

RAISING
SPIRITUAL KIDS

CHANNEL
HOW TO **PART 1**

TRUSTING
INNER FEELINGS

THE AKASHIC MAGAZINE

October-December 2018

Getting to Know

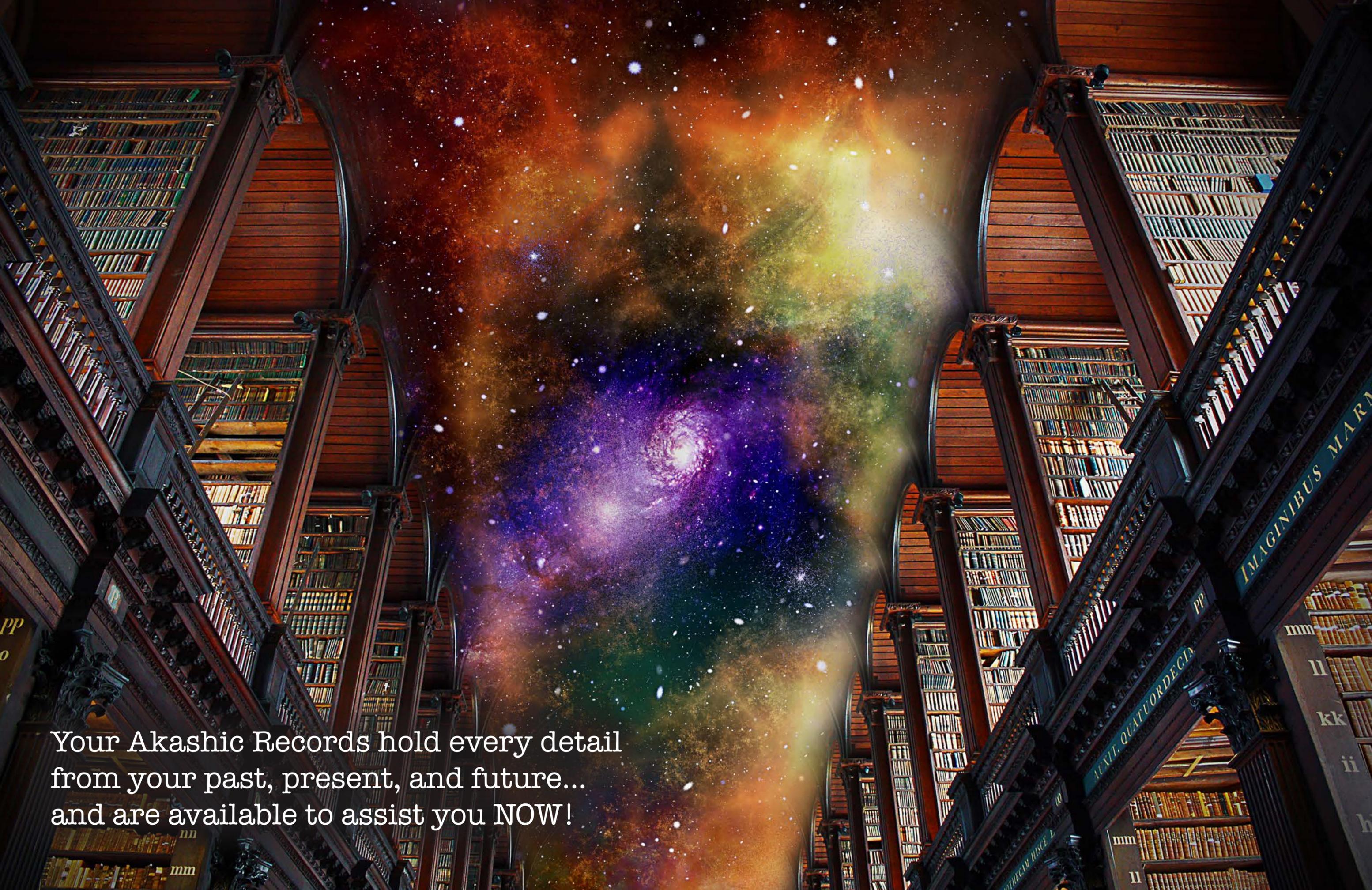
Bridgette Slane
and the

POWER of
Family



plus

The Top 5
Feng Shui
Deal-Makers & Breakers
For Selecting a New Space



Your Akashic Records hold every detail
from your past, present, and future...
and are available to assist you NOW!

FEATURED CONTRIBUTORS



CHUNG WAY LAO *aka White Cloud* is Blueprinter (Changer) reincarnating for the last time on Earth in order to secure the Ascension of Sophia-Gaia. He is a High Priest of the Order of Melchizedek adept in spiritual and quantum metaphysics, shamanism, and in the evolution of “The Way of the Tao” into meta-existentialism. You can find out more about his work by visiting his blog at evolutionaryascension.com.

