outside of the Records

Read the 1st Prayer on page 9 and ask the 3 questions below. Then go on to the next Prayer.

1) How does my body feel when I read this prayer?

2) Is there an emotional connection to this prayer? Do I feel it in my heart or gut?

3) What am I thinking? Where does my mind go when I read this prayer?
Please read each Prayer out loud one time, with "ME" in place
Read two more times Silently, with your legal name in place of the underlined/bold "ME or MY"

Prayer #P1

Divine Mother, Father, Goddess, God, please hold ME in Divine Light and Love as I make this journey. Please keep me guided, guarded and protected as I travel in these Akashic Realms.

I ask the assistance of the Lords, Masters and Beings of Light of my Akashic Record to take me deeply into the Records of ME and teach me the Truth of my Soul.

Prayer #S2

Divine Masters of Unconditional Love, help me to center fully in this moment as I create this Sacred space. Please wrap me in your Love and allow me to travel to the highest realms of the Akasha available to ME today.
Lords, Masters and Teachers, I ask that you show me what it feels like to be a clear channel of My Akashic Record.
Beings of Light, please guide me to the deepest Truth of ME. Support me in healing and releasing the appropriate Karma and contracts that have brought me to this life. I give great thanks for your Divine Love, support and protection on this journey.
**Prayer #A3**

Akashic Lords - Please help me to lay my multi-dimensional heart open to Divine Love, As I lay down all resistance. 
I ask the Lords, Masters & Teachers of **ME** to align me with you, in my Akashic Record.

Beings of Light of my Akashic Record, please show me the way to deepen into the Truth of **MY** soul. 
Please keep me safe & protected as I access Divine Soul Wisdom and information in my Akashic Realm.

**Prayer #G4**

Divine Mother, Father, All that Is. Please expand my state of consciousness and move **ME** into Divine alignment with my Akashic Record.

I ask that the shields of protection be activated to encircle me as I move deeply into **MY** Akashic Realm.

With great thanks and clarity I am now in the Akashic Record of **MY** soul.

**Intention for Clarity in Accessing Your Akashic Record**

Lords, Master & Teachers, please help me to remove what no longer serves me. Such as: hidden beliefs, prejudices, outdated patterns, programs, blocks and constrictions, as I access Akashic Record information for myself today with clarity.

I am here to do the work of the Divine. I am clear of other people’s energy, and I am full of Divine energy. Information moves freely to and through me.
Exercise with the 4 Prayers Inside the Records

You are a unique individual. You will resonate with different vibrations and information than many around you. We have four prayers to help you feel the vibration that is most compatible with you and your Soul’s Lineage.

**Intention for Clarity in Accessing Your Akashic Record**

Lords, Master & Teachers, please help me to remove what no longer serves me. Such as: hidden beliefs, prejudices, outdated patterns, programs, blocks and constrictions, as I access Akashic Record information for myself today with clarity.

I am here to do the work of the Divine. I am clear of other people’s energy, and I am full of Divine energy. Information moves freely to and through me.

**Exercise**

Open the 1st Prayer and ask the questions. Then close that Pray and we will go on to the next Prayer. We will open each Prayer as a group, saying the Prayer out loud together.

1. How does my body feel when I read this prayer?
2. Is there an emotional connection to this prayer? Do I feel it in my heart or gut?
3. What am I thinking? Where does my mind go?
4. You can ask "show me what it feels like to move out of my head and into my heart as I do this work today."
5. If you’re not getting much information you can say "what is important for me to know today?"
Akashic Closing Prayer, Level 1

Thank you, dear Beings of Light, for the Unconditional Love, the wisdom, the information and the healing I have received today.

Please help me to return fully into my complete human wholeness, in all dimensions, times and planes. Please help me to integrate the information and healing received with ease and Grace.

I ask that you close and lock the Records of Your Legal Name for now.

So it is. Amen, Amen, Amen.

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Fill yourself up with your highest energy after clearing old energies.

Please fill me up with the highest and best Akashic Record information and the highest and best physical level energy and information I can now hold.

Thank you for your healing today.

(Hold the Main Grace Point)
JOURNAL

A journal is a powerful tool to help you evoke personal change. It will allow you to recognize your own potential for personal and spiritual growth.

Here are a few reasons for you to journal:

- You will find that you will receive a tremendous amount of information while working in the Records. It is difficult to remember it all. You may not completely understand all of the information in the moment. Having a record and re-reading it will enable you to receive an even more in depth meaning.

