

THE

Akashic Record Reading

COURSE



PART 1

INTRODUCTION

Welcome to the Akashic Records Program! I am delighted that you have chosen this course and me as your mentor to teach you to perform Akashic Record readings for yourself, for loved ones and (possibly) for paying clients!

THE WAY THIS COURSE IS STRUCTURED

This course consists of both written and audio material. The written material forms the basis of the course – it contains all of the information you need to have. Audio lectures have been recorded for all of the material. The purpose of the audio lectures is not to present new information, but simply to reinforce the written material and offer you a different way of taking in the information. I recommend that you read through the written material first and when you are finished with the written module, listen to the relevant audio lectures – you will find the list of audio lectures in the contents page, right at the beginning of this PDF.

Please do not skip ahead in this course – it has been designed and ordered in a very strategic way, so that when you reach the end, you will be able to do Akashic Record readings with no problems at all. So do follow the order in which the material is presented.

Please make sure that you complete all homework exercises (including the worksheets) before moving on to the next lesson. If you miss out on any of the homework exercises, you will struggle with the later lessons.

Feel free to work through the course at your own pace. The beauty of a home-study course is that you can spend as much or as little time as you like on it each week.

THE 'MEMBERS' AREA

Please take note of the username and password that we provided to you for the online Members Area after ordering this course. You will find the course forums in the Members Area, along with printable copies of the worksheets and worksheet answers.



MENTORING SESSIONS

One half-hour session is offered as part of this course, towards the end. You will find prompts in the written material to schedule your session, which can be arranged by emailing hello@annasayce.com. Please allow at least seven days for scheduling. Sessions are scheduled Monday-Fridays.

If you have questions as you go through the course, you can ask them in the forums. I will leave it up to you to schedule your mentoring session when you are ready.

THE AIM OF THIS COURSE

This course has two functions:

1. For those who are interested in learning to read the Akashic Records only, it is a complete and standalone course for doing this.
2. For those students who wish to receive a comprehensive training in giving professional intuitive readings for others, it represents one level out of a few levels which are available to study. If you wish, you have the option of progressing to the next level, to learn how to do other types of reading, too.

For those students who fit into the second category, a note on this course (Akashic Records Program) in the context of the entire training:

I decided I wanted to teach students how to read the Akashic Records right at the beginning of this training, before students learn how to do a Spirit Guide reading or any other kind of reading. The reason for this being the Akashic Records are a wonderful source of information regarding the nature of the soul. By reading the Akashic Records, we can know about a soul's history, gifts, lessons, challenges, origins, and more. A professional intuitive who can read the Akashic Records has a huge advantage in their work.

I feel that reading the Akashic Records is the basis for all the other work that we will do as intuitives and that is why I have placed it right at the beginning.

I also believe that being able to read the Akashic Records can make you a better intuitive over time, because it allows you to familiarise yourself with all of the different archetypes that exist in the human race. The material presented in this course represents a tremendously detailed frame of reference that will really serve you, whether you simply wish to understand other people better, or whether you wish to use this course to give readings to others in a professional capacity.

MODULE ONE

SPIRITUAL PROTECTION TECHNIQUES FOR READING THE AKASHIC RECORDS

Welcome to the first module in this course!

WHY THIS COURSE BEGINS WITH THE TOPIC OF SPIRITUAL PROTECTION

At this point, you're probably keen to begin learning how you can access the Akashic Records.

However, as keen as you probably are to get started, we aren't going to begin by launching straight into the 'how-to' of reading the Akashic Records.

Instead, we are going to learn about protecting your energy first. Learning to protect your energy is essential for all types of psychic development, and especially if you are thinking of doing readings for others.

It doesn't matter what type of reading you do – the information I am going to pass on to you in this module is essential for protecting your energy during any type of reading.



Why you need spiritual and energetic protection for doing Akashic Record readings:

1. When you do readings for others, you can easily pick up energies from clients, which can make you feel tired. Many psychics and Akashic Record readers get tired from their readings, without knowing why. You will need a process for ensuring that this does not happen to you.
2. If you regularly visit the Akashic Records and you do not use techniques for spiritual protection, you can end up identifying more with the part of you that goes out into the Akashic Records (your astral body) than you do with your human self. This can lead you to become ungrounded and leave you feeling uncentered.

Now I am going to tell you the story of how I came to see that spiritual protection is so important – to the point that it needs to be taught right at the start of this course!

HOW I STARTED OUT DOING READINGS

In the summer of 2007, I was working in a language school in Northern Spain. I had graduated from University the year before and had fallen into the field of teaching because there was nothing else I really wanted to do. That summer, I came to the conclusion that I wanted to train as a professional intuitive. I was having many mystical experiences at the time and I wanted to help people to navigate the things that I felt really mattered in life, such as career, healing the past, and relationships.

My employer at the language school was an American who turned out to be very interested in all things spiritual and paranormal. When he questioned me as to what my plans were for the rest of the year, I told him that I was planning to eventually leave the field of teaching to set up my own website for giving readings and healing sessions. I half expected him to think that I was a bit of a crackpot but instead he told me he had always been fascinated with the idea of psychic readings. He also asked me to do a reading for him (he turned out to be my first ‘client’.)

I found myself agreeing to do a reading for him (a Spirit Guide reading – not an Akashic Record reading, as I wasn’t even trained to read the Akashic Records at that point!)



So, he gave me a list of questions and that evening, I went home and lay down on my sofa to ‘tune in’. I really had no idea what I was doing as I had never done a Spirit Guide reading for anyone before. I visualized meeting with his Spirit Guides, and received answers from them using my inner voice, with great difficulty. I wrote down the information I got for him and the next day I passed it on.

To my amazement, he found it to be really accurate and wanted to give me more questions to get answers to. Although I was encouraged that he thought I was talented, I was not confident enough to repeat the exercise.

The main reason for my caution was that I didn’t know what I was doing.

I had heard a lot about negative spirits and malevolent sources of guidance and I was scared of them. I wanted to be sure I was channelling my boss’s Spirit Guides, but without any training, how could I know? I felt unprotected and unqualified to do readings. I didn’t want to give him any misinformation.

My second misgiving was that I felt dizzy and light-headed when I did the reading. Plus, the day after my first foray into giving readings, I felt both hyperactive and exhausted – something just felt unbalanced and ‘off’ with my energy.

I decided it was time to get trained properly to do readings for others, so that I would have some energetic protection and discernment techniques.

I applied for a course on reading the Akashic Records which I hoped would help me to channel benevolent beings only, and protect me from unwanted energies. That course taught me a great deal and moved me forward on my path, and I used what I had learned to set up a business giving Akashic Record readings.

But I was not given any effective techniques for energetic and spiritual protection. I was told to stock up on sea salt and purchase a special amulet that would keep me safe from ‘negative energies’. These offered little protection against the unwanted energies that would later on make me feel so tired and ungrounded after my readings.



MY ENERGETIC DECLINE

I did Akashic Record readings full time for three years (so, in the way that I had been taught, without any kind of spiritual protection.)

As time went by, I began to find my work in the Akashic Records extremely tiring, psychically, emotionally and mentally. And I had no idea why. And the more readings I did, the more fatigued and ‘bogged down’ I felt.

Later on, I also noticed that it wasn’t just me who had struggled with this – many psychics, empaths, healers and Akashic Record readers that I know and that I have worked with have suffered in the same way.

FINDING THE SOLUTION

Soon after I realised there was a problem, I stumbled upon some solutions in the form of some very effective techniques for spiritual and energetic protection. These techniques had their origins in an organisation called ‘Teaching of the Inner Christ’.

Learning these techniques of energetic protection changed everything for me. Using them made me feel more balanced and grounded – I can now do 2-3 Akashic Record readings in a day without getting tired. Contrast that with my having to scrape myself up off the floor, exhausted after only one reading and you have a pretty big change! These techniques also helped me to stay grounded and centered in myself during readings.

Since learning these techniques, I have taught them to numerous other professional psychics and Akashic Record readers who were feeling ungrounded and depleted from their work, and it has been with great success.

That is why I am delighted that the very first module in this course is on spiritual protection, so that you’re less likely to go through this course feeling drained, hyperactive, and un-centred, like I did for years on end.

Here’s what this module on spiritual protection involves:



1. You are going to learn to incorporate Archangels and Ascended Masters into your Akashic Record readings – these beings will help to protect your energy during a reading.
2. You are going to learn how to clear out a certain type of energy ‘clutter’ that you can easily pick up from other people, especially if you’re empathic and intuitive (I picked up this type of energetic clutter for years until I learned this technique – and when it’s in your energy field it can have you feeling drained and fatigued and affect your accuracy as an intuitive.)
3. So that the clearing you learn how to do is not just a ‘band aid’, you will also learn a technique which will strengthen your energy field and help to prevent you from taking on any energetic ‘clutter’ in future. This is particularly useful because most professional psychics do become loaded with energy clutter through working with clients. This does not have to happen to you!

