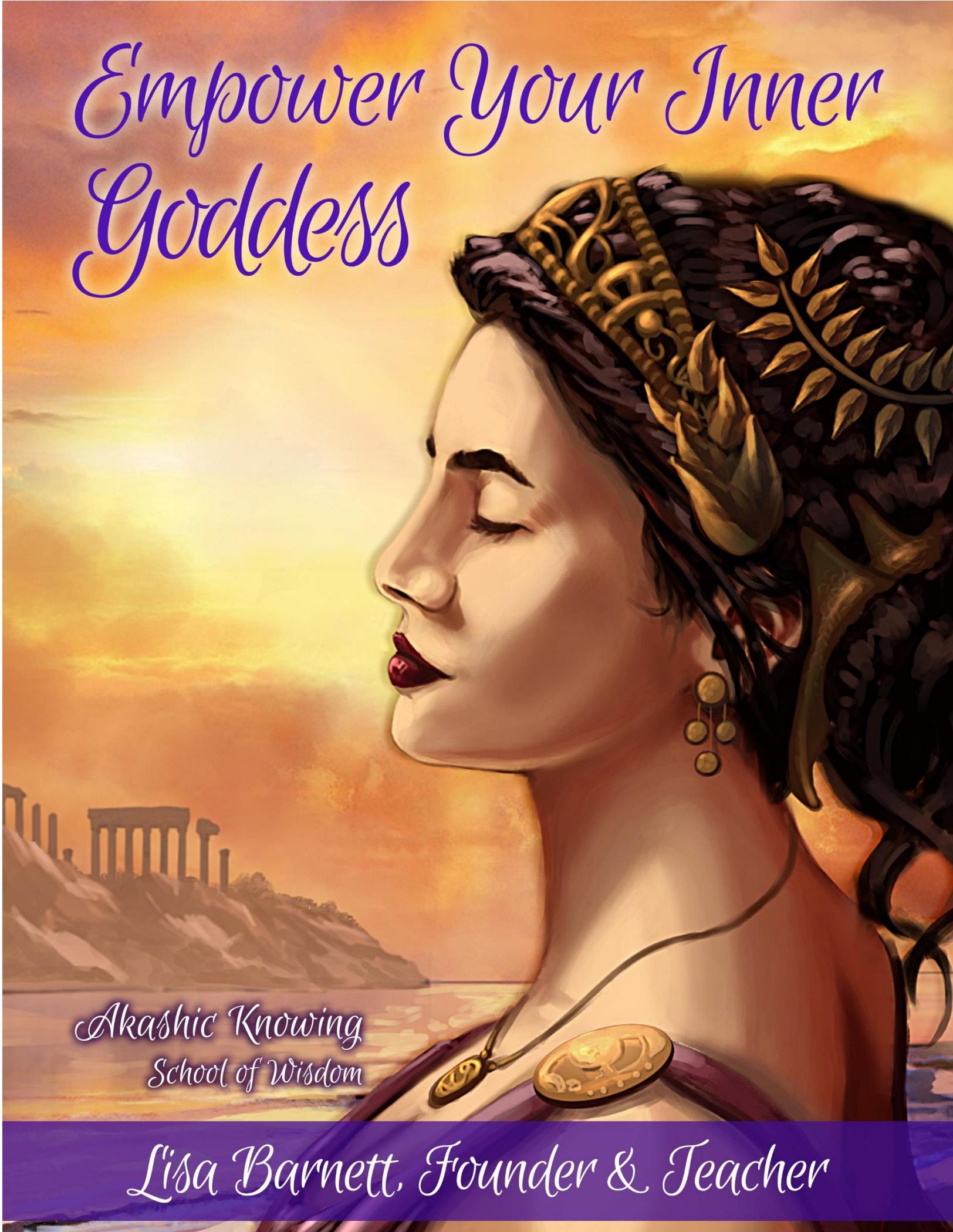


Empower Your Inner Goddess

A woman in profile, facing left, with her eyes closed. She wears a dark laurel wreath on her head, a necklace with a circular pendant, and a purple garment. The background is a warm sunset over a body of water, with the ruins of an ancient temple visible on the left.

*Akashic Knowing
School of Wisdom*

Lisa Barnett, Founder & Teacher

Fall of the Goddess Temples

We will start by bring you back in time to an age in which we lived in the Goddess Temples. We were Oracles, teachers and healers for the community. It was a beautify and powerful time in history. Over time the Patriarchy took over and unbalanced the masculine/feminine energy by destroying the Goddess temples. Learn a simple clearing tool to support the clearing the Akashic Masters do for you. We will clear and remove the emotion pain and trauma that still lingers from these past lives.

We open with coming together as a group as we move into the Akashic Field

Relax back into your chair, close you energy and feel the energy lift you into the expanse of the Akashic Field.

