

## RE-HARMONISING WAVES OF ENERGY IN THE AKASH

In the Akashic field there is a method to realign and balance the energy patterns that may be influencing various aspects of our lives. This technique involves releasing the current energy state and replacing it with a recalibrated Akashic energy, bringing harmony and balance to any chosen aspect of our life, whether financial, health-related, relational, or pertaining to habits. Here's a step-by-step breakdown:

**Identification:** When you are in the Akash, position your hands facing each other as though there's an energy wave between them. Explicitly recognize this energy. For example, you might state, "This energy represents my financial state in my new business."

**Observation:** Pay attention to the details of the energy wave. Look for color variations, and note the frequency — specifically, the speed of its movement and how closely the energy's high and low points occur.

**Sending Energy:** Activate your Heart Shachara to send positive energy to the wave. You may experience sensations like warmth or tingling during this process.

**Cleansing:** Once you're familiar with the energy's pattern, the next step is purification. Send love from your Heart to the energy wave, and seek assistance from your Akashic totem. You can also request help from spiritual guides or use symbols like the Akashic Earth Sun to initiate the cleansing. The goal is to remove and release all the energy from the wave until it appears flat. Just allow it to flow out.

**Re-harmonizing:** With the energy wave now emptied, the next step is to fill it with Akashic energy. Once more, channel love from your heart and ask your Akashic totem for assistance. You can again call on your spiritual guides or employ the Akashic Earth Sun symbol to aid in this recalibration. Some may experience specific sounds - tonal harmonization - during this phase, but it can vary individually.

**Reintegration:** Once the energy wave is re-harmonized, it needs to be reintroduced to its respective place in your life or body. To ensure proper placement, continue to seek guidance from the Akash and your totem, or use the Akashic Earth Sun symbol to ensure the energy wave is guided to return to its rightful place.

**Completion:** After reintegrating the energy, you should feel a sense of balance and alignment. At this point, you can relax back into the Akash and continue your journey of asking questions and receiving healing. Close the Akash and integrate when you are ready.