

AKASHIC MEDITATION PREP



PREPARE THE SPACE

Set up a welcoming space in whatever manner appeals to you



INVITE

Invite guests to choose an AE Bag & place it on their Heart Shachara



CENTRE YOURSELF

Take a moment to breathe and remind yourself to not to over-give



START THE PROCESS

Follow your 'Akashic Meditation Group' 5 step process.



FINISH THE MEDITATION

Invite guests to sit up, share their experience (optional). Drink & treat

AKASHIC MEDITATION GROUP



GALACTIC AKASH

Visualise your Creator Self Star above everyone.
7 multi-light shafts to yours and their Shacharas
Base to Crown. AE Symbol, totem in each of them



EARTH AKASH

AE Symbol, totem on soles of feet. Wise Mothers &
Grandmothers flow energy up from AE to you &
guests. To feet, body, aura, down & back up. Flow.



SOUL AKASH

Yours and guest's Soul ball of Light above heads
Flows around, underneath & all through bodies
Soul Light cleans - out with the old, in with the new.



INVOCATIONS

Read the 'matching to the Akash' invocation for
Akashic Earth Meditation. Hold healing space.
Read the 'returning to surface' invocation



INTEGRATION

Cross energy fields for integration
Cross ankles and fold hands on Heart Shachara
3 big breaths. Stay like this for a few minutes.