USING DIVINE BEINGS FOR ENERGETIC PROTECTION

Before I give you the techniques for protecting your energy by calling upon a Divine being, you’re going to learn the very important difference between Divine beings and astral beings – and when we use each class of being in our work! Yes, this is technically boring, theoretical stuff. But it’s a distinction that is important for you to understand, so that you can know which beings we call on, for which purposes.

The Two Realms

All non-physical sources of help or guidance can be classified into one of two groups (or ‘realms’.)

#1 – THE DIVINE REALM

The Divine level is where archangels, God* and Ascended Masters reside.

(*If you do not like the word ‘God’, feel free to substitute a word of your preference, such as ‘Source’, ‘the Creator’, ‘the love that rules the Universe’ or ‘the Creative Intelligence’.)



On the Divine level you will find pure and perfected God energy, in the form of Source (which is the ‘impersonal’ aspect of God) and in the form of Archangels and Ascended Masters (which are ‘personal’ aspects of God.)

The Divine realm is the realm explored and connected with, on a variety of spiritual paths and religions.

As a summary, here are the beings that reside on the Divine level:

- God/Source/the creator of all beings.
- Archangels, such as Archangel Michael, Gabriel, Raphael, etc.
- Ascended Masters from various religions and spiritual traditions, such as Jesus, Buddha, Krishna, Ganesh, St Francis, and Mother Mary.

Divine beings can fulfil certain roles, like:

- Protecting your energy (so that you don’t get tired during readings)
- Helping you to position your consciousness at the right level during a reading, so that you don’t attract or channel any ‘astral undesirables’! (aka earthbound spirits)
- Divine beings also bring healing energy straight from God/Source in healing sessions (however, healing is not covered in this course – you can find my course on healing [here](#).) For most people, the Divine does not have much to do with psychic development. The realm explored in psychic development would be the astral realm. Let’s cover that next...

#2 – THE ASTRAL REALM

The astral realm is home to astral-level entities, such as:

- Spirit Guides (including the Akashic Record Spirit Guides that we will work with, as part of this course)
- Guardian Angels



- Ghosts/earthbound spirits

At this point you probably already know that the astral realm is the realm of psychic guidance and channelled wisdom. This is the realm people are tapping into on a path of psychic development and the realm that most psychics consciously access when they do readings.

Unlike the Divine realm, the astral realm is not the realm of perfected God energy. The astral realm contains beings of many different types. There are thought to be seven positive and seven negative astral planes within the astral realm. So, within the astral realm, there are beings that resonate with positive energies and there are also beings that resonate with negative energies. This is why we must take more care (i.e. use spiritual protection) when venturing into the astral realm – it's not all positive, like the Divine realm is.

Who are the astral beings that resonate with negative energies?

There is one important group of beings that falls into this category – earthbound spirits.

Earthbound spirits are the mental and emotional bodies of deceased people who have not fully crossed over after death. They are sometimes referred to as ghosts.

Just as within the human race, there is much variety within this group of spirits, but the common feature all earthbound spirits have is that they do not want to cross over to the other side for some reason and because of this they resonate with negative energies such as 'stuckness', fear, unhappiness and pain.

Here are a few possible reasons why earthbound spirits won't fully cross over:

- Addictions (– when a soul is very attached to a physical substance, such as alcohol or some other drug, the soul may be reluctant to leave the Earth plane upon death)
- Fear of God's judgment
- An extraordinary level of attachment to a loved one(s)



- Lack of awareness of having died
- No belief in the afterlife
- Guilt from having committed suicide
- A need for vengeance
- Or some other unfinished business

Earthbound spirits can easily attach to peoples' auras and to places. They are commonly found in public places which see sadness and pain, such as hospitals, funeral parlours, prisons, cemeteries and police stations.

Earthbound spirits are drawn to the following people:

- Those who do psychic development without any kind of energetic protection – e.g. those who open themselves up to channel without considering or caring about who they might be channelling
- People with very porous and open energy fields like empaths and intuitives
- Professional psychics, healers and other spiritual or energy-based therapists (that's you! – at least, in training...)
- People who use cannabis or get very drunk on a regular basis

Drugs such as cannabis (and alcohol, in very large amounts) can make a person's aura very open and causes the drug user to take a trip to the astral realm (which is why we call the experience of using drugs 'getting high'!) This sometimes results in the person returning to their human experience with at least one attaching spirit that is also enjoying the 'high'.

More about the side-effects of using cannabis here:

- [The Spiritual Risks of Cannabis Use](#)

THE NEGATIVE EFFECTS OF ATTACHING EARTHBOUND SPIRITS

There are three main reasons why you would want to avoid inviting an earthbound spirit into your energy field. The first is that earthbound spirits drain energy. One spirit will drain a very small amount of energy. But the more attaching spirits you have, the more draining it gets. For example, two hundred spirits would be a sizeable drain on your energetic resources. Two thousand of them would be a huge drain on your energy.

To illustrate this point, think of an electrical appliance in your home, such as a night light (this is a metaphor for an earthbound spirit). One tiny appliance uses up very little electricity. But if you had two hundred such appliances plugged into your wall, you'd soon notice that you were paying a lot more for your electricity. Two hundred or two thousand spirits are very taxing on the human energy system in the same way, but it's not uncommon to find a couple of hundred of them in the energy fields of people who do readings for others with no effective techniques for spiritual protection. And as you might expect, removing these spirits and helping them to cross over to the 'other side' can really help to improve a person's energy levels.

(This was what was happening to me when I started getting tired when doing readings – I was taking on earthbound spirits from my clients.)

NEGATIVE EMOTIONS & EARTHBOUND SPIRITS

The second reason these spirits are to be avoided is because by nature they are very unstable and susceptible to negative emotions. When they attach to a person, they amplify and echo any pain and negative emotion in that person's energy field. So, if you feel angry and have one hundred earthbound spirits in your energy field, that anger will be amplified. The same goes for any other negative emotion that a person is carrying. Those negative emotions can certainly be reduced by removing any attaching spirits, although removing them will do nothing to remove the actual root cause of the negative emotion – these spirits simply echo negative emotion that is already there, they do not create it!

The third reason why we, as intuitives, certainly want to avoid earthbound spirits is because they can affect a person's intuitive accuracy. If you have an earthbound spirit in your aura, you could easily channel that spirit, perhaps assuming that it's



your Spirit Guide. If you're a professional intuitive and you have some of these spirits in your energy field, you can easily channel them on behalf of your clients, believing that they are your client's Spirit Guides.

The earthly equivalent of channelling and consulting an earthbound spirit is like approaching a person who is currently high on some substance or other (or indeed anyone with a significant problem that keeps them stuck in life) and asking for advice on behalf of your client. As you can probably imagine, the advice is less likely to be helpful or high-vibrational because it will most likely come from a stuck, dissociated, confused, or fearful place.

WHY EARTHBOUND SPIRITS ARE DRAWN TO EMPATHS & INTUITIVES IN PARTICULAR

So, why are these spirits more commonly found in the auras of natural-born empathes and intuitives?

Here's the reason why: many intuitive, empathic and sensitive people have open auras as a result of being gifted in exploring what it's like to be another person. Empaths are able to merge with other peoples' energy fields – their energetic openness allows them to leave their own body and do this! Most of my students are empathic and naturally intuitive, and energetic openness makes it easier for earthbound spirits to take up residence in a person's aura.

Unfortunately this energetic openness also causes the empath to unconsciously explore other peoples' energy fields and habitually bring back spirits with them when they return to their own energy field, without even knowing this has occurred.

If you want to see the opposite of this energetic openness, let's take the example of a 'blockhead'. I am being a bit silly here because a 'blockhead' is the name I give to the kind of person you could knock over the head with a plank of wood, and (s)he'd probably not notice.

There are some people who quite simply don't notice as much as others – they're thick skinned, like sumo wrestlers! Their consciousness and point of view is most definitely anchored in THEM. They generally don't become 'uncentered'.

And perhaps they're not as interested in what's going on around them or in what's going on with other people, like empaths and intuitives are. These people have naturally closed energy fields – and they are usually born with closed energy fields.

But on the scale of energetic openness, empaths are consistently on one end of the scale and 'blockheads' are on the other end. If you are naturally very intuitive or empathic, your energy field will be porous and open and you may be attracting this sort of energetic debris (i.e. attaching spirits) without even knowing it.

PROFESSIONAL PSYCHICS AND EARTHBOUND SPIRITS

So, we've mentioned that people with open energy fields can easily attract earthbound spirits.

But what about those who do readings for others – surely they have learned to open their energy fields and so are very much at risk of attracting them?

