

Channeling for Mediumship

Open your spiritual gateway. Clear Hearing: Clairaudience. Pendulum, spirit board, automatic writing, channeling, meet your guides, learn life purpose, learn past lives in Akashic Records.

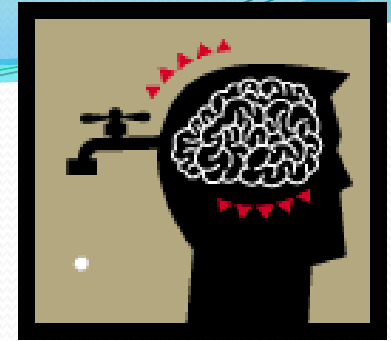
Section 4

- **Section 1: Pendulum and spirit board**
- **Section 2: Automatic Writing**
- **Section 3: Meet Your Guides**
- **Section 4: Akashic Records, Past Lives**
 - What are Akashic Records
 - Pre Life Plan
 - How to access
 - Guided meditation to the Akasha

What Are Akashic Records

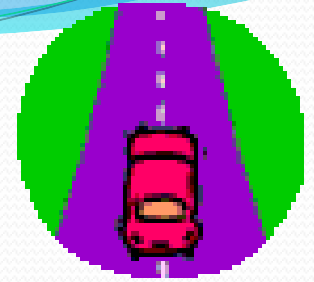
- Automatically access when channeling
- Contains all knowledge (human and otherwise)
- Exists in non physical
- Other names: Mind of God, Book of Life, Universal Computer, Collective Unconscious, Hall of Records, Etc.
- Updated Automatically

Books about Akashic



- *“Journey of Souls, Destiny of Souls and Evidence of Life between Lives, Michael Newton, a hypnotherapist who has worked with subjects in deep states, has many accounts of the Akasha or "Book of Life.”*
- *Man: How, Whence, and Whither? by C. W. Leadbeater (clairvoyant). The book records the history of Atlantis and other civilizations and the future society of Earth in the 28th century.*
- *How to Read Akashic Records, by Linda Howe*

Books



- *The Law of One, Book I*, a book purported to contain conversations with a channeled "social memory complex" known to humans as "Ra." **This book states that Edgar Cayce received his information from the Akashic records.** "We have explained before that the intelligent infinity is brought into intelligent energy from eighth density or octave. The one sound vibratory complex called Edgar used this gateway to view the present, which is *not the continuum you experience but the potential social memory complex of this planetary sphere.* The term your peoples have used for this is the "Akashic Record" or the "Hall of Records."

Use of Akashic Records



- Understand your soul purpose, contracts, past and future lives
- Understand karmic relationships
- Clues to your life's blocks and obstacles
- Answers to why we relive same dramas and negative patterns
- Understand what natural gifts and talents you are meant to express in this lifetime
- Understand who you are at a soul level
- Use as an entry to speak to deceased loved ones.



Ways to Access Akasha

1. Astral projection (we will use this method AND)
2. Deep hypnotic trance (we will use this method AND)
3. Channeling Guides (we will use this method)

Akasha Loosen Up - Dance Trance

- **Dance To Trance Opening Exercise.** Here is a wonderful way to meditate to help open you to channel. IF YOU FEEL EMBARRASSED DOING THIS, YOU REALLY NEED IT!
- Use this **MUSIC** (same used for automatic drawing exercise). Open this presentation, find slide 8. CLICK on this LINK: http://sampleswap.org/mp3/artist/robbot/robert-meyers_The-Magnificent-Escap-320.mp3.) OR try this online radio station at this link: <http://www.di.fm/spacemusic>.
- Now close your eyes and listen to the music. Immerse your entire body into the feeling of the music, moving along with it in any way you feel. The more you move the easier it will be to channel, so really abandon yourself to your feelings.
- Channeling is about letting go and letting the messages flow through you.

Preparation to Read Akasha

- Let's take a tour of the past.
- Listen to each of these times in history.
- Choose 3 different ones that seem mysterious, appealing or attracting to you. We will use in meditation.

