

Closing the Akashic Records and Grounding

Just as opening the Akashic Records is a sacred act, so too is closing them. The closing of the Records is not simply an ending—it is a sealing, a moment of gratitude, and a return to presence. When we close the Records with intention, we honor the divine beings who have assisted us, we integrate the wisdom we have received, and we gently bring our energy back into balance. Closing the Records is also an act of self-care, ensuring that we remain grounded, whole, and fully present in our daily lives."


The Importance of Closing the Akashic Records

When you access the Akashic Records, you are entering a space of high vibration and spiritual insight. After completing your session, it is crucial to close the Records properly to ensure that your energy is returned to a balanced state and that you are fully grounded in your physical body. Leaving the Records open unintentionally can result in feeling disconnected, ungrounded, or energetically depleted. Properly closing the Records brings closure to the session and affirms that the work is complete.

Additionally, closing the Records honors the sacredness of the space you have entered. It demonstrates respect for the beings of light, Ascended Masters, Guides, and the Lords of the Akashic Records who have assisted you during the session.

Steps to Closing the Akashic Records

1. **Express Gratitude:** Start by thanking the Lords of the Akashic Records, your Guides, and any Divine Beings who have assisted you. Acknowledge the love, wisdom, and healing that have been shared. Expressing gratitude helps to close the energetic exchange with grace.

 *"Gratitude is not just a step—it is the frequency that seals the Records in love."*

2. **Recite the Sacred Closing Prayer:** To formally close the Records, you recite the Sacred Closing Prayer, which seals the work and completes the session:

"I thank the Lords of Akashic Records, my masters, guides, and loved ones for all the love, wisdom, and healing that we have shared and I ask them to close the records of (your full name). My Records are now closed. My Records are now closed. My Records are now closed. Amen, Amen, Amen."

This prayer should be spoken with intention and from the heart. Repeating the phrase "My Records are now closed" three times ensures that the energy is properly sealed.

3. **Cut the Energetic Connection:** After closing the Records, visualize cutting the energetic connection that was established when you opened them. Imagine gently releasing the connection, perhaps seeing a cord of light gently dissolving or retracting into the ether. This helps to return your energy to your body fully.

4. **Grounding Your Energy:** Once the Records are closed, it's essential to ground yourself. Grounding brings you back into your physical body and re-establishes your connection to the Earth. This step is vital, especially after working in such high-vibration energies.

Here are a few grounding techniques:

- **Visualization:** Imagine roots growing from the soles of your feet, deep into the Earth. Feel the solid, stabilizing energy of the Earth anchoring you.
 - **Physical Movement:** Stretch, move your body, or take a short walk to help bring your awareness back into your physical form.
 - **Drink Water:** Drinking water helps to flush out any residual energy and grounds you back into your body.
 - **Touch the Earth:** Place your hands or feet directly on the Earth or a tree. Nature has a powerful grounding effect.
5. **Journal and Reflect:** After grounding, take a few moments to reflect on your session. Write down any key insights or messages you received. Journaling after closing the Records helps to solidify the information and allows you to track your progress over time.

Grounding Techniques After a Channeling or Healing Session

Grounding is crucial after a channeling or healing session because it allows you to fully integrate the information and energy that you have received. Here are some additional techniques to ensure that you are fully grounded and present after working with the Akashic Records:

- **Breathing Techniques:** Practice deep, intentional breathing. Inhale deeply through the nose, expanding your abdomen, and exhale fully through the mouth. This simple act of focusing on your breath can help you bring your awareness back to the physical plane.
- **Engage Your Senses:** Tune into your physical surroundings by engaging your senses. Notice what you see, hear, smell, taste, and feel. This sensory awareness helps bring you back into the present moment.
- **Eat Something Nourishing:** Consuming grounding foods such as root vegetables, nuts, or warm herbal teas can help anchor your energy back into your body.

When to Reopen the Akashic Records

Once you've closed the Akashic Records, it's important to give yourself time to integrate the information and healing. You don't need to constantly have the Records open to benefit from their guidance. Regular, intentional sessions are more effective than trying to stay connected all the time. The wisdom from the Records will continue to influence your life even after the session is over, as long as you allow space for integration.

It is recommended to reopen the Records when you feel ready to receive more information or clarity, or when you are performing a specific healing session or spiritual inquiry.

Avoiding Overexposure

While working with the Akashic Records is profoundly transformative, it's important not to overexpose yourself to the high-vibration energies for prolonged periods. Spending too much time in the Records without proper grounding can leave you feeling unbalanced or detached from the physical world. Remember that you are a multidimensional being with responsibilities and experiences in the physical realm. Balancing your spiritual work with your earthly life is essential for maintaining harmony.

Conclusion

The process of closing the Akashic Records and grounding is an essential part of maintaining balance in your spiritual practice. It ensures that the session is properly completed and that you are fully present in your physical body, ready to carry the insights and healing into your daily life. The act of grounding not only helps you feel stable and centered but also aids in the integration of the spiritual wisdom you've accessed.