This is correct.

Not only does the professional psychic have a habitually porous energy field by virtue of being an generally empathic or intuitive person when they're not working, but a professional psychic can also take on these spirits when they ARE working (usually from their clients).

This is because professional intuitives are opening up their own energy field on a regular basis **in order to do a reading for a client**. So let's say the professional psychic is in a session with a client, who has attaching earthbound spirits (which is not uncommon for an empathic and open spiritual seeker.) The aura of the professional psychic is most likely big, open and full of spiritual light. If the client of the professional psychic has attaching spirits, those spirits can unfortunately 'migrate' over to the professional psychic's energy field, because it is full of light and positivity.

Earthbound spirits will usually gravitate towards the aura that is of the highest vibration; the aura with the most light and openness. Just like human beings, disembodied spirits tend to favour people who have the nicest and the most open

auras. It's not always a case of 'like attracts like'. It's more a case of "that psychic's aura looks lovely. Let's go and check her out!"

THE MYTH OF THE 'HIGH VIBRATION'

People often think that if you keep a high, pure vibration, you won't attract earthbound spirits. I have heard it said many times and unfortunately it is simply not true. This is why spiritual and energetic protection is so important for spiritually-oriented, intuitive and empathic people.

However, before you begin to panic about your high vibration or your open aura, know that you can position your consciousness at a certain level and strengthen your energy field in order to avoid taking on these spirits in your work, period. In this module, I will teach you a technique which can help you with this.

AN IMPORTANT NOTE ON 'NEGATIVE ENTITIES'...

One of the biggest myths about earthbound spirits is that they are somehow negative (indeed, some healing modalities and frameworks refer to earthbound spirits as 'negative entities'.) Earthbound spirits are not inherently negative or demonic. The trait that they all have in common is that they are reluctant to cross over to the other side, perhaps because of addiction, fear or pain of some kind. This can make them seem negative, but this is a state of mind – not a permanent, soul-level trait. In many ways, they are just like you and me – only not in a body, very stuck and unhappy!

Below are two steps you can take (or that we will take together) to protect your energy with the help of the Divine realm, while you do your Akashic Record readings:

STEP #1 – DO THE FOLLOWING EXERCISE BEFORE A READING

The 'Breath-work Exercise'

- First, observe your vibration by 'going inside' and exploring how you feel in yourself for a few moments – what is the underlying emotion? See if you can put a word on your emotional state.



- Now, choose an archangel (I like Archangel Michael but you can choose any) or choose an Ascended Master such as Jesus, Mother Mary, Buddha, Krishna or Quan Yin for example – any one that appeals to you. (You can find a [list of Ascended Masters & Archangels here](#).) Next, say: “Archangel Michael (or whichever Divine being you chose), please be with me”.
- Next do this breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
- The presence of the Archangel or Ascended Master will now be with you.
- Now check in with your emotional state – how do you feel?

The feeling that you notice once you have done the ‘Breath-work Exercise’ depends on the Ascended Master or Archangel that you call upon. Each one lends a different atmosphere/feeling/underlying energy to your work. For example, I find that the energy of Mother Mary is very soothing, nurturing, loving and comforting. The energy of Archangel Michael, on the other hand, feels quite different to me – fierce, protective and strong. However, one person’s experience of an Archangel or Ascended Master may differ from their neighbour’s experience, so be open to experiencing their energy **in your own unique way** – there is no ‘right’ way!

Do not worry if you do not notice much or feel any different, once you have called on your chosen Archangel or Ascended Master. It can take practice to become sensitized to their energies. But the more you do it, the more you will begin to notice the presence of the being you called upon.

[A Note on Archangels, Ascended Masters and Religion: you do not need an affiliation with a religion in order to call on these beings. Although Buddha, for example, is a figurehead of Buddhism and Krishna of Hinduism, they are available to all who ask, regardless of religious affiliation.]

Benefits of the ‘Breath-work Exercise’

The reason I do this ‘Breath-work Exercise’ is to bring the energy of the Divine realm into the session. It sets a background that is safe, gentle and loving – it doesn’t matter if the session is an intuitive reading and not a healing session. This technique



quite simply makes your session a more enjoyable and gentle experience for all involved.

Calling on an Archangel or an Ascended Master is also a great way to protect oneself spiritually from low-vibrational astral beings such as earthbound spirits. It positions your consciousness at the Divine level instead of at the astral level. That way, you can take a bit of the Divine into every session and you avoid taking on earthbound spirits into your energy field at the same time!

(I always do this exercise before each session with a client. But the process that you will learn in the second module for reading the Akashic Records does incorporate this very important technique, so that you don't even have to think about it!)

So, we've covered how you can position your consciousness at the Divine level in order to protect your energy. However, what if like many empathic and intuitive people, you already have some earthbound spirits attached to your energy field?

Now let's look at the next step we'll take to clear your energy, so that you can start this course with a clean slate, energetically speaking!

STEP #2: CLEAR EARTHBOUND SPIRITS FROM YOUR ENERGY FIELD

Next, I am going to teach you how to remove earthbound spirits from your energy field. The clearing method I am about to pass on to you helps any earthbound spirits that are attached to you to cross over to the 'other side' (thus providing the spirit with a healing) while simultaneously cleansing your energy field.

Not every student of this course will have earthbound spirits attached to their energy field, however I recommend everyone who goes through this course does this clearing just in case. It is a precautionary step that I would like all students to take – this way we know for sure that you won't be channelling any earthbound spirits when you do an Akashic Record reading for a client.

Below is the beautiful healing ceremony that I would like for you to go through. It helps earthbound spirits to return to the light, while simultaneously clearing your auric field of any foreign energies.

Here are the steps:



1. First, choose either an Ascended Master or an Archangel to work with for this exercise.

(Take a look at [my list here](#) to help you to choose one.)

Now that you have chosen your Archangel/Ascended Master, here is how you call in that being for this clearing:

- **Say Archangel Michael** (or whichever being you have chosen), ***please be with me.***
- Do the following breathing exercise: inhale to the count of four, hold to the count of four, and exhale to the count of eight. Do this a total of three times.

Now that you have called in an Ascended Master/Archangel, it is time to prepare your space energetically for the healing:

1. Ask for violet flames and white light for the room you are in. (The violet flames are a receptacle for cleared negative energies, and the white light is to protect your space.)

Archangel Michael (or the Divine-level energy you personally called in for this), ***I ask that you fill and surround this place with your violet flame, removing and neutralising any negative energy, and raising the energy in these places to a high vibration of love.***

Thank you.

Please place your white light of protection around this place, so that only high-vibrational energies may enter. Please also place this light of protection around my energy field. Thank you.

I send my root chakra energy to the core of mother Earth, to ground me.

2. Next, say the following prayer:



I call forth all earthbound spirits attached to my energy field/home/car/workplace, for healing now. This is a ceremony to bring you release from the earth plane, so that you can move on to much a better place.

Dear souls, you are healed and forgiven (repeat the words “you are healed and forgiven” until you are sleepy, sigh, yawn or until you sense that the spirits have released resistance to crossing over to the other side. This usually takes somewhere between 10 seconds and five minutes).

Know that your life on earth is over. It is completely finished. It was whatever it was, and it is time to let it go.

You are completely safe and the presence of the Divine is with you. You are filled with Divine light, to illuminate the way forward to your next right place of expression. You are filled with Divine Love, as you are beloved by the Creator and worthy of love. You are filled with Divine Truth, as you realise that the earth plane is no longer your home. There is a much better place for you to go to.

You are free from fear, suffering, and any other heavy emotions which have kept you stuck.

Dear souls, it is now time for you to move on to the other side, where your loved ones are waiting for you to join them in Spirit. Archangel Michael will guide you now to your own personal heaven. The energies of love, joy and peace await you there.

I ask Archangel Michael to bring down a stream of golden light to guide each of you back into the light of Spirit now.

3. Cut all psychic ties

I also call on Archangel Michael (or whichever Archangel or Ascended Master you called on before) *to hereby cut all psychic ties between me and any and all of the earthbound spirits being helped today. Please also cut any psychic ties between these spirits and my home/car/workplace* (or wherever you cleared these spirits from.) *Please dissolve these ties of energy in every dimension with a golden light beam.*

Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done.

4. Close off your aura

I call on Archangel Michael to fill and surround me with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest consciousness, who are meant to be with me on my spiritual path.

5. Thank the Ascended Master/Archangel you called in at the beginning:

I send my thanks to Archangel Michael.

Explanation of the Prayer's Wording

Everything in this prayer is designed to soothe the earthbound spirits and encourage them to cross over. The repetition aspect to the prayer "You are healed and forgiven" is quite important, as the repetition is soothing and helps the spirits to relax, releasing any resistance to crossing over to the other side.

