

Creating a Consistent Practice



The most important aspect of deepening your Channeling abilities is to establish a consistent practice. Like any form of spiritual work, repetition is key to mastery. By regularly engaging with the Akashic Records, you strengthen your connection and build your capacity to receive clearer, more precise information.

✦ Anchoring Prayer for Consistency

*“Beloved Source of All That Is,
I open my heart to the rhythm of sacred practice.
Let discipline flow as devotion,
Let structure arise from love,
Let every breath align me with my highest path.
May I walk in clarity,
Not only in moments of meditation,
But in the quiet hours of daily life.
Anchor me in the light of Infinite Love,
That my practice may be steady, joyful, and true.
And so it is.”*

Daily or Weekly Practice Sessions

- **Set Aside Dedicated Time:** Decide how often you want to practice Channeling. For beginners, a few times a week is sufficient to build your skill. As you become more comfortable, you can practice daily or whenever you feel guided to access the Records.
- **Create Sacred Space:** Each time you prepare for a Channeling session, create a sacred space that supports your practice. This helps to attune your energy and creates an environment conducive to spiritual work. Use your favourite tools, such as crystals, candles, sacred geometry, or incense, to cleanse and prepare the space.
- **Open with Intention:** Before beginning any session, set a clear intention. You may ask for guidance in specific areas of your life, for healing energy to flow through you, or simply to receive messages that are for your highest good. Opening with intention helps focus your session and strengthens your connection to the Akashic field.

Exercise 1: Strengthening Your Intuition with Simple Questions

Your intuition is the doorway to receiving guidance from the Akashic Records. To strengthen this intuitive channel, begin with simple questions that require gentle guidance.

1. Open Your Records: Use the Sacred Opening Prayer to open your Records, aligning yourself with the energy of the Akasha.

2. Ask Clear, Simple Questions: Start with basic questions that don't carry too much emotional weight. Examples include: "What should I focus on today?" or "What can I do to increase my energy?"

3. Listen for Responses: Pay attention to the subtle answers you receive. These may come as thoughts, images, feelings, or even a knowing. Trust what comes to you, even if it seems vague at first.

4. Write Down Your Insights: Keep a journal of the answers and insights you receive. Over time, you will notice patterns in the guidance, and your ability to discern clear messages will improve.

5. Close the Records: Once your session is complete, thank the Lords of the Records, Guides, and Angels, and close the Records with the Sacred Closing Prayer.

As you practice this exercise, you will build confidence in your ability to receive and interpret messages. Start with simple questions and gradually expand to more complex topics as you become more comfortable in your practice.

Exercise 2: Channeling Guidance or Healing for Others

Once you have gained confidence in Channeling for yourself, you can deepen your abilities by practicing Channeling for others. This exercise helps you expand your Channeling skills while allowing you to assist others in their spiritual journey.

1. Choose a Partner: Ask a trusted friend or fellow spiritual seeker if they would like to participate in a session where you ask guidance **from your own Akashic Records for them.**

2. Open the Records: Use the Sacred Opening Prayer to open your Records.


3. Ask Specific Questions: Encourage your partner to ask specific questions. As you channel, be open to receiving information in various forms—visuals, sensations, thoughts, or words. Deliver the information with clarity, neutrality, and compassion.

4. Stay in the Heart: As you channel, keep your focus on your heart center. This helps to transcend the ego and ensures that the information flows from a place of love and truth.

5. Practice Active Listening: As you share what you receive, practice active listening. Pay attention to any feelings or reactions from your partner. Sometimes, additional insights will come to you as they speak, deepening the session.

6. Close the Records: Once the session is complete, close the Records for your partner using the Sacred Closing Prayer, and express gratitude for the guidance that was shared.

Channeling for others will enhance your intuitive abilities and help you become a more attuned conduit of divine wisdom. It is also an opportunity for healing, as you will often receive insights that benefit both you and the person you are assisting.

 **Akashic Whisper:** *“Beloved one, remember that consistency is not about perfection—it is about devotion. Every time you sit in sacred space, you are weaving golden threads into the tapestry of your soul. Even on days when you feel nothing or doubt everything, you are still building the bridge of trust between your human self and the infinite wisdom of the Records. Keep walking; the path itself is the initiation.”*

Important Note on Accessing the Records of Others

In this book, we focus solely on accessing **your own Akashic Records** as part of the Level 1 initiation. Learning to access the Records of others requires a deeper level of training and responsibility, which is covered in **Level 2 initiation**.