Ancient times in history

- 4.4 Million Years Ago: Earliest pre-human hominids
- 100000 – Neanderthal Man
- 3500 BC Sumeria, 3400 BC Egypt, 2350BC Mesopotamia
- 2205BC China Xiao dynasty, 1600 BC Minoan (Crete) Civilization, 900 BC Etruscans (Italy), 814 BC Carthage (north Africa), 658BC Byzantium (Eastern Roman Empire).
- 509 BC Rome, 455 BC Chichen Itza Mayans, 330 BC Constantinople,
- 246 BC Great Wall of China, 27 BC Roman Empire

Medieval & Beyond 1215-1700

- 1215 AD Magna Carta, 1335 AD Italian Renaissance, 1368 Ming Dynasty China
- 1500 – 1700
 - Jamestown, Virginia (1st American colony)
 - Pilgrims land at Plymouth Rock, MA
 - Ming Dynasty Manchus (China)
 - Parliament restores British monarchy

Key Times in History 1700 - 1871

- **1776** U.S. Declaration of Independence signed in Philadelphia
- **1788** Parliament in France gives Louis XVI their grievances
- **1791** Bill of Rights ratified in the U.S.
- **1803** US negotiates Louisiana Purchase from French
- **1867** Austria-Hungary monarchy is established
- **1871** Kaiser Wilhelm declares a German Empire

Key Times in History 1900-1929

- **1910** Qing Dynasty (China)
- **1918** Armistice in Europe
- **1920** McCarthy's Communist witch hunt begins in the United States
- **1921** Treaty of Versailles levies huge reparations against Germany and its allies
- **1929** Stock Markets crash, Great World Wide Depression.

Key Times In History 1945-2001

- **1945** United Nations is formed
- **1949** Mao Tse Tung declares the Communist People's Republic (China)
- **1954** Segregation in U.S. schools made illegal
- **1969** US astronauts land on the Moon
- **1977** Star Wars is released
- **1986** Space Shuttle Challenger explosion
- **1987** Chernobyl nuclear disaster USSR
- **1989** Fall of the Berlin Wall
- **2001** World Trade Center is destroyed by Terrorists

Daydream Into That Time

- What 3 times in history have a particular appeal to you. Write this down. CHOOSE ONE.
- PLAY MEDITATION MUSIC. Open this presentation, find slide 15. Right click [HERE](#), then choose option to open in new tab or window.
- DAYDREAM, 5 minutes. Imagine you have entered that time. Now make a daydream about it.
- WHAT DID YOU GET?
- Over a period of a few days do this exercise at least 3 times to improve the vividness of your visions.

Meditation to Akashic Records

- Visualize the Hall of Records for a moment as something like this before continuing.



CLASS EXERCISE: Past Life Regression Meditation

- PREPARE: Get a PEN & PAD ready to RECEIVE your past life.
- DISCUSSION will resume after you do exercise.
- OPTIONAL: ON YOUR OWN, PLAY MEDITATION MUSIC. Open this presentation at <http://SpiritMediumLaura.com/CM-4.pdf>. Go to slide 17. Right click [HERE](#). Choose option to open in new tab or window.
- IN CLASS. FACILITATOR PLAYS MEDITATION AUDIO. Open this presentation at <http://SpiritMediumLaura.com/CM-4.pdf>. Go to slide 17. Then click [HERE](#) to play recorded meditation.
- ON OWN. If you are watching this video on your own just let video play. The meditation continues on next slides.

Meditation to Akashic Records

- Slowly open and close your eyes ten times while focusing on an object in front of you. With each open and close remind yourself how deeply relaxed you are getting.
- Begin by imagining you are a little speck of light looking at your body asleep in your bed. It is midnight and all is quiet.
- Your body is meaningless to you. It is only an empty vessel.
- Suddenly without warning you start to feel a pull. Your mind is now being pulled towards the window in your bedroom out into the starry sky.

Meditation to Akashic Records

- You follow it. You look down at the houses. They are getting smaller below you. It is a dark night but the stars in the sky are glowing and pulling you towards them with a divine awareness and consciousness.
- You are not frightened. You see everything in a new way, as if all the colors, the light, the sound and the temperature are more than what they are. You experience everything as if it were healing, multi dimensional and possessing a wise consciousness. Even the air is glowing.
- You think this is what it must feel like to permanently leave your physical life on earth. You start to see things like a bird, but a bird from God with a new perception.
- You continue to be pulled upwards and out of the earth's atmosphere.

Meditation to Akashic Records

- Suddenly you decide to look back. You look down on earth. It is a beautiful large ball of green, blue and white colors. You are happy and content and light. You have no fear, no concerns and feel very, very free.
- The force field continues to tug at you. As you turn around off in the distance you see a gorgeous castle in the sky on a huge mountain of clouds. You believe this must be heaven or a place of supernatural powers. You gladly move closer.
- As you approach this mountain of clouds you start to hear music. But it is indescribable for just like what you saw earlier it is multidimensional and extremely beautiful.
- You are ecstatic. The sounds are miraculous, healing and move you in positive new emotional ways. It is as if the sounds you are hearing are developing your sense of God and all the magnificence and love that go with the concept.

