

Integrating the Akashic Records into a Healing System



The Akashic Records are a profound tool for accessing the energetic blueprint of the soul, but their true power lies in their integration into a healing system. As we've learned in earlier chapters, the Akashic Records are more than a repository of information; they are a living, breathing field of consciousness that can facilitate deep healing, transformation, and liberation. When we integrate the Akashic Records into a structured healing system, we can tap into their boundless potential to help ourselves and others **transcend trauma, release karmic patterns, and restore balance on all levels of being.**

In this chapter, we will explore how to effectively integrate the Akashic Records into a healing practice, be it for personal healing or for working with clients. This process will involve aligning with the Records, understanding how to channel healing energy, and knowing how to navigate the multidimensional space of the Records to offer potent healing in all areas of life — **emotional, mental, physical, and spiritual.**

The Power of Akashic Healing

The Akashic Records provide us with a unique gateway to the soul's journey across lifetimes. By tapping into this energetic field, we can identify the **root causes of ailments, traumas, and blockages** that often stem from **past lives, karmic contracts, or unresolved emotional wounds.**

“In the realm of Akashic healing, we are able to move beyond symptom treatment and address the deeper layers of the soul's experience, offering healing at the most fundamental level.”

-Shima Shad Rouh

As practitioners of Akashic healing, we are not simply readers of information; we are facilitators of transformation. **The Akashic Records serve as a guide to uncover the underlying causes of issues, while simultaneously providing the tools to release and heal those imprints. This healing can occur across all dimensions—physical, mental, emotional, and spiritual—because the Records hold the entire energetic history of the soul.**

Preparing for an Akashic Healing Session

The first step to integrating the Akashic Records into a healing system is creating the right space. Just as in a Channeling session, it is important to prepare by setting a clear intention, creating a sacred environment, and aligning yourself with the highest frequencies of light and love.

1. Setting the Intention:

Begin by clearly stating the intention for the session. Whether you are working on yourself or with a client, your intention could be to access the root cause of a specific issue, heal an emotional wound, release karmic patterns, or restore balance and health. Be clear and focused, calling upon the Akashic Records and any divine beings you wish to work with.

2. Creating the Sacred Space:

Ensure that your healing space is energetically clean and protected. You can use the Sacred Geometry of Infinite Love as mentioned in the previous chapter to surround yourself and the client in a protective field of light. Visualize yourself inside the Merkabah, with your heart connected to the Crown and Third Eye Chakras. You may wish to call upon the Twelve Rays of Light (your guardian angels) and the Sixteen Ascended Masters for protection, guidance, and healing support.

3. Opening the Akashic Records:

Once the space is set, recite the Sacred Prayer of Opening to connect with the Akashic Records. If you have been initiated to Akashic Records Level 1, you can open your own record and channel healing and information for the client. If you have been initiated to level 2, you can open the records of your patient to channel guidance and healing for them.

Once the prayer is recited, you will feel the shift in energy and know that the connection to the Records has been established. From this point, you are not just accessing information but opening a channel for healing energy to flow through.

Using the Akashic Records for Healing

When the Akashic Records are open, healing happens naturally. You will often be guided to the precise moments or experiences in a client's past (or your own) that hold the energetic imprints causing the issue. These could be past-life experiences, ancestral trauma, or emotional wounds carried over into the present life.

1. Identifying the Root Cause:

As you open the Records and ask for healing, you may be shown images, emotions, or events that are the root cause of the issue. Trust what comes through, even if it seems unrelated to the present situation. The Akashic Records have a way of revealing the most pertinent information for healing at the right moment.

For instance, a client dealing with chronic pain might be shown a past-life memory where they suffered a traumatic injury. Or a client who struggles with abandonment issues may be shown an ancestral pattern where abandonment has been passed down through generations.

2. Channeling Healing Energy:

Once the root cause is identified, the next step is to release and heal it. The Akashic Records, being a vast field of light, contain within them an inherent healing energy. As a practitioner, you can channel this energy directly from the Records, working with the Twelve Rays of Light, Archangels, and Ascended Masters to clear the blockages, traumas, and energies that are ready to be released.

You may also use the Etheric Healing Chambers during this process. These healing chambers exist in higher dimensions and can be called upon to envelop the client or yourself in powerful healing light. The **Shimana Chamber of Healing**, for example, works mainly in the 11th dimension, and can be invoked during an Akashic healing session to channel potent, multidimensional energy for deep healing.

The Etheric Healing Chambers are designed to work with the specific energetic needs of the client, drawing in the perfect rays of light, frequency, and healing beings to facilitate rapid transformation. Each ray carries a unique frequency that works on specific aspects of the client's energy field. For instance, the Violet Ray is used for transmutation, clearing away lower vibrations and negative attachments, while the Green Ray is used for physical healing and regeneration.

3. Invoking Forgiveness and Release:

One of the most important aspects of Akashic healing is invoking forgiveness and release. This step is critical in **clearing karmic imprints, old contracts, and negative patterns**. When working with the Records, you may be guided to help the client (or yourself) forgive and release those involved in the original trauma, whether it is themselves, another person, or even an entire lineage. The **Violet Ray of Transmutation** is especially powerful in this process, helping to cleanse and release energies that have been stored for lifetimes.

You can use prayers or invocations such as:

“I forgive myself, and I release myself with love. I forgive those who were part of this, and I release them with love. I release all ties and contracts related to this trauma and call back my power. I am free.”

“Forgiveness is not about condoning the past—it is about liberating the soul to move forward unbound. In the Akasha, forgiveness is alchemy.”

-Shima Shad Rouh

4. Closing the Session:

After the healing work is complete, it is important to close the Records using the Sacred Closing Prayer. This ensures that the session is sealed, and that the energy is grounded back into the physical world.

Recommendation:

I recommend recording the healing session with a voice recorder, and offer the recorded audio to the client after the session, this way, each time they listen to the session, they receive more healing energies and also they remember if there were any guidance channelled during the session.

After the session, it is important for the client to drink water, rest, and ground themselves. You can also provide suggestions for follow-up activities such as journaling, meditative practices, or visualization exercises that help integrate the healing.

Healing Across Multiple Dimensions

One of the greatest gifts of working with the Akashic Records in a healing system is that you are not limited to the present lifetime or physical dimension. Healing can occur across multiple dimensions of time and space, extending into past lives, parallel lives, and even future timelines.

🌱 *“Sometimes the healing you facilitate will ripple across generations—releasing not only your client, but also their ancestors and descendants. Trust that the Records always know where to direct the light.”*

“The healing that takes place during an Akashic session is holistic—it touches every part of the soul’s journey, bringing not only relief but also a greater sense of purpose and alignment.”

-Shima Shad Rouh

integrating the Akashic Records into your healing system, you offer a powerful pathway for transformation that reaches beyond the limitations of the physical realm.

With the Akashic Records, healing becomes a profound, multidimensional experience that not only releases the old but empowers the client to step into their true potential, free of the energetic burdens of the past.

🌱 *“When the Akashic Records are woven into a healing system, therapy transcends technique—it becomes a sacred remembrance of wholeness.”*

As we have seen, the Akashic Records open pathways for profound, multidimensional healing. Yet, one of the most powerful keys that amplifies and anchors this healing is prayer. In the next chapter, we will explore how prayer becomes not only a tool but a living frequency that bridges the soul with the infinite field of the Akasha.