

## **Common Method & Script CONTINUED**

1. Now you are grounded on earth.
2. With love from Mother Earth & the love of your heart centre, feel the amalgamation of this love.
3. Send this love to your upper body.
4. Let it pass through the crown chakra.
5. Move higher into the Akasha, Ethers, Sky.
6. This is your High Vibrational Positive Space where only love prevails.

1. Now you are well grounded and also connected to the Akashic Field.
2. Seek permission from your soul to access records.
3. Give permission to your soul to access records.
4. Give and receive permission to meet your Akashic Guides.
5. Request Akashic Guides that our souls merge and we connect and move forward.
6. A handshake or a hug or a smile can signify that connection. Make sure you are feeling good about this connection.