This ensures that you develop the necessary energetic foundation, discernment, and ethical understanding before opening sacred access for another soul.

Details about Level 2 and my upcoming books can be found on my website: www.shimashadrouh.com and my Author Central page on Amazon: <https://www.amazon.com/stores/author/B0BS74FS71>.

Personal Practice and Daily Integration

Integrating the practice of channeling into your daily life involves consistent exploration and experimentation. Each session is an opportunity to fine-tune your connection to the Akashic Records and enhance your channeling abilities. One powerful suggestion is to vary the time and location of your sessions, as these factors can influence the flow of energy and your clarity of connection.

Try practicing in **different locations and at different times** to explore how these variations affect your channeling. For instance, if you typically channel in your bedroom at 8 a.m., try moving to your living room or balcony the next day, or channeling at a different time such as in the afternoon or before bed. You may find that certain spaces or times offer a clearer, more powerful connection. Experiment with this until you discover the ideal environment that feels most aligned with your energy and channeling abilities.

Once you identify your most effective time and space for channeling, make it a routine. Developing a practice where you consistently channel at a particular time and in a specific location strengthens your ability to enter a deep, receptive state. However, it's important to remain flexible and open to new insights. Even after establishing your routine, don't hesitate to experiment with changes if you feel called to do so.

Journaling as an Essential Part of Channeling

One of the most important elements of a successful channeling practice is documentation. Always write down your questions before starting the session and record the answers you receive afterward. Journaling not only helps you track your progress but also reinforces the information you channel. Writing by hand creates a tangible connection to the messages received, helping you integrate the insights into your everyday life.

When you journal, make sure to note the date, location, and time of your channeling session, along with any specific intentions or questions. This information is valuable when you look back at your entries, and you may notice patterns emerging in the guidance you receive under certain conditions. Over time, your journal becomes a sacred record of your spiritual growth, providing deep insights into your path and helping you track your healing process.

Recording Your Channeling Sessions

In addition to journaling, you can also record your channeling sessions using a voice recorder. For many people, speaking out loud while channeling allows for a more fluid connection to the Records. I personally use a voice recorder during my sessions because it helps me stay fully immersed in the channeling without needing to pause and write. This uninterrupted flow deepens my connection to the Akashic Records, as I don't have to break the energy circuit by opening my eyes or engaging in the physical act of writing.

Recording your voice also has another profound benefit: it captures the healing energy of the session. When you listen to the recording later, you not only receive the messages again, but you also reabsorb the healing energy vibrationally embedded in the channeling. This repeated

exposure to the healing frequencies amplifies their effect, creating layers of healing each time you listen to the session.

Furthermore, when you channel for others, offering them a recording of their session allows them to experience continued healing and reflection. They can revisit the messages and receive additional layers of healing energy every time they listen.

21 Days of Practice: Anchoring Your Connection to the Akashic Records

The first 21 days after your initiation are the most important to anchor the energy of the Akashic Records into your daily life. This is when you create a strong foundation for your connection, and every session strengthens your ability to receive and trust the guidance you receive.

Dedicate at least 30–45 minutes each day to open your Records, ask one or more of the questions below, and journal your responses. Treat this as a sacred appointment with your soul—a time to build trust, deepen clarity, and integrate the vibration of the Akasha into your being.

21 Questions for Daily Practice

Here are 21 powerful questions to guide your sessions during this period:

1. What is my soul's purpose in this lifetime?
2. What past life experiences are currently affecting my present life?
3. What lessons am I meant to learn from the challenges I am facing right now?
4. How can I best align with my soul's mission and calling?
5. What are the main blockages or limiting beliefs holding me back from my highest potential?
6. What are the gifts and talents my soul wants me to express in this lifetime?
7. What steps can I take to heal old wounds or traumas that are affecting my energy?
8. What relationships in my life are karmic, and what lessons do they bring?
9. How can I improve or heal my relationships with my loved ones?
10. What habits or patterns are lowering my vibration, and how can I release them?
11. What is the root cause of my current physical or emotional pain, and how can I heal it?
12. What does my soul want me to know about my current career path or life work?
13. How can I attract more abundance and prosperity into my life while staying aligned with my soul's truth?
14. What messages do my spirit guides or guardian angels have for me today?
15. How can I strengthen my intuition and connect more deeply with my higher self?
16. What is my connection to certain places, people, or events that feel significant in my life?
17. What self-care practices will best support my spiritual growth and well-being?
18. How can I bring more joy, peace, and love into my everyday life?