The underlying emotion of the prayer is one of peace and love – through this prayer, the lost spirits are reminded that they are Divinely-created beings, with another place to be. They are reminded that the Creator loves them. They are reminded of the truth of who they are, and that they do not have to be tied to the earth's vibrations anymore. And finally, they are reminded that they are forgiven for anything they feel they did wrong in their most recent lifetime. Any resistance to crossing over is healed.

How to Avoid Earthbound Spirits Altogether

Next, I want to give you a piece of homework that you can do to reprogram your subconscious mind and your energetic boundaries, so that you do not engage with these spirits in the future.

This piece of homework is in the form of a prayer, which goes as follows:

"I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul"



I recommend that all students of this course say this prayer out loud, over and over, for three minutes a day for a total of 21 days. While you say this prayer, you are reprogramming your subconscious mind, so do ensure that there are no other words that you can hear at the same time (i.e. no television/radio on in the background).

How This Prayer Works

This prayer closes off your energy field to all beings except your Higher Self, Spirit Guides, Guardian Angels, Ancestors, and any other beings that are meant to be with you on your soul's path. This effectively bars 'just any old spirit' from communicating with you, so that you do not need to worry about attracting earthbound spirits in the future.

SUMMARY OF MAIN POINTS: MODULE ONE

- The astral realm is the home of Guardian Angels and Spirit Guides, including the Akashic Record Spirit Guides that we will work with in this course.
- The astral realm is also home to earthbound spirits, who are souls who don't feel safe to cross over fully to the other side after death.
- Those who commonly attract earthbound spirits include channellers, empathic people, people who use cannabis, and psychics/spiritual healers who habitually work with clients.
- It is a common misperception that earthbound spirits are inherently negative or 'out to get us' – they are simply lost and stuck.
- Earthbound spirits do, however, drain energy, amplify negative emotions and affect our intuitive accuracy.
- The 'Breath-work Exercise' is done before every Akashic Record reading to protect us from unwanted energies.
- The earthbound spirit clearing given in this module will clear your energy of any earthbound spirits that are already in your energy field and which, if not

cleared, could potentially affect your energy and accuracy levels as an Akashic Record reader in the future.

HOMEWORK EXERCISE #1: COMPLETE BOTH THE EARTHBOUND SPIRIT RELEASE PRAYER & THE 21-DAY PRAYER

You only need to complete the earthbound spirit release prayer once, and then ensure you spend 21 days on using the protection prayer (***“I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul”***) to help you to close off your aura to all spirits except the high-vibrational spirits who are meant to be with you on your spiritual path (such as Spirit Guides, Angels, Ancestors, etc.)

HOMEWORK EXERCISE #2: EXPLORE THE ENERGY OF THREE DIFFERENT DIVINE BEINGS

Do the ‘Breath-work Exercise’ once every day for three days. Each time you do it, choose a different Archangel/Ascended Master to call on, so that you can explore and become more familiar with the different energies. (This is good practice for you, since you will do this exercise before each client session.)

Here is a suggestion for the beings to call on – but feel free to mix and match them for this experiment.

DAY ONE: Mother Mary

DAY TWO: Archangel Michael

DAY THREE: Buddha

If you would like to see a full list of beings that you can call on for this exercise, along with what they help us with, please [check out this article on my website.](#)

The 'Breath-work Exercise'...

- Firstly observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your emotional state.
- Now, choose an Archangel (I like Archangel Michael but you can choose any) or choose an Ascended Master such as Jesus, Mother Mary, Buddha, Krishna or a Goddess like Ariadne for example – any one that appeals to you. Say the name of your chosen being out loud.
- Next do the breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
- The presence of the Archangel or Ascended Master will now be with you.
- Now check in with your emotional state – how do you feel?

MODULE 1 FAQ's:

Below are some questions I have often been asked in the past, at the end of this module. I wanted to include them here in case any other students have the same questions:

Question #1: I'd like to use the Earthbound Spirit Release Prayer included in this module for my 5 year old son. Is this OK?

Answer: Yes – you can definitely use the prayer and clearing for your son. Just make sure to add a part into the prayer saying that you would like to do this clearing, only if his Higher self is in agreement to receive it (so that you're still respecting his free will on the soul level.)

This prayer can actually be used for any child who is under your care (up to the age of 16.) I don't recommend trying to use it for someone who is not under your guardianship, or your child if they are over the age of 16 – both scenarios constitute interfering with another's free will.



Question #2: I'm concerned that the 21-Day Prayer for avoiding earthbound spirits – the one that goes:

“I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul”

...will block me off from communicating with my deceased loved ones...because I'm not sure if my deceased loved ones have the highest of vibrations.

Answer: In my experience, this prayer does not cut us off from any deceased loved ones who are with you at the choice of your soul. However, if you are worried about this, you can adapt the prayer so it reads as follows:

“I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul, including my deceased loved ones.”

Question #3: “I’m a professional medium – will saying the 21-Day Prayer for avoiding earthbound spirits block other peoples’ deceased loved ones from contacting me? (...because I’m not sure if my clients’ deceased loved ones always have the highest of vibrations.)

Answer: If you are a medium, you can adapt the prayer as follows:

“I close off my aura to all but my higher self, and those beings of the highest vibration who are with me at the choice of my soul, including my deceased loved ones and the deceased loved ones of my mediumship clients.”

Question #4: In this module, you talk a lot about spiritual protection from energies such as earthbound spirits. But what about spiritual protection from other peoples’ negative energies? I'm very empathic and sensitive, and I feel like I need to ask for protection from those, too.

Answer: Protection from other peoples’ energies is another topic entirely – and such a large one that I wrote a book about it. You can find that book here: [The Empath's Toolkit](#).

Question #5: Can I continue on with this course while I am completing the 21-Day Prayer and doing the Breath-work Exercise over the 3 days?

Answer: Yes, that's fine.

MODULE TWO, LESSON ONE

DOWSING AND THE AKASHIC RECORDS

In this lesson, we will discuss the Akashic Records and the type of information that can be found there.

THE NATURE OF THE AKASHIC RECORDS

The Akashic Records are a giant energetic database. Every soul that exists has a 'record' in this giant database. We call this the 'soul record'. The human energy body is continually transmitting information to the Akashic Records — everything we think, say, feel and do is recorded in the Akashic Records.

As a result, the soul record contains information about the soul from the very start of its existence. It contains information about all previous incarnations. It also contains information about life between Earth incarnations and even future incarnations. All the events, words and thoughts that have ever occurred in the history and future of your life, as a soul, will be recorded in the Akashic Records. The Akashic Records don't just contain information about souls. They also hold information about places, animal souls, businesses, objects, properties, and events too. It is truly the giant, energetic database that contains the history of the Universe.

The Akashic Records are a really useful source of information for psychics because the information contained there is timeless, specific and in-depth. Knowing how to read the Akashic Records can bring an added dimension to intuitive readings and will hugely expand your personal awareness.

Some psychics tap into the Akashic Records unconsciously during a reading. Through this course, you will learn to connect with the Akashic Records in a very conscious way.

WHEN TO ACCESS THE AKASHIC RECORDS

Here are the situations when it serves our client to do some research in their Akashic Records:

- When a client wants to know about their past lives
- When a client wants to know their soul gifts and life purpose. If you can read the Akashic Record and know the archetypes contained within it, you have a tremendous pool of knowledge at your disposal when it comes to soul path, career and life purpose readings.
- When a client wants to know their important life lessons and the reasons behind what they are currently experiencing

The information contained within the Akashic Records is the deepest level of information about a person. It addresses questions like “Who am I?” and “What am I here to do/bring?” and “What am I learning by being incarnated here?”

You can base entire sessions around the information you find in the Akashic Records, or you can use your findings as just one part of a general intuitive reading.

I am beginning the course by teaching you this information because it is the first thing that I research about a client that I am reading for. Knowing this information about a client’s soul allows me to know who they are on the soul-level and point out to them what I see as their soul gifts. This is a powerful thing, as many people do not know who they are on the soul level. Having this information really helps us to cut through the clutter and know what is defining about a person.

DOWSING AND THE AKASHIC RECORDS

I was taught to access the Akashic Records through dowsing with a pendulum, and in this course I will teach you to do the same.



In case you don't already have a pendulum, I would recommend visiting a metaphysical shop and trying out different pendulums by asking 'is this the right pendulum for me?' and see if the pendulum swings for you (it doesn't matter in which direction.) It is better to buy a pendulum in a shop rather than on the internet, because you can see the pendulum and get a sense for whether it's the right one for you.

If you need to purchase a pendulum, please do that before progressing to the next section.

(If you already have a pendulum that you use for yourself, I recommend getting another one to use for your work in the Akashic Records and for working with clients!)

How to Dowse

Before we cover how to program your pendulum for working in the Akashic Records, let me give you some background information on how we receive information from the Akashic Records using a pendulum.