EXPLODING BALLOONS TOOL:

Creating & Destroying changes form, releases old energy.

It brings things into present time.

Picture a balloon - Pop it with a pin, see, hear and feel it explode. Make it real for yourself.

You can use this for anything that is stuck; relationship to money, or family, or personal relationship. You can use this for Emotions too.

FALL OF THE GODDESS TEMPLES

The Venus of Willendorf, found in Austria, date to 24,000 BC. The Mother, the Goddess was revered. 3,000 BC we built temples to the gods & goddesses. Many of the great empires reached their heights of power and expanse around 500BC. As this happen the powerful and terrible wars began and changed the face of the world.

The Greeks fought the Persians with the help of

their Goddess Athena. The goddess power was still strong but the last of the powerful Goddess temples came to end with wars fought by King Philip and his son Alexander the Great in the mid-300's. This wiped out the Greeks and did great damage to the Egyptians. The Golden Age of Men began.

Our temples, our honor were defiled and destroyed. This is the memory that many of us hold.

We will do Healing for the group on these issues and others that come up.

Start with any memories that come up around these past lives. We'll go thru them one by one. You may remember or see pictures or feel emotions or even physical pain. it's important to clear this out. That's why we're here, to release this Now so You can go forward in your True Power again.

We'll start with:

1. Clear the pain and trauma of seeing the temples fall. Seeing the soldiers march into town and into the temples, breaking and burning the Sacred Objects.
 2. Clear trauma of death of our children and our sisters and neighbors children. Cut down for no reason.
 3. Clear the trauma of being enslaved.
 4. Clear trauma of being murder.
-
1. Go into the Feeling. Feel how you felt when you were told these sorts of things.
 2. Imagine taking all that emotional pain, sadness and hurt.
 3. put it in a Ball in front of you. I'll clear it.
 4. Create a Vortex to uplift and clear the energy of sadness & hurt.

5. I will clear and erase Pain for you.

6. DO ALL 4 ITEMS ABOVE

7. ANYTHING ELSE COMING UP TO BE
CLEARED, TYPE ON THE COMPUTER.

8. Fill THEM up with Akashic wisdom & ENERGY.

Come back to your body and ground. Feel your feet on the ground and your butt in the chair. Breathe.

Golden Egg Meditation

We do this to move everyone out of our space so we can start to find out what is "ours" and what is "others".

Using a simple tool like asking about an emotion or feeling

"Is this Mine"? or "Who's is this?"

You don't need an answer, just the awareness that it's not You. (AVAILABLE ON WEBSITE)

Karmic Clearing

We will learn a Powerful Healing Prayer to release Karma. The Master of the Akashic Field tell me that Karma is being released in the higher etheric planes and it's time for you to acknowledge this and release it from you heart now. You will also learn clearing prayers to remove people from your space so you can truly feel and know who you are. Another prayer will further support you by aligning you with your soul self. We'll do very powerful group clearing with the prayers.

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Relax back into your chair, close you energy and feel the energy lift you into the expanse of the Akashic Field.

KARMA

Karma is the process of leaving something Incomplete so we come back to finish it. It's not good or bad, it just is. We do it all, no judgment but when we're in a life and we judge it, we may leave it, die, abandon or give up. We get out of that story but have left it unresolved. This can create karma.

Do Forgiveness Prayer many times. Bring up these issues below and do the forgiveness prayer.

Remind them to "EXPLODE BALLOONS" to clear the energy too. I'll release more Pain.

Spiritual Pain "God why have you forsaken me?"

Karma from past lives.

- did you lie to survive?
- work as a prostitute to survive?
- Suffer the pain of rape?
- did you marry someone you hated?
- did you children by the man that you hated too?

FORGIVENESS Prayer

Divine, Spirit, Source, please move me into a state of forgiveness towards anyone or anything that has hurt me, consciously or unconsciously, from the beginning of time to this present moment. I now forgive them and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness towards myself for any hurt that I have caused others, consciously or unconsciously, from the beginning of

time to this present moment. I now forgive myself and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness towards myself for any hurt that I have caused myself, consciously or unconsciously, from the beginning of time to this present moment. I now forgive myself and release the energy of the past.

I invoke the Grace and power of Forgiveness to transform my body, mind, and heart as I return to a state of Divine Innocence. And so it is!

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. When done at the end of the day it helps to clear all the negativity that builds within us.

We do the other 4 Prayers as a group. I'll talk about them and how using them clears our energy field. It's Energetic Hygiene. Use them all 1-2 times a day for 33 Days or more.

Group guided meditation:

JOURNEY INTO THE AKASHIC RECORD - RIVER OF FORGIVENESS

PICK UP GIFTS OF ABUNDANCE ON WAY OUT

Clear & Release past life Karma with others that are present in this life.