19. What is the next step I should take on my spiritual path?
20. How can I serve others and contribute to the collective healing of humanity?
21. What message of love or wisdom does my soul want to share with me today?

Use these questions as a starting point to receive clear, loving guidance from your Akashic Records. Approach each question with curiosity, patience, and trust—the answers will come in the way you are ready to receive them.

Historical Practices of Channeling: Lessons from Ancient India

Channeling is a practice that dates back thousands of years and has been performed in different cultures around the world. In ancient India, sages and seers would engage in powerful channeling rituals during sunrise, often by the banks of a river. These practices were deeply connected to nature and the elements.

One of the unique rituals they performed involved immersing themselves in the river before channeling. They believed that water, as a conductor of energy, enhanced their connection to the divine and improved the clarity of the messages they received. Sitting wet beside the river during the sunrise—the time when spiritual energies are believed to be at their peak—created an optimal energetic circuit for their channeling sessions. This practice amplified their ability to receive clear and profound insights, and it demonstrates how the elements of water and the energy of dawn can be powerful allies in spiritual work.

These traditions remind us that channeling is not just a mental or emotional exercise but a full-body experience. Engaging with the natural elements, such as water or the rising sun, can help elevate your vibrational state and deepen your connection to the Akashic Records.

Practical Tips for Enhancing Your Channeling Practice

- **Explore Different Elements:** Experiment with different elements during your channeling practice. Water, for instance, can help ground and amplify your energy. Try meditating near water or perhaps incorporate a ritual of washing your hands or face before channeling to clear your energy field.
- **Channeling During Sunrise:** Like the ancient Indian seers, you can experiment with channeling during sunrise, which is a time of high spiritual energy. The stillness and purity of this time can bring greater clarity to your sessions.
- **Incorporate Rituals:** Create rituals around your practice. This could be lighting candles, burning incense, or sitting on a specific cushion. Rituals create a sense of sacredness and help signal to your mind and body that it's time to enter a receptive state.

- **Body Awareness:** Be mindful of your body during channeling. Stay aware of any tension or blockages that may arise during the session. Release them through breathing or gentle movement, which helps keep the energy flowing.

Exercise 3: Channeling Through the Heart—Connecting with Divine Beings

One of the most powerful aspects of working with the Akashic Records is Channeling messages from Divine Beings, Ascended Masters, and Angels. This exercise will help you strengthen your heart-centered connection with these beings.

1. Open the Sacred Space: Before you begin, visualize yourself surrounded by the Sacred Geometry of Infinite Love, creating a protective field of light around you. Focus on your heart, allowing it to expand with love and gratitude.

2. Open Your Records: Use the Sacred Opening Prayer to access your Records.

3. Connect with Divine Beings: Once you're in the Akashic field, ask to be connected to a specific Divine Being, such as an Ascended Master, Archangel, or Guardian Angel. You may want to work with a divine being you feel particularly drawn to, like Archangel Michael for protection or Archangel Zadkiel for forgiveness.

4. Receive Messages Through the Heart: Focus on receiving their messages directly into your heart. Imagine your heart is a portal of communication between you and the Divine Being. Feel the love and wisdom flowing into you, and trust in the messages that come. You may feel a sense of warmth, peace, or expansion in your heart as the connection strengthens.

5. Write Down the Guidance: Take time to journal about the messages you receive. The information may be subtle at first, but as you write, the clarity will often deepen.

6. Express Gratitude and Close the Records: When you feel complete, thank the Divine Being for their guidance, and close your session with the Sacred Closing Prayer.

This heart-centered practice enhances your ability to channel higher frequency energies and offers a direct connection to the Divine Beings who are assisting you on your journey.

Exercise 4: Transcending the Ego

One of the greatest challenges in Channeling is transcending the ego. The ego often inserts doubts, fears, or a need for validation, which can cloud the purity of the messages you receive. This exercise helps you to silence the ego and allow your higher self to take the lead.

1. Sacred Geometry of Infinite Love: Begin by visualizing yourself inside the Sacred Geometry of Infinite Love, the protective Merkabah, which helps to align the Third Eye, Crown Chakra, and Heart. This process will assist in creating a sacred space where the ego is naturally transcended.

2. Open the Records with Intention: As you open the Records, set the intention to move beyond the ego and receive messages from your higher self. You can say something like, “I release all attachment to my ego and align with my Divine Self, allowing truth to flow through me.”

3. Focus on the Heart Space: As you channel, focus all your attention on your heart. Anytime you feel the ego arising—whether through doubt, judgment, or the need for validation—gently guide your attention back to your heart.