We dowse using charts and a series of yes/no questions. You might like to have a look in the 'charts' book that came with this course, to see what I mean. To read the Akashic Records, we ask questions such as:

"Is the client's soul gift in row 1, row 2 or row 3?"

Then you ask "Is this client's soul gift in column 1, column 2 or column 3?" etc.

Using this way of questioning, you are able to narrow your soul gift down to one specific column and row of the chart.

So, we receive information from the Akashic Records using the charts and a series of yes/no questions.

Later, we may expand on that information using other gifts – like clairvoyance, claircognizance and clairsaudience.

AKASHIC RECORDS SPIRIT GUIDES

Sometimes people wonder if dowsing is a ‘supernatural’ process involving spirits.

Dowsing is not spooky at all and does not involve spirits. At least, spirits are not moving your pendulum for you – you are the one who is moving the pendulum.

Here’s the process that occurs when you dowse for information in the Akashic Records:

When you’re dowsing for information in the Akashic Records, the information you get goes from the **Akashic Record archives** to your **Akashic Record Spirit Guides** to your Higher Self, to your **subconscious mind** (which makes the tiny movements in your wrist and arm) and to your **conscious mind** (when you see which way the pendulum is swinging).

We will create a connection from your Higher Self to the Akashic Record Spirit Guides in the attunement that is coming up in the next lesson.

Now let’s prepare your pendulum for your work in the Akashic Records.

STEP #1: CLEARING YOUR PENDULUM

All objects absorb energy from their environment. It is wise to clear a new pendulum because you don’t know where it has been before you bought it.

There are a few ways to clear a pendulum:

1. Bury it in the earth for 24 hours. You can also put it in the soil of an indoor pot plant
2. Run it under cold water and then hot water. Alternate between the two six times.
3. Put it in a bowl of sea salt overnight (it needs to be sea salt, not table salt!)



STEP #2: CONNECT TO YOUR HIGHER SELF

Next, create a clear connection from your Higher Self to your subconscious and your conscious mind by holding the pendulum in your hand and saying the following out loud:

“Creator of all beings, Creator of all beings, Creator of all beings, My Higher Self, My Higher Self, My Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, please reinforce the deep and clear connection from my Higher Self to my subconscious mind, to my conscious mind. Please create a clear channel so that all information from my Higher Self flows effortlessly from my Higher Self to my subconscious, to my conscious mind. It is done, it is done; it is done. Thank you.”

STEP #3: PROGRAM YOUR PENDULUM FOR WORKING IN THE AKASHIC RECORDS

Now create a surcharge of vital life force by inhaling to the count of four, holding your breath to the count of four, and exhaling to the count of eight. Repeat this twice over for a total of three breaths.

Next, say the following prayer:

“Creator of all beings, Creator of all beings, Creator of all beings, My Higher Self, My Higher Self, My Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, I intend that this pendulum relays answers from my Higher Self at all times, unless I request otherwise. I also intend that all information be in truth and accuracy and 100% aligned with my highest good and the highest good of all.”

If you have used a pendulum for your own purposes in the past, you will find that your new pendulum works in exactly the same way as your old pendulum used to. So for example, if a ‘yes’ for you was the pendulum swinging from left to right, this will be your ‘yes’ in this course also.

If this is your first time using a pendulum, do the following exercise:



1. Hold your pendulum out. Just relax your hand and ask the pendulum, “Show me a yes” and just allow the pendulum to swing. It may swing forwards and backwards or from side to side. It may go in a clockwise circle or in a counter-clockwise circle. When you see what your pendulum does in response to a ‘yes’, write it down and say “Thank you” aloud.
2. Next ask the pendulum, “Show me a no”. Observe what the pendulum does in response. It will move in a different way compared to when you asked for a ‘yes’. When you write down what it does, say “Thank you”.
3. Now ask the pendulum, “Show me a maybe/undecided” and observe what the pendulum does in response. Once you have your ‘maybe’, say “Thank you”.

Now you have your pendulum fully programmed and you can use it to ask yes/no/maybe questions.

We are almost finished programming your pendulum, but not quite – there is some additional programming that we will add to your pendulum when you do the attunement section of this training, which is coming up next!

HOMEWORK:

Watch the ‘dowsing troubleshooting’ video in the ‘members’ area – it contains helpful tips for dowsing. In it, I also share my perspective on self-doubt in relation to dowsing and your intuitive abilities.

MODULE TWO, LESSON TWO

THE AKASHIC RECORD ATTUNEMENT

When you enrolled for this course, I asked for you to be assigned Akashic Record Spirit Guides and for you to be given access to the Akashic Records so that you can read for others. So, you already have an energetic 'pass' into the Akashic Records. Coming up soon is an attunement to the Akashic Records which will initiate you in the process of accessing the records. This attunement is a guided meditation for you to listen to.

During the attunement, you will also meet your Akashic Record Spirit Guides.

WHY WE NEED AKASHIC RECORD SPIRIT GUIDES

The Akashic records are a vast place. You need an Akashic Record Spirit Guide to locate your client's soul record and retrieve information about that person, for you. Without the Akashic Record Spirit Guides, you would be lost in a sea of (potentially irrelevant) information. People who access the Akashic Records without the help of Spirit Guides from the Akashic Record division do not receive very relevant information.

You can access clients' soul records by supplying your Akashic Record Spirit Guide with the client's date of birth, name at birth, name now and place of birth. This acts as a 'password' to access the client's information (more on this after the attunement.)

PREPARING FOR THE ATTUNEMENT

- Please do the attunement early on in the day (no later than 4 or 5pm, otherwise you will not sleep well afterwards). Your mind needs time to process the experience. Doing it on a weekend (or a day when you can rest afterwards) is ideal.
- Have your pendulum beside you when you do it

- Have a pen and paper handy so that you can write about the experience afterwards.
- Eliminate any potential distractions or interruptions — turn off your cell phone, unplug the phone, etc. Make it a sacred, quiet time.

Please note that at the beginning of the attunement, you are going to choose a Divine being to accompany you on the journey.

At this point you need to choose which Divine being you'd like, before you start the attunement.

Choose from:

Ascended Masters: Krishna, Kwan Yin, Ganesh, Athena, Jesus, Merlin, Buddha, Mother Mary, Tara, Isis, St Francis, Babaji, St Germain.

Archangels: Archangels Michael, Raphael, Gabriel, Uriel, Zophkiel, Metatron, Zadkiel, Chamuel

WHAT WILL HAPPEN DURING THE ATTUNEMENT?

I'll guide you to the Akashic Records for the first time, and you'll meet your Akashic Record Spirit Guides.

You may wish to notice the following (if you can) during the experience:

- Do you see your Akashic Record Spirit Guides in any detail?
- How do they appear?
- What are they like?
- Did you get any names for them?

Please listen to the attunement before going further.



AFTER THE ATTUNEMENT

I hope you enjoyed the attunement process.

Next, please think about or journal about the following questions:

1. How did the Akashic Records appear to you/what were they like? (To some people they appear as a library, to others a city, or a palace or a temple.)
2. Did you see your Akashic Record Spirit Guide(s) in any detail? Was there just one, or more than one?
3. How did they appear?
4. What are they like?
5. Did you get any names for them?

Did you have any strong feelings or a sense of 'knowing' during the attunement? Feel free to share your experiences with me and the other students in the forums!

YOUR INTUITIVE GIFTS

How you experienced the Akashic Record attunement is very revealing when it comes to locating your most important intuitive gifts.

Some people are very visual and see the Akashic Records in great detail – those people are usually naturally clairvoyant.

Some people are frustrated because they don't see many or any details of the Akashic Records, but instead they have a sense of 'knowing' as to what it is like and as to whom the beings are in the Akashic Records. Those people are primarily claircognizant.

Some experience many emotions during the attunement, such as love, gratitude, or excitement. Some of the feelings constitute information from the experience and the beings you met. Those people are clairsentient.



Some hear what is going on in the Akashic Records and hear words or messages while doing the attunement. Those people are clairaudient.

And some people certainly experience a combination of the above. Just be aware of what your experience says about how you might receive information in your readings.

ENERGETIC UPHEAVAL AFTER THE ATTUNEMENT

Accessing the Akashic Records for the first time is a major energetic event. You may feel spaced out or hyperactive in the hours and days that follow. This can sometimes be a sign of lack of grounding. Please take a few days to ground yourself before you proceed. Eat well, sleep well, do some exercise and look after the body. Take a bath with a cup of sea salt in it to remove any excess energy.

When you finish the attunement I recommend you do the following process, so that you don't have any problems sleeping afterwards.

1. Do the 'breath-work exercise':

Call on a Divine being to raise your vibration. Ask yourself "what is the deep underlying emotion present for me right now?" See if you can put a word on it. Then say the name of a Divine being out loud. Take three deep breaths. Then go back inside yourself and see if you can put a word on how you feel after that.