- Journaling allows you to look for central themes. Are any of them recurring? If so, this is a strong message to bring them into awareness for expansion or completion.

- Discover who you really are by recording and re-reading your experiences. Journaling will help clarify what you believe, what you want to do with your life, and how to go about creating that life with support from the Beings of Light.

- Reading over your journals is very validating. They remind you of how far you’ve traveled, what you have overcome and where you need to go to stay in alignment with your intentions.

- Journaling while in your Records creates your own personal link to your Divine Source. You are writing an inspirational guidebook for those who follow after you.
FORMULATING QUESTIONS

Learning to formulate questions is one of the most valuable tools to explore and derive information from your own Akashic Records. If you ask a yes or no question you will receive a yes or no answer. Know that the Masters, Teachers and Beings of Light will answer the questions you ask as you have asked it.

In the beginning you may only receive a one-word or a very short answer. Ask the question in several different ways to obtain a broader perspective of information and insight. This will reveal new answers to the original question. The emphasis is to show you the importance in being very clear “how” you ask your question and asking more than one question. The Masters, Teachers and Loved Ones are there to assist you.

Ask and you will receive.

Write your own questions under the topics listed below. Allow your daily experiences to guide you.

CURRENT LIFE CHALLENGES, CIRCUMSTANCES:

INTERACTION WITH FRIENDS AND FAMILY:

REPEATING PATTERNS AND BEHAVIORS:

RECURRING DREAMS:

SPIRITUAL GROWTH OR PATH, LIFE PURPOSE AND DIRECTION:

INFLUENCES FROM PAST LIVES:
Deepening Questions within the Akashic Record.

Use these questions to help you go deeper into an issue that you're working on. You can even combine or re-configure some questions to fit your need. Remember the more specific your questions are, the more information you will receive.

1. Is there another question I should be asking or that would be better for me to ask?
2. Are there any blockages or energy I need to clear out?
3. Do I need more Information?
4. Is there something I’m not seeing?
5. What is limiting my view of this subject?
6. Am I being influenced by something outside of myself that colors how I see or relate to this subject?
7. Is there a different or easier way to look at this subject?
8. What is limiting my view of this subject?
9. Am I holding an expectation of what the truth is in this area or subject, if so what is it?
10. How is my ego or mind or emotions blocking me from seeing clearly?
11. Is there something I need to do to improve my relationship with others?
12. Is fear blocking me from going deeper in this area or subject, if so how can I clear it?
13. What information am I ready to know about?
14. Is there denial playing a role in what I need to know, if so how?
15. What is my primary issue and how is it blocking my clarity in this area or subject?
16. Is there something or someone I have given my power to in the past, which is having a negative effect on how I see or relate to this subject?
17. Who says I cannot go into this area of life?
18. Is there anything masked, hidden, or concealed that I (may know now) or (keeps me from knowing what I need to know)?
19. How can I handle this _____ with greater ease or grace?
20. Why am I afraid of who will become when I let it go?
21. Is there a mentality or Ideals that no longer serve me towards a happy life?
22. What is my greatest challenge or fear at this time and what is the root of it? What are my resources to help me resolve it? What lessons can I learn from it?
23. What talents did I come to this life with that I might need to use to further my growth?
24. Are there any relationships that are not working for my highest good?
25. What resource(s) can I use to assist me with parenting and/or marriage? Etc.
26. What is the underlying issue between my _____ (mother, boss, spouse, etc.) and me?
27. What do I need to know about this situation? How do I bring this into a favorable resolution?
28. What message would my Beings of Light want me to know at this time?
29. Are there any repeating patterns or behaviors I need to address?
30. Is there a lesson or objective I need to learn or be aware of?
Am I really in my Akashic Record?

When we first start accessing our Akashic Record, there is often a part of us that doubts. Sometimes, we feel that we aren't clairvoyant enough because we don't see a lot of pictures. We may think the voice in our head sounds like our voice, so it can't be the Master of our Records. Or maybe our Ego gets involved and gives us a lot of advice. Here are some ways to work through the Doubt and move into Trust.

If you've had a busy or stressful day and attempt to open your Records, you may be filled with other people's energy or energy from the day. Take time to calm and center yourself. Do a short meditation such as: Guided, Guarded and Protected, the meditation we started with or say the Prayer to Clear Others Energy on page 20. This helps you to move everyone's energy out of your space and be centered in your own truth.

