

Performing a Channeling Session with the Akashic Records

Before we move into the Akashic Healing techniques, it's essential to understand how to perform a channeling session. Accessing the Akashic Records is not only about receiving information but also about developing a sacred connection to divine energies, a heart that opens, and an ego that softens and dissolves. When we step into this space of channeling, we are aligning ourselves with higher frequencies of love, wisdom, and truth that come directly from the Akasha.

This chapter will guide you through the entire process of conducting a channeling session—from creating the sacred space to asking the right questions, channeling the information, and closing the session. We will also discuss the importance of transcending the ego, opening the heart, and staying aligned with the purity of the Records.

1. Creating a Sacred Space for Channeling

Before you begin any session, whether for yourself or others, it is crucial to create a sacred space. This space will serve as a container for the high-frequency energies that will flow through you during the session. It will also protect you from any lower vibrations or interference. *Think of your sacred space as a temple of light—what you prepare externally mirrors the inner state you are stepping into.*

Here's how to create a sacred space:

- **Choose a Quiet Environment:** Find a space where you feel at peace and where you will not be disturbed. This should be a space where you can focus deeply and feel connected to the Divine.
- **Cleanse the Space:** Use tools like sage, Palo Santo, incense, or Tibetan singing bowls to cleanse the energy of the space. You can also visualize a brilliant white light filling the room, dissolving all stagnant or heavy energies.
- **Invoke Protection:** Call upon Archangel Michael and the Blue Ray of Protection to surround your space with light. You can say a prayer of protection, such as:

“I ask Archangel Michael to surround this space with his protective light. May only the highest frequencies of love and truth enter this space. May all lower energies be transmuted by the light of the Akasha.”

- **Place Sacred Symbols:** You can enhance the vibration of the space by placing sacred symbols like Sacred geometry of Infinite Love (you can find it in the next page), the Flower of Life, crystals, or candles. These items will hold the intention of love and light and help you maintain a high vibration during the session.

Once your sacred space is prepared, take a few deep breaths, centring yourself, and begin to feel grounded and connected. Feel your feet firmly rooted to the Earth, imagine golden roots anchoring you into Gaia's crystalline core, and allow her love to rise through your body as you open to the Akasha.



Infinite Love Sacred Geometry

2. Opening the Akashic Records

The next step is to open the Akashic Records using the Sacred Prayer you received during your initiation. This prayer is a vibrational key that unlocks the Records and allows you to access their wisdom. Recite the prayer with reverence, allowing each word to resonate within your heart.

As you open the Records, you will feel a shift in the energy around you. It may feel like a lightness, a sense of peace, or even a tingling sensation in your body. These are all signs that you are entering the sacred space of the Akashic Records.

3. Writing Down the Questions

Before you start, it's important to have a clear intention and a set of questions ready. The Akashic Records respond best to questions that are rooted in a genuine desire for growth, healing, or understanding. When formulating your questions, avoid asking for simple yes/no answers. Instead, focus on questions that begin with "what," "why," or "how."

For example:

- What do I need to know to heal this situation in my life?

- Why am I experiencing this repeated pattern in my relationships?
- How can I align more fully with my soul's purpose?

These types of questions open the Records to provide expansive, multi-layered insights.

Writing down your questions beforehand helps you stay focused during the session and ensures that your intentions are clear.

4. Receiving the Information

Once the Records are open and your questions are ready, it's time to begin the process of Channeling, the act of receiving information from the Akasha and bringing it into your conscious awareness. The information may come through in various forms—*thoughts, feelings, images, sounds, or even just a deep inner knowing*.

Here are some key points to keep in mind during the channeling process:

- **Focus on Your Heart:** The Akashic Records speak through the heart. As you channel, stay connected to your heart space and allow the information to flow through this center of love and truth. This helps you remain aligned with the purity of the Records and prevents interference from the mind or ego.
- **Stay Present and Open:** Be fully present during the session and open to whatever information comes through. Trust that the Records will provide the answers you need, even if they are not what you expected. The Records always speak in the language of love, so the information you receive will be uplifting and empowering. **If doubts arise, gently return to your breath, and let the vibration of your question echo into the Records. Sometimes silence itself is part of the answer.**
- **Let Go of the Ego:** One of the greatest challenges in channeling is transcending the ego. The ego may try to interfere by questioning the validity of the information, doubting your abilities, or seeking approval. When you notice these thoughts arising, gently release them and return your focus to the heart. Remember, the Akashic Records operate from a place of unconditional love, so there is no room for judgment or fear.

To help transcend the ego, you might say a silent affirmation like:

“I release all need for approval, and I trust that the information I receive comes from a place of divine love and wisdom.”

- **Be an Observer:** In the Akashic Records, you are the observer. You are witnessing the information as it flows through you, rather than actively participating in the experience. This is a key difference between the Akashic Records and other forms of regression or past-life work, where the client may re-live traumatic experiences. In the Akashic Records, you can remain a neutral observer, allowing the information to come through without getting lost in the emotions of past events.

This witnessing state is what keeps the Records safe and pure; you do not absorb the pain of past experiences; you simply receive their wisdom.

- **Trust the Process:** Even if the information comes through subtly or gradually, trust that the Records are guiding you. The more you practice, *the more confident you will become in working with the Akashic energy.*

5. Transcending the Ego and Opening the Heart

As mentioned earlier, transcending the ego is crucial in any session. The ego is often rooted in fear, doubt, and separation, whereas the Akashic Records operate from a place of unity, love, and truth. When we channel, we must step out of the ego and into the heart. This shift allows us to receive the purest information without distortion.

Here are some techniques to help transcend the ego and open the heart:

- **Heart-Focused Meditation:** Before channeling, spend a few moments meditating on your heart center. Visualize a bright light within your heart, growing larger and larger with each breath. As this light expands, feel it enveloping your entire being, filling you with love and peace. When you channel from this space, you are aligned with the highest frequencies of the Akasha.
- **Affirmations:** Use affirmations to set your intention to transcend the ego. *You may affirm silently:*

“I release all attachments to ego and align with the love of my heart. I trust in the wisdom of the Records to guide me. I am a clear channel for divine truth and love.”

Final Thoughts

channeling the Akashic Records is not just a practice—it is a sacred dialogue between your soul and the infinite wisdom of the universe. As you open the Records, ask your questions, and receive guidance, remember that this is a process of trust, humility, and love. Over time, the dialogue becomes more fluid, and your ability to discern the subtle language of the Akasha deepens naturally. Each session is a step closer to remembering that communion with the Records can be as effortless as breath itself.

In the next chapter, we will explore how to bring a session to its rightful close. Just as opening the Records requires reverence, so too does closing them. This ensures that the energy of the session is complete, integrated, and safely grounded, allowing you to carry the wisdom of the Akasha into your daily life with balance and clarity.

“Channeling the Akashic Records is a sacred act of remembering—listening to the voice of your soul as it speaks the language of love. Each time you open the Records, you align more deeply with truth, healing, and divine purpose. Trust the process, for the Akasha reveals only what your heart is ready to hold.”