Meditation to Akashic Records

- The lights ahead continue to flicker. It is like the aurora borealis but with multi-dimensional, indescribable colors and feeling.
- You have arrived.
- As you enter this kingdom a large gate opens.
- You are immediately greeted by two Divine Beings, one on each side of you.
- You notice they are taking your hands. You no longer are just a ball of light, but now you have a body, albeit an energy one, but a body nevertheless.

Meditation to Akashic Records

- They lead you to a great hall off in the distance.
- As you get to the hall they introduce you to an old, ancient, but pleasant looking, person. This is the keeper of the Hall of Akashic Records. He is a spiritual guide here to assist you in learning their mysteries.
- He asks, “Why are you here?”
- “To view the records,” you say. He looks very pleased as if he is happy you have asked. “It is good,” he says “that you see the records. It will help with life on earth.”

Meditation to Akashic Records

- “Come this way.” With a quick gesture he leads you into the great hall.
- Inside it looks like the hall never ends. Row upon row of books extend infinitely into space. You are just a tiny speck in its magnificence - and rightly so. You feel this is how it should be for you, to be small upon the hall.
- He says, “Follow me.” You do with great speed.
- Finally after what seems to be an eternity of turns and lifts and corridors he finally gets you to your book.

Meditation to Akashic Records

- “There it is,” he says. You look upon it with instant glee. This is your book.
- The keeper gives you some last minute instructions.
- “Just ask the book what you want to know and the book will take you there. This is very easy. The book is intelligent and will respond to your instructions. I am going to go now,” he says.

Meditation to Akashic Records

- You are a little scared to be left alone with this supernatural book, but you accept he is leaving. Once alone you start by asking the book, “Please open to the page with the past life or information about a loved one in spirit relevant to me or the person for whom I am receiving these messages.
- The book immediately responds. The pages flip open to the right location.
- It is a moving picture, like a film and you ask to see this in greater detail. The book accommodates you and suddenly you are catapulted into the movie.
- You sense about. What do you hear, feel, know or see?

Meditation to Akashic Records

- Are you in a rural or urban area? What time in history are you in? Are you in the distant or near past? Are you seeing a male or female? How old is this person? What color hair, eyes, shaped nose, height, weight? What health issues if any?
- What is this person showing you or doing? What did this person do for a living? Did s/he have children? How many? Was s/he rich or poor? Was this a kind, evil or headstrong person?
- WRITE DOWN EXACTLY WHAT YOU GET.
- Continuing. Now ask this question to the soul to whom you are speaking, “What is important about the information received?”
- Something very significant will be revealed. Pay attention as the answer unfolds.

Meditation to Akashic Records

- Take as long as you need. WRITE DOWN WHAT YOU RECEIVED.
- Good. Now that the story is over you ask the book to close. Telepathically you call to the Keeper to come for you. He appears almost instantaneously.
- You ask to be led out of the hall back to your Divine Beings. He complies and says, “Fair well.”
- He reminds you, “The information you were given is sacred and important. It is an honor to have received it.”

Meditation to Akashic Records

- You say, “Thank you” and turn to leave.
- The Divine Beings are waiting there with great joy and love. They come to either side of you and escort you to the gate of the kingdom of the Great Hall of Records.
- You say, “Good bye,” and turn to leave.
- As soon as you leave the gates, you again become a speck of light and are drawn immediately back into your body and are awakened.
- This was a very interesting journey. You **now record** anything remaining about what you saw and learned.

CLASS EXERCISE/DISCUSSION

- DISCUSS what you received in the first Daydream exercise earlier in this chapter and then from this visit to the Akashic Records.
- Time allowing, receive for a partner in the class. Some possible questions to ask:
 - What is your partner's life purpose?
 - What does your partner need to do to complete their life purpose?
 - What soul contracts does partner have with mother, father, spouse, siblings and/or children in this life time?
 - Have they been healed? If not, how can they be healed?

Homework

- Join Soul Psychic Healer Facebook Support Group to work with those in it. Hire a coach or work with a friend to further develop.
- Do this audio again and again. Your experiences will deepen. Practice, practice, practice. You have everything in this class needed to open your ability to channel.
- Next class is **Clairvoyance for Mediumship. Clear sight.** (1) Read Auras (2) Read and heal using chakras,(3) Telepathy and Remote Influence; (4) Remote Viewing and Medical Intuition. RSVP [HERE](#).