

## **A Meditation to connect with your Akashic Records**

1. Please close your eyes and breathe into your stomach. Relax into this moment and know that you are held, safe, protected and loved so dearly. Allow yourself to relax into your body. The Angels of love and light surround you now and clear away any dense energy or vibrations that are not serving you.

2. Let's just stay here for a moment... breathing into your being deeply. Feel your consciousness move down into your heart space. Now visualise a beautiful golden pathway ahead of you. You can see meadow flowers, green trees, you may even smell the flowers around you. You can hear bumble bees and the birds singing... just enjoy this loving and gentle space now, as you walk along the golden path of your life.

3. In the distance you can see a beautiful crystal building, it is Emerald, tall and shining brightly. Everything you ever need to know is inside this building, it is your sacred temple of knowledge and wisdom and holds the books of your life, the keys to your life. This is your temple.

4. As you walk towards your temple, a door opens and you walk inside. This space is so full of love and light and you can see gold all around you. You are greeted by your Akashic Masters, your guides. Stand before them now and allow your hearts to connect. You will feel the frequency between your hearts as you connect.

5. Your guide has a message for you now, it may be a word or phrase or an image or a colour. Allow this message to be given to you now. After you receive the message, you can choose to slowly come back to the present moment.