2. Next, say the following prayer:

Akashic Record keepers, my Higher Self, Divine Archangels, Ascended Masters, Creator of all beings: I separate my soul and aura from those of any beings I encountered during the attunement. I cut all psychic ties to any souls I engaged with during the attunement.

The records are now closed.

It is done; it is done; it is done.

HOMework:

Find five practice clients for this course – you are going to read their Akashic Records.

When you have decided who to invite to be your practice clients (some guidelines for choosing practice clients are below!), ask your practice clients for the personal information you need to perform their reading:

- Full name at birth (including any middle names)
- Full name now
- Date of birth
- Place of birth (city and country)

Remember to ask for a recent photo too (from the last 2–3 years.)

Let your practice clients know what the reading will cover, so they know what to expect when you contact them for the phone reading. For example, you could tell your client that the Akashic Record reading will be about their soul's gifts, past lives, soul trainings, life lessons and how the soul affects their personality.

GUIDELINES FOR CHOOSING PRACTICE CLIENTS

- Do not choose close family members or friends as practice clients – you know them too well and it will be difficult at first to read them with any objectivity at this early stage.

- The best practice clients are people you know a little, but whom you are not too close to and whose daily lives you are not familiar with. People you have met over the internet on a forum or through an internet community, for example, make good practice clients. You could also ask an acquaintance whom you know in person.
- Make sure that you choose someone whose date of birth, place of birth and full name you can ask for. This is obviously not information you can ask of anyone. You will also need to ask for a photo of your practice client (make sure that the client's eyes are visible in the photo.)
- Make sure the people you choose have an interest in the Akashic Records or in psychic readings. Preferably your practice clients will be interested in personal and spiritual growth, too. Choose open-minded practice clients, for a good experience. You will be doing readings for these people over the phone or in person, so you will need to feel that they are open to the concept of the soul and the Akashic Records, otherwise it can be a discouraging experience for you.
- Choose only those who have not had an Akashic Record reading before – an Akashic Record reading is the kind of reading you only have once. You will need to check with your practice client to find out if they have had an Akashic Record reading before (note: sometimes Akashic Record readings are called Soul Realignment™ readings, 'Soul Heritage' readings or 'Soul Genesis' readings.)

At this stage, please plan to read for your practice clients ONLY. The first few Akashic Record readings that you do should not be for yourself or for loved ones, simply because you won't have as much objectivity. On the other hand, reading for acquaintances and people you do not know well is helpful because it allows you to validate your findings when you present them to your practice client. If you know your practice client too well, you may wonder if you influenced your reading because of what you already knew about the client. And you will be short-changing yourself in that regard.

Later on, you will be able to read for yourself and for your loved ones. So in the meantime, please be patient.



THE PRACTICAL REQUIREMENTS OF DOING AN AKASHIC RECORD READING

There are certain requirements for doing a reading that you should become aware of now, before you go back into the Akashic Records. They will seem like utter common sense, but they are not always obvious in practice to students, so please indulge me while I point out the obvious.

THE REQUIREMENTS FOR DOING A READING

1. An Environment That Is Free of Distractions

Please have some idea of where you are going to do your readings. Ideally, you should designate a room or a quiet corner in your home for doing intuitive work. It does not have to be a separate room (although somewhere like a study would be ideal). The space must be quiet and private, with nobody passing through, because you cannot do readings when there are people milling around you. You also cannot do readings where there is any kind of background noise. It is not a good idea to do readings in your bedroom if you can help it because it can disrupt the restful energy of the room.

Perhaps once you have designated this space, you might like to make this space feel more sacred by clearing the energy there, by placing some candles there or putting some crystals in that space.

2. Not Being Hungry, Thirsty or Tired

Please be aware that in order to do intuitive work, you need to be calm on the inside. You will receive information often from your inner senses — your feelings, thoughts, your mind's eye and your inner voice. In order to hear these sources of guidance, you cannot be hungry, thirsty or excessively tired because



your body will shout louder than your inner self! Remember to eat enough and drink plenty of water on the days that you do readings. Of course, not eating enough can make us light-headed and tired, which is obviously not helpful at all for doing readings.

Please make sure you do not drink alcohol 24 hours before a reading. Alcohol is a drug that can throw your inner sensitivity off balance temporarily, so do steer clear of it well before a session.

3. Emotional Requirements

If you have done my *Intuitive Awakening* course, you may remember that I dedicate a whole chapter to the importance of raising your vibration before ‘tuning in’ for guidance.

I also mentioned that if you are upset, anxious or distressed, it can be very difficult to access spiritual guidance. The same goes for doing readings for other people. I have cancelled readings a few times in the last three years because of something upsetting that happened just before a reading. At the time of writing, I live in Christchurch, New Zealand and we had a large earthquake towards the end of 2010. I was out of town and found out about the earthquake just before I was about to do a reading. I thought about being ‘professional’ and going ahead with the reading anyway, but my mind was racing and I was worried that my apartment block could have been damaged in the earthquake. I cancelled that session because I knew it would not have been a good one for the client. Make sure you honour your human aspect, your body and your emotions as you do your readings.

HOMEWORK:

Designate a quiet room or corner in your home for doing your readings.

THE PROCESS FOR ACCESSING THE AKASHIC RECORDS

In this chapter, I will present the process for entering the Akashic Records. You will be using this process every time you do a reading.

THE FIRST STEP — CALL IN A DIVINE BEING VIA THE 'BREATH-WORK' EXERCISE

First of all, you need to do the following exercise (by now you should know this exercise from module one):

1. Observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your emotional state.
2. Now, choose an archangel (I like Archangel Michael but you can choose any) or choose an Ascended Master such as Jesus, Mother Mary, Buddha or Krishna. Any one that appeals to you. Simply say the name of the Divine being out loud
3. Next do the breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
4. Now check in with your emotional state – how do you feel?

This exercise helps to position your consciousness at the Divine level.

THE SECOND STEP — CREATE AN ENERGETIC CONNECTION TO OUR GALAXY AND TO THE STAR SYSTEMS

Now, close your eyes. In order to create a surcharge of life force, inhale to the count of four, hold your breath to the count of four and exhale to the count of eight. Repeat twice more.

Then see the white light glowing at your heart chakra.

See the white light travel from your heart chakra, down to your solar plexus chakra, through your sacral chakra and root chakra, and see it travel through the Earth, reaching the Earth's core and coming back out to the other side of the planet. Now travel through the moon, through the sun, travel past your own star system of origin and through all the star systems then come back to earth. See the white light enter the top of your head, your crown chakra, your third eye, your throat and let it rest at your heart chakra again. See the path of green light emanating from your heart chakra — you are going to travel to the Akashic Records on this path of green light.

THE THIRD STEP

Say the prayer below (when you say this prayer you will be taken instantly to the Akashic Records.)

Prayer to Access the Akashic Records

God and the Archangels, Ascended Masters and non-physical teachers,
I acknowledge the spiritual forces of Love and of Light,
Allow me to see (client's name), as God and the Keepers of the Akashic Record see him/her.
Help me to know (client's name) as he/she is known in the Akashic Records.
Keep me focused on the task of reading the records and keep me from any self-interest while working on behalf of others.
Give me the courage and guidance to recognize and share the truth when I have it. I ask that my Akashic Record Spirit Guides be with me.
In my highest good and in the highest good of all,
The records are now opened.

You will need to do the process above dozens of times before it becomes second nature to you. It is OK if it takes you a few minutes or longer to do, in the beginning. In the end, you will have memorized the prayer above and it will not take you long at all to access the Akashic Records.

PRAYER FOR LEAVING THE AKASHIC RECORDS

To leave the Akashic Records, see yourself handing back to your Akashic Record Spirit Guides the soul record with which you have been working.

Then see yourself walking through the doors of the Akashic Records, back out onto the path of green light. From this point, see yourself travelling through the sun, through the moon, through the earth and then see the white light moving through your crown chakra, through your third eye chakra, to the throat chakra and settling at your heart chakra.

Then say the following prayer:

Creator of all Beings, Akashic Record Keepers, my Higher Self, Divine Archangels, Ascended Masters: I separate my aura and soul from those of any beings I encountered during my research I cut all psychic ties to any souls I engaged with during my research.

The records are now closed.

It is done; it is done; it is done.

This prayer simply serves to disconnect you from the high-level etheric energy of the Akashic Records. We use this prayer every time we leave the Akashic Records.

YOUR HOMEWORK FOR THIS LESSON:

Enter and exit the Akashic Record a total of three times over a few days. At this point, you are not asking to access anyone's soul records. You are just familiarizing yourself with the process, so that it is not so strange and new.