(Guided, Guarded and Protected is also available as a meditation with music on the website: www.akashicknowing.com/programs/)

If you're in doubt, the simplest process is to close the Records, get center and grounded in your body and start over again. Using the "Intention for Clarity" is useful before opening your Records again. (Page 11)

Asking many questions about one subject can be useful in getting a Big Picture and thus feel the depth of the answer. This helps to relieve doubt. When we get the feeling "I wouldn't have thought of that" then we know the answer isn't coming from us but is Divinely Guided.

You may wish to ask your question in a different way or ask the Beings of Light to assist in forming a new question.
If you find you're still not receive any information this may be an interference pattern. To release the pattern of interference in order to gain the answer to the question you've asked, ask the Beings of Light for an appropriate healing prayer from pages 19-21. Repeat the healing prayer as many times as feels appropriate and then ask "Has the interference been lifted." Repeat if needed.

It is also very helpful to repeat all 5 Healing Prayers before opening your Akashic Record to help set and clear the space.

Use your Main Grace Point to redirect the conscious mind to access the information you are seeking. This also releases constrictions to make access easier.

Notice how the answer Feels in your body. Does it give your Goosebumps or bring tears to your eyes? It may just feel resonant and in alignment with your heart no matter if you believe the words or not. Write it down and re-read it later.

Get out of your head by writing the question out and then let the answer flow. Don't pay attention to what your "getting" as you write, just wait until you are done bringing the information through and then when you re-read the message you may be very surprised at the information that you've received.

Start with simple questions that aren't life changing. Like all new tools, you need to grow & practice using them to be proficient. Start with simple questions like:

- How can I best use the Akashic Record today?
- How can I be of service to myself, my community and my family?
- Is there an exercise or food that would be beneficial for me today?
DAILY PRAYERS & HEALING TOOLS

PRAYER OF FORGIVENESS - clears Karma

Divine Spirit/Source/God, please be my forgiveness to anyone or anything that has hurt me, from the beginning until the end of time, whether they realize they hurt me or not. I now forgive them and I release them of any obligation they have had with me.

Divine Spirit/Source/God, please be my forgiveness for myself for any hurt that I have caused others, from the beginning until the end of time, whether I realized I hurt them or not. I now forgive myself and I release myself of any obligation I have had with them.

Mother/Father/Spirit/Source, please be my forgiveness for myself for any hurt that I have caused myself, from the beginning until the end of time, whether I realized I hurt myself or not. I now forgive myself and I release myself of any negative obligation I had with myself.

Forgiveness clears Karma throughout time & space. It allows us to heal our past, which consists of anything prior to this moment and includes our childhood and past lives. Done at the end of the day, it helps to clear all the negativity that builds within us. Working with this prayer for 33 days consecutively has shown to heal chasms of pain and separation in relationships with self, God/Spirit/Source, other people or situations in our lives.

Prayer for Healing

Divine Mother, Father, God and Beings of Light of my Akashic Record. Please hold me and support me as I open to receive healing and clearing on multi-dimensional levels. Please remove any blockage that no longer serves me, from any time, place or dimension. Please upgrade my physical and etheric bodies to hold more Light with ease. Please unchain, un-constrict, clear and open my multi-dimensional heart on all planes and dimensions. Please move me into a state of forgiveness throughout time and space, clearing all connected Karma. I give great thanks for your Divine Love, Wisdom and Grace. Amen.
This prayer can be used when you feel blocked and don't know why. Also if you are physically unwell and would like a healing. It can be useful when you first start to access your personal Akashic Record to open your Record and say this prayer. Notice what you feel and how it affects you over time.

Prayer to Clear Others Energy

Mother/Father/Goddess/God, please assist me in clearing and releasing all outside energies that are in my body, aura and energy field. Please send them back to the person from which they came, or send them to the Divine Source to be recycled for the highest good of all. I am filled with my purest energy & highest vibration I can now hold.

This prayer can be used when you feel a sensation (physical, emotional, or mental) that may be from someone else. Empathetic absorption is done in an effort to understand others or heal their pain. People come into our energy field to understand us, to receive physical energy or sometimes just to communicate with us. This unconscious action is not a service to us. When we allow others to fill our energy field, it is almost impossible to be centered on our Soul Path, as it's hard to know what that is.

