

TUNNEL METHOD IN THE AKASH

The Tunnel Method for Healing in the Akashic Earth Field and Library offers a powerful means of communication and transformation within this sacred space. Here is a structured guide to this method:

Request a Presence: Once inside the Akash, express your intention to communicate with a specific person, an aspect of yourself, or a concept that you seek to understand. Understand that they may manifest in various forms, such as another version of yourself, someone else, an energy field, or even an animal or being. For the sake of clarity in this explanation, we'll refer to this manifestation as a "person."

Visualize a Tunnel of Light: Envision a radiant tunnel of light extending from your Heart Shachara to the Heart Shachara of the presence you've asked to connect with. This tunnel represents the connection between you and the other person.

Miniaturize into Your Heart: As the tunnel becomes clear and robust, imagine yourself gradually shrinking in size until you fit entirely within your Heart Shachara. Simultaneously, the person at the other end of the tunnel does the same. This step fosters a deeper connection between you.

Meet in the Middle: Together, both of you progress through the tunnel until you meet in its center. In this shared space, you can engage in a dialogue, ask questions, share insights, and experience exchanges of energy in various forms, such as emotions, colors, or symbolic equations. Encourage an open and honest exchange - relax into it and allow the communication to unfold naturally.

Closing the Interaction: When you feel the conversation or energy exchange has served its purpose, have a discussion with the other person about their desire to return with you or remain in the Akasha. This decision may be based on the alignment of their purpose and your intentions. Accept their decision in relation to this.

Return or Integration: Depending on the mutual agreement, either both of you return to your respective Heart Shacharas, or both return to yours. This choice will align with the collective intention and the best course of action for your growth and healing.

Integration and Reflection: Take time to integrate and breathe with the experiences and insights gained during this interaction. Allow the tunnel to naturally dissipate as you both return to your regular size. You may choose to repeat the tunnel process, seek additional Akashic records, or decide to conclude your session by saying the 'returning to surface' invocation.