When you are saying the prayer to access the Akashic Records in step three, insert 'me' and 'myself' into the gaps. For example: 'allow me to see myself as God and the keepers of the Akashic Record see me'.

Upon entering the records, you do not need to do anything – simply leave again using the prayer to disconnect you from the Akashic Records.

MODULE TWO, LESSON FIVE

CHECKING A CLIENT'S ENERGETIC STATUS

In this lesson, you will learn about the preliminary questions we ask as soon as we enter a client's Akashic Record. These are questions we must ask before we begin to do research in a client's soul record.

You will also learn about further techniques of spiritual protection that we must use when working in clients' soul records.

TOOLS FOR SPIRITUAL PROTECTION

In module one, you already received a couple of tools for your protection when reading for clients:



- You had a session for removing astral entities and you did a 21 day piece of homework to prevent you from communicating with or channelling astral entities in future.
- You also learned that you must use the ‘breathwork exercise’ – a process of bringing in the energy of a Divine being, which we incorporated right at the beginning of your ‘logging on’ process.

Now I want to pass on to you two more tools for spiritual protection, which you must use when working in the Akashic Records.

TOOL #1: THE VIOLET FLAME

After you have done step one of your ‘logging on process’ (where you call on a Divine being via the breathwork exercise), you must say the following prayer:

*“**Ascended Master Buddha** (or indeed any Divine being you personally called on in the breathwork exercise), I ask for you to be in charge of this session. Please place violet flames, one in every corner of the room that I am currently in, one in the centre of the room, one above every doorway and window, and one inside any containers containing anything to eat or drink; to clean up and neutralize any stale or negative energy. Thank you.”*

WHY SET UP VIOLET FLAMES BEFORE RESEARCHING IN THE AKASHIC RECORDS?

At this stage you might even be tempted to skip or forget the violet flames part. After all, how can asking for a few violet flames be helpful for your session?!

Do not underestimate the implications of setting up violet flames!

Here are some of the benefits of setting up violet flames before a session:

- When you go off into the Akashic Records, you’ll remain yourself. You’ll keep your own identity as a human being. You won’t lose yourself in the realm of the Akasha or become ungrounded and spacey.



Have you ever wondered why some psychics come across as ‘airy-fairy’, ungrounded, unpractical people who are not very present to their human lives? (Or to the reality of your human life, when they read for you – perhaps you have come across a psychic like that!)

It isn’t always that ‘airy-fairy’ people are drawn to becoming psychics. In fact, it is often the case that professional psychics become ungrounded over time, because of the work that they do. After all, when you do psychic work, you are leaving your body and going off into the astral realm every day or every week, via your astral body.

Over time, spending this much time in your astral body means that you can end up relating to that part of you more than you relate to your human life. You may end up craving spiritual experiences more and more, until you end up with a spiritual imbalance; chronically spaced out; with little interest in your human life. You may end up with all your hobbies being spiritual ones, and all your friends being spiritual ones, and with no interest in anything non-spiritual.

Putting up violet flames, quite simply, can help prevent this from happening – it keeps you in your own identity, relating to your human self, even while you navigate the astral realm.

Another benefit of setting up violet flames: Violet flames stop you from being affected by clients’ negative experiences and emotions.

A person’s Akashic Record contains the history of their soul, right from its inception. As you can imagine, there are many energies in the Akashic Record, some pleasant, some not so pleasant. We want to receive information, but not process it through our emotional bodies or physical bodies. Setting up violet flames stops that from happening.

Any negative energies, experiences or pain – past or present – are neutralized by the violet flames for us, so that we don’t process them on behalf of the client (consciously or subconsciously) or allow them to affect us in any way. We remain neutral observers, and that is the best role for us to have, because it keeps us accurate.



In addition, putting up violet flames means that you will not be exhausted by doing readings. I know psychics who can only do one reading per day because they feel exhausted afterwards. Those people often feel like their clients are somehow draining them, although they don't know how this occurs. Setting up violet flames keeps you feeling fresh and able to do a few readings in a day if you choose to.

In conclusion, setting up violet flames is one of the most important tools for spiritual protection you will ever learn. This simple practice can have huge implications for your health, your emotions, your clarity, your stamina, the accuracy of your work – and even your finances and your business, should you decide to set one up following this course.

WHY WE SET UP VIOLET FLAMES 'INSIDE ANY CONTAINERS WITH ANYTHING TO EAT OR DRINK'

You may have noticed in the prayer above that you also need to set up violet flames inside containers with anything to eat or drink. This is because water takes on energy too (for more on this, see the work of the Japanese author Masaru Emoto.)

Now let's look at the second tool we will use for spiritual protection at this point.

TOOL #2: GOLD AND SILVER LIGHT

After you have requested violet flames for your room, you must also request gold and silver light for your room.

Here is the prayer command for this:

***"Ascended Master Buddha** (or the Divine being you called on in the breathwork exercise), please place gold and silver light around the outer edges of the room that I'm in. This symbolizes the very active presence of the Divine supporting, protecting and helping both my client and myself, right where we are on our respective paths of evolution. Thank you."*

This command raises your vibration further and positions your consciousness at the Divine level for the duration of the reading.

So, this is what your log on process looks like when you're reading for a client:

1. Call in a Divine being via the 'breath-work' exercise
2. Ask for violet flames
3. Ask for gold and silver light
4. Create an energetic connection to our galaxy and the star systems via the visualization and the green path
5. Say the prayer to access the Akashic Records

ACCESSING YOUR CLIENT'S SOUL RECORD

Let's say that you've finished steps one to five, and you have your client's personal information in front of you.

(If you haven't already, get a blank piece of A4 paper and write your practice client's information at the top — name at birth, name now, date of birth and place of birth. You can also have your photo of your client to hand when you do your reading. I personally look at the photo on my computer before the reading, then do not look at it again. It is just to attune myself further with the client's energy.)

Next, give your client's personal details to your Akashic Record Spirit Guide. You can do this out loud or in your head. Either way, your Akashic Record Spirit Guide will hear you. You could say something like (as an example):

"I would like to access the soul record of Annabel Jennifer Croft, born on 7th April 1979, in Atlanta, Georgia. Her name at birth was Annabel Jennifer Tanner."

Then you ask the following questions, using your pendulum:

1. Have I located Annabel in the Akashic Records?



2. Do I have Annabel confused with any other being, living or dead?

The answer to question one will be ‘yes’ 99.9% of the time. If it happens to be ‘no’, it is always because you are refused permission to access the client’s soul record, for whatever reason (more on who we can ethically read for, at the end of this lesson.)

The answer to question two is almost never ‘yes’. But it is still good practice to ask this question, in the extremely rare case that your client may have the same name, date of birth and place of birth as another soul incarnated on this planet. This has never occurred for me in my work, but it is good practice to ask it anyway.

If the answer to question two happens to be a ‘yes’, simply take a look at the picture before you enter the client’s soul record. This is partly why I ask for a picture of the client before I read for anyone. A face is the ultimate identifier and their energy will be remembered and imprinted in your subconscious as soon as you set eyes on their face. And you will take that energy with you into the Akashic Records. You can be confused by a set of identical details that two people may have, but not by two different human faces and two different human energies. When you know what a person looks like, you will never get them confused with another soul.

MORE PRELIMINARY QUESTIONS:

3. Does Annabel share energy with any other soul?
4. Does Annabel have any current or outdated facades that represent a block to truth?

ENERGY SHARING

What does it mean to share energy with another soul?

Energy sharing means that Annabel’s aura houses an astral entity.

However, the astral entity in Annabel’s aura is not just a regular astral entity attachment, in which the entity is attached to her energy field – draining her and amplifying her emotions.



Instead, in an energy sharing situation, the astral entity will be popping in and out of Annabel's consciousness, utilizing some of her human free will (usually a small percentage). This may happen very frequently or not so frequently. It is effectively a possession situation and requires an exorcism.

A client who requires an exorcism may go through periods when they feel out of character. They may have thoughts or behaviours which don't seem to be their own. They may feel that they have a split identity (depending on how much of the client's emotional or mental life the entity imposes upon.)

An energy sharing situation (also known as a possession) never constitutes a violation of the soul's free will. Energy sharing can only occur with the soul's agreement (usually unconscious). Souls may subconsciously agree to share their energy body with an astral entity when they think there is something to gain from it. Thus, the energy sharing situation will have served a purpose at some point for the soul.

Energy sharing situations are no more frightening than the astral entity healing session you had right at the beginning of this course. An energy sharing situation really looks nothing like a scene from The Exorcism – heads don't spin and bile is not vomited!

And nothing about a client's energetic situation will affect you adversely in any way – that is what the violet flames are for!

WHY WE ASK ABOUT ENERGY SHARING

We ask about energy sharing for one reason only: we want to read for Annabel and her soul, not for the outsider soul that may be popping in and out of her consciousness periodically, utilizing her free will and seeming to be Annabel.

