

SACRED AWAKENING

THROUGH THE AKASHIC RECORDS

LIVE CALL #2 Playing with your Ego and Mental Body



YOUR JOURNEY TO BECOME A SUCCESSFUL PRACTITIONER

- Each person is fully responsible for their learning, practice, and journey
- Give yourself permission to lean into trust
- Let go of presumptions
- Ask for support when you are in need
- Ask questions in the FB group if you desire
- Practice daily to deepen your relationship with the Records
- Remind yourself that you are safe
- Use your programmed crystals to open your records
- Practice opening and closing your records multiple times per day to build your confidence and self-trust
- Allow yourself to feel your feelings with curiosity
- Use 3 C's & F below

DAILY SPIRITUAL PRACTICES TO ASSIST WITH ACCESSING YOUR INTUITION AND YOUR RECORDS

- ☐ Five minutes of Uncensored Journaling
- ☐ Clearing your energy throughout the day
- ☐ Clear, Clear, Clear! 3X at least
- ☐ 10 Conscious Breaths
- ☐ Grounding & plug your cord into Gaia
- ☐ Comb your energy with a selenite stick
- ☐ Daily shower

SACRED AWAKENING

THROUGH THE AKASHIC RECORDS

LIVE CALL #2 Playing with your Ego and Mental Body



- ☐ Being Present
- ☐ Make daily chores more of a spiritual ritual
- ☐ Hydrate, eat nutritious foods (protein) walk outside
- ☐ Meditate to make space and receive guidance
- ☐ Be in your HeartSpace
- ☐ Play in the Records for 5 minutes
- ☐ Play with your crystals. You can place them on the body.

COMB YOUR ENERGY

- Clear & protect your energy with your selenite stick
- Call in the crystalline energies
- Set your intention
- Gently comb your head and body
- Linger where you feel drawn to, areas of tension
- Exhale deeply, yawn, release
- Direct the energy with your mind's eye
- Clear your heartspace! Helps with heart space activation.

AURIC FIELD CLEARING (inside Embodied Empath Bonus)

- 10 Conscious breaths
- Repair, rejuvenate, and heal the auric field with bubbles
- Invite amethyst & black tourmaline (or selenite, rose quartz, or smokey quartz) to fill your field to help clear
- Repeat the mantra 5X: 'I am clear, I am protected, I am connected.'

SACRED AWAKENING

THROUGH THE AKASHIC RECORDS

LIVE CALL #2 Playing with your Ego and Mental Body



PRACTICE BEING IN YOUR HEARTSPACE

- Located at the base of the sternum, above the naval
- Bridges inner and outer world,
- Seat of the Soul, Intuition
- Power Center
- Your beacon for guidance & Alignment
- Second brain
- You can drop your awareness into your heartspace anytime and anywhere
- Call in your crystalline energies
- Call in your Ego & Mental body, too

PRACTICE UNCENSORED JOURNALING

- **I am excited to connect with my mental body and ego because...**
- Uncensored journaling starts your flow.....
- You are not censoring yourself, thoughts, feelings, words
- This form of journaling is a powerful Healing Tool to vent, unload, & release subconscious & conscious emotions and thoughts
- You are connecting with parts of yourself that want to share with you
- Use 3C's & F to release what you may uncover
- You can write about how you are feeling: positive, negative, or neutral
- Grounds out loops and fragmentations
- Remind yourself that you are safe to express yourself
- Remember to date your entries to reflect your journey
- You can journal anytime and anywhere!

SACRED AWAKENING

THROUGH THE AKASHIC RECORDS

LIVE CALL #2 Playing with your Ego and Mental Body



OUR BODIES

- We are multi-dimensional
- Developing an updated relationship with our bodies is very important.
- We work with our bodies inside and outside of the records.
- Our bodies may need closure or be in a different time and space.

- Spiritual: Processes and connects to your wholeness
- Physical: Vessel, holds emotional energies as memories
- Ego: Keeps us safe in the familiar
- Inner Child: Expresses as joy, plays, loves balance & curiosity
- Mental: Processing, memories, thinking
- Emotional: Attached to all bodies to process emotion

REPARMENTING OUR BODIES

- Ego: keeps us safe
- Mental Body: processes
- Love on them back to wholeness
- Our bodies are aspects of us
- How we view ourselves and our world
- How we respond and navigate
- Get curious and have fun with the bodies
- Communicate by asking questions
- Invite the ego & mental body to be curious students
- Reaffirm that you are in charge

SACRED AWAKENING

THROUGH THE AKASHIC RECORDS

LIVE CALL #2 Playing with your Ego and Mental Body



CONVERSATION WITH THE EGO

- I want you to be my ally and for us to evolve together.
- You have come along for the ride only as a curious student. How do you feel about this?
- What concerns or questions do you have?
- Is there anything you would like to share with me? If so, what?
- If you receive nothing... 'My ego wants me to know...'
- Give your Ego a hug.

CONVERSATION WITH THE MENTAL BODY

- 'I am here to bring us into balance and reconnect with you.'
- 'I am your ally. I love you. I am here so we can evolve together.'
- You have come along for the ride only as a curious student. How do you feel about this?
- What concerns or questions do you have?
- Is there anything you would like to share with me? If so, what?
- Give your mental body a hug.

- Let each know they are the expert of their department, but you are the head of everything!
- Allow the reconnection energies to flow and reestablish.

SACRED AWAKENING

THROUGH THE AKASHIC RECORDS

LIVE CALL #2 Playing with your Ego and Mental Body



CLAIM SOVEREIGNTY & DOMINION OVER YOUR ENERGY

Mantra

'The pure white light of God surrounds me at all times and in all places.'

- **3 C's & F**

- Acknowledge the feeling in your heartspace to clear heavy
- **Catch** the thought that is attached to the feeling
- **Feel** the feeling for 10 - 15 seconds
- **Cancel** it
- **Choose** a different empowering thought with an elevated emotion to replace it
- **Feel** this new energy throughout your body and field
- Create a new affirmation
- Journal

SACRED AWAKENING

THROUGH THE AKASHIC RECORDS

LIVE CALL #2 Playing with your Ego and Mental Body