Balance Masculine & Feminine Energy

Now we'll go back in time to a place where you were **slaves or prostitutes**. You'll receive clearing of the emotional pain and trauma from these past lives. We will also do a Balancing for the **Divine Masculine and Feminine** after we clear some of this pain of the past lives. **Learn 3 energetic points** in your hand called Grace Points. You can use these prayers daily to clear and release unwanted thoughts and belief from your mind, from your body and from your genetic and ancestral lineage. You'll learn how to use them for integration also. During the past life clearing you will be able to add this new tool to make the healing deeper and more powerful for you.

We open with coming together as a group as we move into the Akashic Field

Relax back into your chair, close you energy and feel the energy lift you into the expanse of the Akashic Field

1. Learning the Grace Points. We cover all 3 points.

Grace Point Tool:

You will hold the Grace Point as I clear the pain and trauma. We'll do a second time for other ancestral lineages.

2. Do more work around being

a) prostitutes

b) slaves.

3. Use the Main GP to uplift and clear the emotional pain from those lives.

4. Use the body GP for clearing physical pain and trauma of rape.

5. Torture

6. Revenge - desire & act of killing to revenge

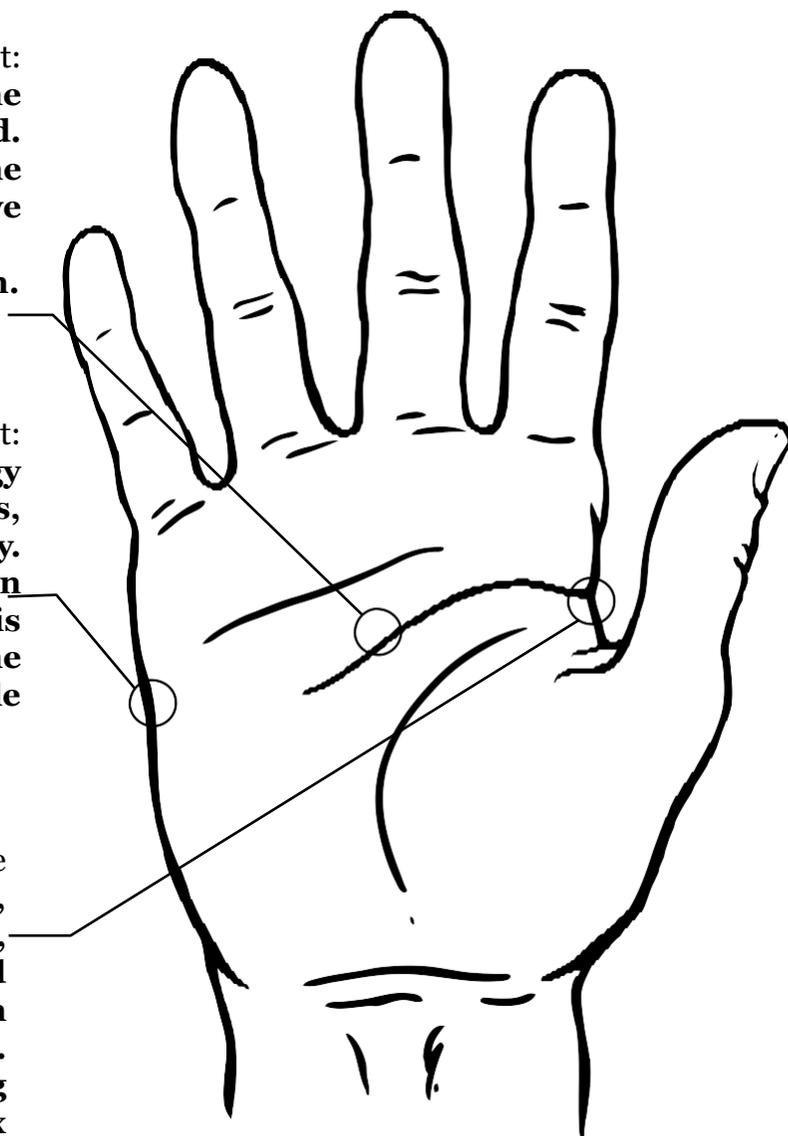
7. Shame & Guilt for the revenge & murder

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 Conmey, Originator of the Grace Points

Balancing for the Divine Masculine and Feminine Infinity Symbol Tool:

1. Left side to Right side in all 6 Chakras

Reclaim Your Power

We will bring you back in time to a place where you were powerful female rulers but misused your power. After the misuse and negative effects you had on your kingdom you vowed to not be a powerful women again. We'll clear past life Vows. We will also clear the Collective Unconscious beliefs that power is bad. Using the tools they've learned in the 1st 3 weeks plus my healing energy through the Akashic Record you will feel the energy shift so you can step into being the power goddess you have come to be.