Prayer to Clear Entities and Energy Patterns

I call Archangel Michael and his legions alongside the Akashic Beings of Light and Divine Source. Please surround me with your Light & Love and keep me protected and safe as I order the release and clearing of all energies, interference, thoughts, feelings, patterns, programming and imprinting across all time and space, in all dimensions and levels and all places and planes that are not in Alignment with my Highest and Best Akashic Blueprint. You are to leave my body, mind, and energy field Now and forever! Please remove & recycle this energy for the highest good of all.
This prayer may be used on a personal level to release any energy that interferes with your own personal evolution and guidance. You may also use it for other people if they desire assistance. Entities often have contracts with us and you may go into your Akashic Record and receive information about these contracts to finish the clearing for good.

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Prayer for Alignment

Spirit/Source/Universe, Please show me what it feels like to be the Highest, Brightest, Expansive and Aligned Self that I can be today. Please open my Heart to know the truth of my Divinity and allow me to receive all the good that is within and without. Please guide me on my next steps to being Abundant in all ways, with ease & grace.

This prayer can be used daily to remind us that we are Divine beings of Light and all the abundance of the Universe is here for us.

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These prayers and tools are very usefully in daily life. You may use them inside or outside of your Akashic Record. You may memorize these and use them often.
LIVING IN GRACE

The Grace Points use the naturally occurring energy flow in the human body. These flows are specific acupuncture meridians. The Grace Points are a physical anchoring and directing of energy through intention.

The Main Grace Point is connected to the heart and the heart, the loving, completes karma. The foundation of the Grace Points is love as we become empowered through our own conscious choices rather than through reactive patterns. The reactive patterns are merely ‘incompletes’ and come from the unconscious part of us. Using the Grace Points we can reformulate our life choices into uplifting experiences.

Simply stated:

1) All of our karma is with ourselves.
2) Karma is just an incomplete.
3) We create karma by our attitude.
4) Love completes karma.
5) The Grace Points in the hand are connected to the energy meridians of the body that flow to the heart.
6) Through consciously using our intention of loving, the Grace Points aid in completing karma.

Edward Conmey, originator of the Grace Points, February 12, 2012
COURSE 1 GRACE POINTS

- **Gaining Clarity:** Use your “intention” and gentle touch of the grace points to redirect the conscious mind to access the information you are seeking. Asking for clarity allows movement within the consciousness to open you to a new awareness or truth.

- **Releasing that which no longer serves you:** Use your “intention” and gentle touch of the grace points to release limiting conditions, patterns, false beliefs, past judgments, etc. to allow movement and transformation of stationary energy. Releasing limitations allows a shift in consciousness to replace a contracted memory with an uplifting memory. Releasing these old patterns helps to expand your comfort zones by bringing more balance to your inner state of being.

- **Integrating that which serves you:** Use your “intention” and gentle touch of the grace points to integrate new information and insights to imprint positive experiences and awareness into your being. This includes all information that brings you into a place of love and Divine awareness.

The grace points are found in the soft tissue of these areas of the hand. They show up in either the right or left hand. Ask the Beings of Light which hand to use. The following grace points can be used either in or out of the Records.

You may use these sample intentions:

- I uplift and bring to completion that which no longer serves me.

- I release completely from my (physical body/souls evolution/genetic evolution) past, present and future, any and all (fears of/false beliefs of/judgments of/limiting patterns of)___________.

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**Grace Points**

**Main Grace Point:**
Releases contracted energy so the information is clearly received. Focuses insights. Integrates the new insights creating positive reference points. Located in the center of the palm.

**Body Release Point:**
Releases unmoving, stuck energy (issues, judgments, beliefs, emotions, etc.) From the body. The flow of information is then available. The cause of pain is then identified. Located on the side of the hand below the little finger.

**Genetic (Ancestry) Lineage Point:**
Releases issues, judgments, beliefs, emotions, etc., that have been passed down through DNA or taken on through family connections. Located on the webbing between the thumb & index finger.