An energy sharing situation constitutes a block to truth if it is not acknowledged because it can mean you get confused between two souls who are in one body, perhaps not even knowing that there are two souls in the one body. This is why we ask this question.

The answer to question three is almost always 'no'.

But should you get a ‘yes’ in response to this question, use the following prayer command:

“Akashic Record Guides and Keepers: I request to read only for the soul who was intended for the incarnation of Annabel Jennifer Croft; the soul that has been in her body from birth. Thank you.”

You may be thinking: *“Should I do anything else if the client has an energy sharing situation? – it sounds pretty serious!”*

Here’s some advice at this point:

DON’T TRY TO RESOLVE THE SITUATION

Resolving an energy sharing situation is not your domain, as a beginner Akashic Record reader. Your task is to read for the client, and that simply means acknowledging her energy sharing situation for purposes of accuracy, so that you are reading for the right soul.

At this stage, you are obviously not trained to resolve the energy sharing situation. It is a situation that needs to be resolved with the client’s conscious permission, in a session dedicated to this kind of healing, which unfortunately means that at this point in the course we cannot address this topic, since this is not a course for healing.

I personally resolve energy sharing situations in a one hour interactive healing session that requires the client’s conscious permission to carry out.

A second piece of advice: don’t tell the client about the situation in any detail.

I recommend staying away from discussing the situation with your client and resist the urge to help the client to do something about it. Some energy sharing situations have gone on for years. The energy sharing situation can end spontaneously when the client is ready. There are many healers available to help the client to resolve it and your client will feel an intuitive nudge to approach a healer to help them, when it is the right time.

Your task at this stage is just to read for the client – the client has not signed up for a healing session.

Is ENERGY SHARING COMMON?

I have done 712 Akashic Record readings since 2007. I have come across 37 energy sharing situations in that time.

Another healer I know, who did approximately 1008 sessions in 2009, reports having come across 31 energy sharing situations that year.

So, although some Akashic Record readers may attract more energy sharing situations than others, it seems to be rare.

Let's look now at preliminary question #4:

Does Annabel have any current or outdated facades that represent a block to truth?

FACADES

A facade is a personality that we project to the world that is not in alignment with who we truly are.

Facades are used all the time by people – in work, in social situations, in relationships. Sometimes you may pick up that a person is behaving in a 'fake' way. Other times, a facade may not be so easy to identify.

The client may be using one or more facades at the time of the reading. The reason a client uses a facade is because they feel the facade serves them on some level. Usually this is unconscious behaviour. We call these 'current facades', as they are wanted and are being used at this time.

Inexperienced or beginner psychics who tune into clients via a photo may sometimes be caught out by a facade that a person is using. An example would be a violent



criminal or psychopath who behaves in a charming and pleasant manner and as a result is well-thought of by those around him; by those who don't know his true nature (yes – this is an extreme example.)

By reading that person's photo, an inexperienced psychic may only pick up on the charming and pleasant facade, without seeing past the darkness underneath. A less extreme example is a high school student who uses a facade of shyness or quietness to go unnoticed by the school bullies. Underneath, this person is vibrant and interesting, but it is safer for her to come across as quiet and shy, so as not to attract attention.

An '**outdated facade**' is a facade which is still in use, but which is unwanted and no longer needed by the client. It's effectively a personality projection that the client has outgrown.

Let's take the example of the high school student who uses a facade of shyness.

This person may now be thirty years old, but still behaves in a quiet and shy manner in social situations, especially around those who might remind her of the high school bullies. She may wonder why she behaves this way around people, when she is expressive and outgoing around family and friends. The facade no longer serves her in this case, and so we call it an outdated facade. Usually people shed outdated facades in their own time, but in some cases, they may not shed them and the facade can hang around, causing frustration – conscious or unconscious – for the client. Facades are much more common than energy sharing situations. Facades are used in some cultures more than others. They are definitely more common in cultures where no value is placed on expressing one's true feelings or sharing one's true self.

By accessing a client's Akashic Record, you will in many cases bypass personality facades that clients use.

However, be aware that facades do constitute a block to truth and can sometimes catch students out. As a precaution, we say the following prayer when we find that a client has a facade of some kind:

"Akashic Record Guides and Keepers: I ask to bypass any facades, current or outdated, which constitute a block to truth for my Akashic Record research on behalf of (client's name). It is done, it is done, it is done. Thank you."



Note that at this point you do not break, remove or clear any facades. A current facade may still be wanted by the client. And removing an outdated facade is a form of spiritual healing. **We cannot perform effective spiritual healing work without a client's conscious permission.** At this stage our domain is not healing — it is reading. So we simply ask to bypass facades. In a later level of this course, you can learn to clear and heal outdated facades, with the client's conscious permission and participation, in a one hour interactive session.

REFERRALS FOR FACADES

Outdated facades can be a real source of frustration for people, but we do not tell clients about anything that we cannot heal there and then.

If your client brings up the issue of not being able to express their true self in social situations or other situations, you might like to make a referral to me or to another practitioner who has completed spiritual healing training and who can remove facades.

QUESTIONS TO ESTABLISH THE CLIENT'S ENERGETIC STATUS

At this point, you may ask the following questions for your practice clients, using your pendulum:

1. Have I located Annabel in the Akashic Records?
2. Do I have Annabel confused with any other being, living or dead?
3. Does Annabel share energy with any other soul?
4. Does Annabel have any current or outdated facades that represent a block to truth?

You may need either of the following prayers:

“Akashic Record Guides and Keepers: I request to read for the soul who was intended for the incarnation of Annabel Jennifer Croft; the soul that has been in her body from birth. Thank you.”

“Akashic Record Guides and Keepers: I ask to bypass any facades, current or outdated, which constitute a block to truth for my Akashic Record research. Thank you. It is done; it is done; it is done.”

Note: you do not need to ‘come out’ of the Akashic Record once you have asked these questions for one of your practice clients. If you like, you can ask the questions above for all of your practice clients in the same sitting.

If you do this, once you are done with one client, you do need to see yourself giving your practice client’s soul record back to your Akashic Record Spirit Guide and say “my session with _____ is complete for now, thank you.” Then breathe on your pendulum, giving it a quick wipe and intend for the pendulum to be cleared for the next client. Then proceed to ask for the next practice client’s soul record by giving her personal information. Once you have established the energetic status for all five of your practice clients, you’re all done. When you leave the Akashic Records, do remember to use the ‘logging off’ prayer:

*Creator of all Beings, Akashic Record Keepers, my Higher Self, Divine Archangels, Ascended Masters: I separate my aura and soul from those of any beings I encountered during my research I cut all psychic ties to any souls I engaged with during my research.
The records are now closed.
It is done; it is done; it is done.*

WHO WE MAY ETHICALLY READ FOR

I mentioned earlier on in this lesson that there is a very small (in fact tiny) possibility that you may be refused access to a client’s Akashic Record.

If this happens, you may not always be given an explanation as to why you may not access it, and you must honour that. It may be that your client will not be served by an Akashic Record reading at this time. This is such a rare occurrence because an Akashic Record reading is such a helpful reading to have, but it is worth mentioning here, in case you should come across it.

As a general rule, we may read for clients who have approached us for readings, because they've given us express permission and handed over their personal information.

We may also read for ourselves at any time – all souls can access their own Akashic Records.

In most cases, we may read for those close to us and for loved ones. It usually benefits us to know the soul backgrounds of those close to us, so that we may understand them better. So after you have completed this course, (not now!) feel free to look up the soul information of your family members (parents, siblings, children, etc) close friends, spouse, partner, etc.

If you no longer have contact with a person, you may be refused access to the soul record, because your intention has shifted from a need to understand and relate to someone better, to curiosity.

Note that we don't access the Akashic Records of newborns. It is best to wait until a baby is twelve weeks old before you do so, because the first several weeks of life is a difficult time for most babies, who are still in the process of integrating their energy fully into the physical body.

Akashic Record Spirit Guides will understand and know your intentions when you try to access a person's Akashic Records. If you are seeking to receive information that is helpful or beneficial to you, you may be given access. If you wish to help another, and it is appropriate for you to do so, you may be given access. If you are nosy or feel curious about another person, such as a neighbour, a friend of a friend or someone in your community, you probably will not be given access, unless it is **in the highest good of all for you to do so**.

If you do not manage to locate a soul in the Akashic Records because you lack permission, leave it there. If you are determined to go ahead without permission, you will get misinformation and it will be wasted time for you and for your client.



HOMework:

Complete the worksheet in the workbook entitled 'Process for Accessing the Akashic Records.' If you wish, you can also access and print off this worksheet via the online 'members' area.

The worksheet answers can also be found in the 'members' area.