

MODULE 6

HOMEPLAY

Meditations



SHARED  WISDOM

Meditations

MEDITATION ONE – OPENING YOUR PERSONAL AKASHIC RECORDS

SCRIPT:

Close your eyes sitting in a chair with both feet on the ground shoulder length apart.

Breathe deeply and relax

Imagine you are at the top of a crystal mountain so high in the sky that you are surrounded by the velvet black of the night illuminated by a bright moon, and there are thousands of stars sparkling like tiny diamonds everywhere you look

A gleaming white staircase appears and far at the top is a beautiful building – a library that has existed since before the beginning of time.

Imagine you are walking up these steps to this ancient temple – this sacred library of the Akasha, or living conscious universe.

Everything you see is various shades of white

A beautiful being comes to greet you. This is your Sacred Guide to the Hall of Records.

The Sacred Guide beckons you to follow them to a large chamber. The walls are covered in books and scrolls. There is one book that calls to you.

Go up to the altar that appears in the center of the room. It will be waiting for you there.

Have a look around before you approach the altar. What do you see?

Your Hall of Records Sacred Guide now comes to you and asks you to hear this prayer and say it with them. Only then will you be allowed to open your Personal Akashic Records.

“Let the Light lead me forward, let only the highest good spring forth from my desire to open my book in the Hall of Records. Let there be peace and beauty and only goodness, and protection from all that only serves the small self. Let my action now lead to miracles. Thy will be done through me for the highest good. With the Light as my guide and Spirit as my partner I now open this book that belongs to “X” with their permission and trust.”

Step up to the altar and your book will open.

Ask “ What story in this book do I need to read now on behalf of “X” ?”

Let the book do what it wants, notice if there are symbols, numbers, or glyphs, animals or actual words. Write them down in the order you notice them.

Describe your experience, what the Personal Akashic Records that belongs to “X” looks like, if you see anything within its pages that feels significant. Take all the symbols and find their meaning.

Choose one Oracle card from each of your Council to add to what you saw. Share it with “X” and enjoy the conversation!

Meditations

MEDITATION TWO –

*OPENING THE AKASHIC RECORDS ON BEHALF OF
SOMEONE ELSE.*

SCRIPT:

Close your eyes sitting in a chair with both feet on the ground shoulder length apart.

Breathe deeply and relax

Imagine you are at the top of a crystal mountain so high in the sky that you are surrounded by the velvet black of the night illuminated by a bright moon, and there are thousands of stars sparkling like tiny diamonds everywhere you look

A gleaming white staircase appears and far at the top is a beautiful building – a library that has existed since before the beginning of time.

Imagine you are walking up these steps to this ancient temple – this sacred library of the Akasha, or living conscious universe.

Everything you see is various shades of white

A beautiful being comes to greet you. This is your Sacred Guide to the Hall of Records.

The Sacred Guide beckons you to follow them to a large chamber. The walls are covered in books and scrolls. There is one book that calls to you. Go up to the altar that appears in the center of the room. It will be waiting for you there.

Have a look around before you approach the altar. What do you see?

Your Hall of Records Sacred Guide now comes to you and asks you to hear this prayer and say it with them. Only then will you be allowed to open your Personal Akashic Records.

“Let the Light lead me forward, let only the highest good spring forth from my desire to open my book in the Hall of Records. Let there be peace and beauty and only goodness, and protection from all that only serves the small self. Let my action now lead to miracles. Thy will be done through me for the highest good. With the Light as my guide and Spirit as my partner I now open this book that belongs to “X” with their permission and trust.”

Step up to the altar and your book will open.

Ask “ What story in this book do I need to read now on behalf of “X” ?”

Let the book do what it wants, notice if there are symbols, numbers, or glyphs, animals or actual words. Write them down in the order you notice them.

Describe your experience, what the Personal Akashic Records that belongs to “X” looks like, if you see anything within its pages that feels significant. Take all the symbols and find their meaning.

Choose one Oracle card from each of your Council to add to what you saw. Share it with “X” and enjoy the conversation!

Meditations

MEDITATION THREE –

RECORDING YOUR FUTURE AKASHIC RECORDS

SCRIPT:

Close your eyes sitting in a chair with both feet on the ground shoulder length apart.

Breathe deeply and relax

Imagine you are at the top of a crystal mountain so high in the sky that you are surrounded by the velvet black of the night illuminated by a bright moon, and there are thousands of stars sparkling like tiny diamonds everywhere you look

A gleaming white staircase appears and far at the top is a beautiful building – a library that has existed since before the beginning of time.

Imagine you are walking up these steps to this ancient temple – this sacred library of the Akasha, or living conscious universe.

Everything you see is in various shades of white, cream, and grey sparkling with an mystical otherworldliness

A beautiful being comes to greet you. This is your Sacred Guide to the Hall of Records.

Your Guide beckons you to follow them to a large chamber. The walls are covered in books and scrolls. There is one book that calls to you.

Go up to the altar that appears in the center of the room.

It will be waiting for you there.

Have a look around before you approach the altar. What do you see?

Your Hall of Records Sacred Guide now comes to you and asks you to hear this prayer and say it with them. Only then will you be allowed to open your Personal Akashic Records.

“Let the Light lead me forward, let only the highest good spring forth from my desire to open my book in the Hall of Records. Let there be peace and beauty and only goodness, and protection from all that only serves the small self. Let my action now lead to miracles. Thy will be done through me for the highest good. With the Light as my guide and Spirit as my partner I now open this book that belongs to my future self, and with their permission and trust I am here to co-create anew and record a new life into this book.”

Step up to the altar and your book will open.

Let the book do what it wants, notice if there are symbols, numbers, or glyphs, animals or actual words. Write them down in the order you notice them.

Now move to the part of the book that shimmers in a diaphanous way, you can see through the pages as writing moves along not quite remaining, always changing.

Perhaps there are dreams and events you've already set in motion by your past self. What if you could erase them?!

Imagine taking a pen and recording an important life experience you intend to have. Do this without attachment to the details of the form, but focused on the essence of the experience and adding it in ink into the pages of the book.

Describe your experience, what the Personal Akashic Records of your future self feels like, if you see anything within its pages that feels significant. As you write your future did any symbols appear?!

Take all the symbols and find their meaning.

Choose one card from each of your Council to show you what you need to do to have this experience.

Write about it.

Make it yours. Own it as if it were true now.