4. Use Affirmations: Repeat affirmations that help dissolve the influence of the ego. For example: **“I am a clear channel for Divine Love. I am aligned with my highest truth. I release all fear and judgment.”**

5. Continue the Session in a State of Love and Gratitude: Stay in this heart-centered space throughout the session. Channel the guidance with love, knowing that when you operate from the heart, the information you receive is pure and untainted by ego.

6. Close the Session and Reflect: Once the session is complete, close the Records with the Sacred Closing Prayer. Reflect on your experience, paying attention to any moments where the ego attempted to interfere and how you were able to bring yourself back into alignment with your heart. The more you practice, the easier it becomes to maintain a heart-centered space throughout your sessions.

Clearing and Grounding After a Channeling Session

Channeling requires you to connect to higher frequencies, which can sometimes leave you feeling ungrounded or energetically drained. This exercise is designed to help you clear any residual energy and return to a grounded, balanced state.


1. Close the Records: Always close your Records with the Sacred Closing Prayer to properly seal the energetic connection. This ensures that the session is complete and your energy remains intact.

2. Grounding Visualization: After closing the Records, sit comfortably and place both feet flat on the ground. Visualize roots extending from the soles of your feet, reaching deep into the Earth. Imagine these roots drawing up nourishing energy from the Earth, grounding you and stabilizing your energy.

3. Clear Your Energy Field: Visualize a golden-white light pouring down from above, washing over your entire body and aura. This light clears away any residual energy from the session and replenishes your vitality. You may also use a selenite wand, sound healing, or smoke cleansing with sage or Palo Santo to help clear your aura.

4. Affirm Your Grounding: Say out loud, **“I am fully grounded in my body. I am centered, calm, and clear.”** Repeat this until you feel fully present and aligned.

5. Drink Water and Nourish Your Body: Physical grounding is also essential after a session. Drink plenty of water, eat a healthy snack, and consider spending time in nature to fully integrate the experience and return to a balanced state.

 **Akashic Whisper:** *“Beloved one, every time you enter the Records, you are not only receiving guidance—you are reshaping your own vibration. With each session, your soul remembers a little more of its original song. Do not measure your progress by visions or words alone. Feel it in your life. See how peace lingers longer, how clarity arises more quickly, how love becomes your default state. This is the true gift of consistent practice: not to escape this world, but to embody the light of the Records within it.”*

Channeling Conclusion: The Power of Continuous Practice

The exercises and practices outlined in this chapter are tools to help you deepen your connection with the Akashic Records and refine your Channeling abilities. Whether you are just beginning your journey or are an experienced practitioner, continuous practice is essential for growth. Channeling is a dynamic and evolving skill that will become more fluid and natural as you dedicate time and intention to it.

As you develop your ability to channel, remember that each session is unique and will offer different insights, lessons, and healing. Stay open to the flow of information, trust in the process, and maintain a heart-centered approach in all your work. The more you practice, the more you will align with your highest potential as a channel for the wisdom, love, and healing of the Akashic Records.


Sustaining the Rhythm Over Time

As your connection with the Akashic Records deepens, your practice will inevitably evolve. What begins as a structured routine may transform into a fluid, intuitive rhythm that weaves seamlessly into your daily life. This is the natural progression of any spiritual discipline: at first, we practice; eventually, we live it.

To sustain this rhythm over time:

- **Stay Curious:** Allow your practice to adapt as you grow. Try new approaches, ask different types of questions, and invite deeper layers of guidance.
- **Honor Your Seasons:** There will be times of expansion and times of stillness. Trust that even in quiet phases, integration is happening beneath the surface.
- **Integrate, Don't Isolate:** Let the wisdom of the Records guide your everyday choices—how you speak, act, create, and love. The more you bring their guidance into real life, the stronger your connection becomes.
- **Revisit Your Intention:** Regularly reflect on why you access the Records. Aligning with a living purpose keeps your practice vibrant and meaningful.

When you approach the Records as a living relationship rather than a task, they shift from being a source of occasional insight to a constant companion—an ever-present field of love and truth guiding your path.

 **Akashic Whisper:** *"Beloved, you are not merely visiting these halls of light—you are remembering them. With each breath of practice, each prayer spoken, each page turned in your sacred journal, you weave the Akashic into the fabric of your life. Let it not be a ritual apart from living, but a way of being. For the Records do not open only when you ask—they are alive within you, always waiting to be heard."*