Approved Usage by Edward Connery, Originator of the Grace Points
ORIGINAL TRAINING RECORD
Course One

Students Name

Address

Phone ______________ email ________________________________

Workshop Dates ________________ Times _______________________
Workshop Location (city & state)________________________________
Instructor’s Signature________________________________________
Phone ______________ email ________________________________

Workshop Dates ________________ Times _______________________
Workshop Location (city & state)________________________________
Instructor’s Signature________________________________________
Phone ______________ email ________________________________

Workshop Dates ________________ Times _______________________
Workshop Location (city & state)________________________________
Instructor’s Signature________________________________________
Phone ______________ email ________________________________
Next Steps to Deepen into Your Akashic Record

1. **Monthly Study Group** – First Friday in-person in San Rafael.
2. **Monthly Telephone Study Group** - Third Thursday of the month on the phone with Maestro Conference. E-mail to come each month with link to sign-up.
3. **Access Ancient Soul Wisdom**: Course 2
   Check Website for Current Class Dates.
   In this second workshop, you will experience a deepening into areas of the Akashic Record that you may not have explored. We work in the vastness of the “A” Field to understand our lives with greater wisdom. We will begin to work with our past lives and see how they affect our present life. We'll also work on Soul and Ancestral Lineages plus we'll use the Records to enhance our Creativity. The realms of the Akashic are infinite and the chance to explore them in depth can change your life.
4. **Access the Wisdom of Another** - 1st Step to Becoming an Akashic Record Consultant: Course 3
5. **Check Website for Current Class Dates.**
   In this third workshop, you will experience the transformative& sacred process of accessing the Akashic Record for another person, business, or pet, learning a new vibrational key for Others, in the form of a sacred prayer. **Becoming a consultant** with compassion and unconditional Love, you will be a blessing as you walk the path of service to others. You can help to bring clarity, deep insight and understanding of relationships and situations to others through the Akashic Field.
Here are the Akashic Record Exercises and Homework you will hear on the recording. Please listen to each recording and work with these processes and exercises as you go. This is the way to be in the energy of the Akashic Field with my support of holding this high vibration for you as you learn to do it for yourself.

Homework for week 1 of Course 1 Tele-seminar

QUESTIONS TO WORK WITH THIS WEEK AND DURING THE WORKSHOP

1. How can I be of service to myself today?
2. How can I be of service to others or my community today?
3. How can I use the Records to support me in my daily life?
4. Are there foods that would be beneficial for me to eat today?
5. Am I eating any food that I'm allergic to or is not healthy for me?
6. Can the Akashic Record help me organize myself today and this week?
Homework for week 2 of Course 1 Tele-seminar

Do Prayer #A3 for 2 days, Prayer #G4 for 2 days and spend one day in each Prayer 1 & 2. Ask these questions.

About the Prayer you’re working with today:

Please tell me how this prayer relates to me in this life.

Did I have many lives on this planet or dimension, and how many?

What else may I know about this prayer for me?

Is there anything that keeps me from accessing this prayer fully?

What is it and can we clear it?
Exercise for class

week 4 of Course 1 Tele-seminar

To be used during class with the following scale of emotions

Process 1
1. Open your Akashic Record
2. Ask in the Records for a word between #14 & #22
3. Ask the Beings of Light: where in my body do I hold this ______ emotion?
4. Ask: When was the first time I experienced this ______ emotion in this life?
5. Ask: What information would be useful for me to have about this ______ in relation to how it affects me?
6. Ask: How does this limit me?
7. What Grace points &/or Prayers can I use to uplift and release this?
8. After the clearing, remember to fill yourself up with your Highest Akashic Record information and Light.

Process 2
1. Is this pain based in the physical body or the emotional body?
2. What can you tell me about this pain?
3. Is this pain based in present time or does it come from an earlier time in my life, or my childhood or from a past life?
4. Is there a Grace point &/or Prayer can I use to uplift and release this?
5. After the clearing, remember to fill yourself up with your Highest Akashic Record information and Light.

Process 3
1. Back to List of Emotions
2. In your Records, as for help picking 3 words. One between #1-8, one from #9-15 and one from #16-22
3. Ask the Beings of Light to make a question for you using the 3 words.
4. Answer the question. Ask for Prayers & Grace Points to clear.
Scale of Emotions

1) joy/knowledge/freedom/love appreciation
2) passion
3) enthusiasm/happiness
4) positive expectations/belief
5) optimism
6) hopefulness
7) contentment
8) boredom
9) pessimism
10) frustration/irritation/impatience
11) overwhelm
12) disappointment
13) doubt
14) worry
15) blame
16) discouragement
17) anger
18) revenge
19) hatred/rage
20) jealousy
21) insecurity/guilt/unworthiness
22) fear/grief/depression/despair/powerlessness