By developing a consistent practice of properly closing the Records and grounding after each session, you honour the sacred nature of the work and ensure that you remain energetically balanced and connected to the Earth.

Using the Sacred Geometry of Infinite Love¹ in Akashic Channeling Sessions

When performing a session, one of the most important aspects is the ability to **transcend the ego and connect with your heart and higher self**. The Sacred Geometry of Infinite Love, which I have extensively channelled and shared in my work with the **Shimana Quantum Code**, is a powerful tool that facilitates this process. It not only helps to transcend the ego but also creates a protective and sacred space for, allowing you to receive information and healing in a pure, uninterrupted manner.



The Sacred Geometry of Infinite Love serves as a **portal for connecting your Crown Chakra, Third Eye Chakra, and Heart Chakra**, ensuring that the information you channel is rooted in

¹ Read more about this sacred geometry in my first book "Infinite Love"
<https://shimashadrouh.com/infinite-love-book-new-edition/>

love, wisdom, and truth. By using this sacred geometry, you enter a state where your mind becomes aligned with the heart, allowing you to transcend the ego and step into a higher vibrational field.

How to Use the Sacred Geometry of Infinite Love in a Channeling Session:

1. Visualizing the Sacred Geometry:

Begin by visualizing the Sacred Geometry of Infinite Love around you. The geometry consists of a Merkabah, which is an interlocking of two tetrahedrons symbolizing the connection between heaven and earth, spirit and matter. At the center of this geometry is a lotus flower symbolizing the Third Eye and the Heart, with rays of light extending from the heart.

2. Connecting Your Chakras:

Once you have visualized the Sacred Geometry around you, focus on connecting your Crown Chakra and Third Eye Chakra with your Heart Chakra. See a stream of light connecting these three points, creating an internal flow of divine energy that links your spiritual insight with your emotional center. This connection ensures that the information you receive during the session is filtered through the wisdom of your heart, transcending any interference from the ego.

3. Projecting the Rays of Light and Divine Beings:

As you establish this connection, visualize the Twelve Rays of Light emerging from your heart. Each ray represents a Guardian Angel, offering protection, guidance, and divine wisdom during your session. In addition, visualize the Sixteen Ascended Masters surrounding you, creating a powerful protective field that supports you as you receive and transmit the information from the Akashic Records.

4. Creating the Merkabah Shield:

Envision the Merkabah around you spinning gently, creating a protective shield that blocks out any lower vibrations or interference. This shield allows only the highest frequencies of love, wisdom, and truth to enter your space. You are now in a sacred, protected space where you can channel information freely and safely.

Benefits of Using the Sacred Geometry of Infinite Love

By utilizing the Sacred Geometry of Infinite Love, you are working within a powerful multidimensional tool that helps you remain in alignment with the divine. It serves several functions during a session:

- **Transcending the Ego:** The connection between the Third Eye and the Heart Chakra allows you to bypass the ego and enter a state of pure awareness, where the information you receive is untainted by personal biases, fears, or desires.

- **Protection:** The Merkabah and the Twelve Rays of Light form a powerful protective barrier that ensures that only divine guidance and healing enter your space. Lower vibrational energies, distractions, and harmful influences are kept at bay.

- **Connection to Higher Beings:** The Twelve Rays of Light and the Sixteen Ascended Masters are ever-present in the Sacred Geometry of Infinite Love, assisting you in accessing higher realms of consciousness and guiding you through your channeling work. These divine beings ensure that the messages and healing you receive are aligned with your highest good and the highest good of others.

For more in-depth information about how to work with the Sacred Geometry of Infinite Love, you can explore the **Shimana Quantum Code™ book**², where I explain the full details of this sacred geometry and how it is used for healing, protection, and spiritual alignment. You can also learn about the training programs that teach you how to access this multidimensional tool for personal and client work.³

By incorporating the Sacred Geometry of Infinite Love into your channeling sessions, you create a space that is both protected and infused with divine light. This geometry helps you align with your heart, transcend the ego, and channel pure, undistorted information from the Akashic Records, allowing for greater clarity, healing, and spiritual evolution.

This process not only enhances your ability to receive messages from the Akasha but also empowers you to hold space for others in a way that is grounded in love, protection, and divine alignment.

Conclusion

Performing a session with the Akashic Records is a sacred practice that requires intention, openness, and trust. By creating a sacred space, transcending the ego, and opening your heart, you align with the divine energies of the Akasha and become a channel for its wisdom. The more you practice, the deeper your connection will become, and the more profound the insights you receive will be.

In the next chapter, we will explore how to integrate the Akashic Records into healing sessions. You will learn how to channel the healing energies of the Akasha, work with the healing chambers, and perform profound transformations for yourself and others.

² <https://shimashadrouh.com/shimana-quantum-code-book/>

³ <https://shimashadrouh.com/shimana-quantum-code-therapist-training/>

"The Akashic Records are not just a library of wisdom—they are a living field of love that awakens as you open your heart to listen."

— Shima Shad Rouh