We open with bringing the group into the Akashic Field

Back in time to a place where you were powerful female rulers but misused your power.

After the misuse and negative effects you had on your kingdom you vowed to not be a powerful women again. We'll clear past life Vows.

Collective Unconscious Beliefs

What are the societies thoughts on Power?

Have class name a few:

- Power is bad.
- Powerful people are lonely.
- Powerful women are bitches.
- Power cause unhappiness: **divorce, bad mothers, cold people.**

We buy into these collective beliefs in a few ways.

1. Energetically
2. Emotionally
3. Consciously (though we call them unconscious some of us are conscious of them and feel guilty for judging others)
4. Physically, Use the **Body Grace Point Tool**

Write down all the beliefs that ring true for you.

1. WE WILL CLEAR THEM WITH VORTEX ENERGY.
2. I WILL FOLD TIMELINES FOR YOU: FROM THE BEGINNING OF THESE BELIEFS TILL PRESENT TIME.
3. YOU CAN USE:
EXPLODING BALLOONS TOOL

GROUP CONTRACTS - PAST LIVES TO THE PRESENT

Contracts with other Goddesses to stay hidden and step into your power.

We will Clear those beliefs. EXPLODE BALLOONS as I run Vortex energy and erase past life pain and trauma.

Clear Past Trauma

We will clear some of the trauma and pain of emotional and physical abuse from this present life. Many women have come into this life to help re-balance the masculine and feminine energy. You may have made a contract to have an abusive male in your life so you could heal the relationship for yourself and for humanity. I will support you in this by using my Pain Body Clearing Technique to facilitate a release.

Open with bringing the group into the Akashic Field

We will clear some of the trauma and pain of emotional and physical abuse from this present life. It may be an emotional abusive father or boss, a brother that bullied you or an Uncle or family friend that sexually abused you. Many women have come into this life to help re-balance the masculine and feminine energy. You may have made a contract to have an abusive male in your life so you could heal the relationship for yourself and for humanity.

Childhood and Adult Abuse Healing.

"EXPLODE BALLOONS"

You can blow all that emotional or physical pain into the balloons and explode them. with those images or energies.

Put the memories that come up in a ball and put in the center of the room. I will clear and release them.

PAST LIFE CLEARING: In which you felt you didn't deserve to be abundant or receive. You had low self-esteem from the abuse.

PAST LIFE MEDITATION TOOL- RECLAIM LIVES OF JOY & ABUNDANCE

Walk down past life road, see and reclaiming past lives in which you were abundant and happy, generous and in alignment with your soul path.

Balancing for the Divine Masculine and Feminine Infinity Symbol Tool:

1. Left side to Right side in all 6 Chakras - DID
ONCE IN WEEK 3 - DO AGAIN IF TIME

2. Heart to Heart with Family Members & Friends
3. Remind: Golden Egg to create boundaries from Session 1

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 to be clearly on my Soul Path and Abundant in all ways, with ease and grace.

**HEART EXPANSION with SOUL
SIGNATURE AROUND THE WORLD
MEDITATION**

Akashic Knowing School of Wisdom

www.AkashicKnowing.com

7 Daily Prayers and Healing Tools

Prayer of Forgiveness

Divine, Spirit, Source, please move me into a state of forgiveness towards anyone or anything that has hurt me, consciously or unconsciously, from the beginning of time to this present moment. I now forgive them and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness towards myself for any hurt that I have caused others, consciously or unconsciously, from the beginning of time to this present moment. I now forgive myself and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness towards myself for any hurt that I have caused myself, consciously or unconsciously, from the beginning of time to this present moment. I now forgive myself and release the energy of the past.

I invoke the Grace and power of Forgiveness to transform my body, mind, and heart as I return to a state of Divine Innocence. And so it is!

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. When 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 and/ or situations in our lives.

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 to be clearly on my Soul Path and Abundant in all ways, with ease and 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.

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. Use 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 is 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 and 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 and 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.

Pray of Creating & Manifesting

As I integrate the power of the soul with the power of the body I am able to manifest with ease and grace here on Earth.

I am a Creator Being with a purpose.

I am creating Heaven on Earth now.

This prayer may be used to remind us that there is great power in our bodies as well as our souls and the two together is one of the easiest way to manifest now.

Prayer to Assist Forward Motion

Mother, Father, Goddess, God please release the ties that bind me. Help me to expand outside of time and space to clear and release any energy that is trapped in the past, from the beginning of time until this present moment. Please help me to gather my highest energy in this moment that I may have the impetus to move forward on my soul path fulfilling my soul purpose.

This prayer may be used to release any energy that holds you back from your own personal evolution.

These prayers are useful tools to have in your daily life.
You may use them both inside or outside of your Akashic Record.
You may memorize these and use them often.
You may share them with others if you are guided.