COACH NICK *aka Nakula Das* is one of the most captivating speakers to hit the stage. His dynamic energy is a highly sought-after resource for large and small businesses, event-planners, non-profit organizations, and community leaders looking to expand their impact in the world by strengthening their people. Coach Nick has dedicated his life to the science of human development, and his unique ability to take complex processes and present them in simple, actionable steps have translated into bottom-line results for his clients.



RHONDA ELLIOTT is a Reiki Master/teacher, certified Akashic records practitioner, healer at Cerulean Forest Reiki [Facebook.com/ceruleanforestreiki](https://www.facebook.com/ceruleanforestreiki), and co-host of *Spirit Sessions: A View of the Light* Sundays, 12pm EST on the Akashic Academy Facebook community page.



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FOUNDER

EMILY HARRISON

EMILY@ASKYOURRECORDS.COM

CONTRIBUTORS

EMILY HARRISON, BRIDGETTE SLONE, COACH NICK, BRYON CABLE, RHONDA ELLIOTT, DR. WAYNE DYER
CHANNIELED BY AMANDA MARIE MASTERS,
LAURA CARRILLO, KRISTA SUTTON,
JANET HARRISON, CHUNG WAY LAO,
TERESA WARREN, ANDREA JONES

SALES DIRECTOR

NICK PEREIRA

EDITOR/ART DIRECTION

BRIDGETTE SLONE

BSLONEDSIGN@GMAIL.COM

ON THE COVER:

PHOTOGRAPHY: B. SLONE

SUBJECT: SLONE FAMILY

PHOTOS

ALL PHOTOS ARE FROM CONTRIBUTORS
OR VARIOUS FREE STOCK SOURCES.

STORY IDEAS & SUBMISSIONS

SUBMISSIONS@THEAKASHICACADEMY.COM

WEBSITE

THEAKASHICACADEMY.COM/MAGAZINE

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Hello, Akashic Academy! This letter has come to mark a time for seasonal reflection, as well as space-holding and planning for our future here, at the Akashic Academy. I'm excited to share some big updates as well as inspire you about what is on the horizon as we collectively grow into our shoes!

First, let's take a look at how far we have come in the past year, as this marks the **one year anniversary** of the *The Akashic Magazine*! Besides our first year of publications, we also launched our livestream Facebook network, just ten months ago. Both of these media outlets have grown so substantially! Within the past short while, we have increased viewership and readership by over ten times! And, even more to come as we install some experts to head up our media department. We are excitedly welcoming our new editor, Bridgette Slone who brings a magnificent resume of experience to this position. As well as, welcoming Coach Nick into his new position of Executive Producer of the Akashic Network.

Our network show hosts have been gaining substantial momentum as well! Many of them landing show interviews with big names in the metaphysical world, as well as being invited to speak on different platforms, both online and live stages. When I move into the God Mind to create space for our expansion, I see opportunities for traveling with our hosts, taking our message to different cities. I see teaching Akashic Records workshops, spiritual business training, media training, and creating content and opportunities for those who are ready to get big.

Then, taking it global. Then, taking that, times ten.

In my weekly live show with Coach Nick, "The Akashic Show", he challenged all of us to take our dreams and multiply them by ten. Since then, times-ten is the new ending to all my creation thoughts. And, I highly recommend giving this simple tip a try! I found it expanded my vision FAST!

What is on the horizon for The Akashic Academy? Retreats!

I know I'm not the only one who wants to travel. I know you all do too! We are currently creating quarterly retreats, each with a different theme and location. If you want to be part of this expansion, take a moment RIGHT NOW, and affirm:

"I have the freedom and flexibility to move about this planet as I please! To learn, grow, and explore with my Soul Tribe!"

Now, take that intention and **times it by ten**, please.

We are implementing this times-ten trajectory everywhere! For those of you who have a front-row seat to the growth happening around here, I intend to make it a thrill! Buckle up. And, if you aren't tall enough to ride this ride, well, time to eat some spinach and grow into your big shoes. You're in the perfect place to do it. It's happening all around you...

I'd love to take a moment to share some more about the community growth happening. Students inside *Learning to Read the Akashic Records* are rocking and rolling! The growth, healing, and activations that happen every week are substantial! I'm so proud to share a bit more about something truly unique and magnificent that happens within this initiation process. The realization of deep self-love that comes as a course of this study is developing a transformational experience all its own. Be sure to check out my article in this edition, where I interview two of my students about something amazing that happened one day in class. Self-love is truly the path to ascension. We are paving that path.

We have some career-minded students that have experienced tremendous success working with Coach Nick to expand their businesses inside the Freedompreneur's Club. Many of our members have also joined Coach Nick's new Mastermind Group, and are working closely with him, marrying his business expertise with their unique skill sets to launch powerful shows and expand their careers. Oh, the freedom that comes with doing what you love to do from the comfort of your own home! I'll personally thank Coach Nick for being my mentor, as well as my partner, in growing this community. Thank you, Buddy. You are a gift to the planet.

I'm so excited to offer you this October issue of the Akashic Magazine. This is a powerful and beautiful gift of knowledge, offered by our community of leaders, teachers, and students all here to enrich our planet with love, and to hold space for our highest growth. A special thank you to our contributors, as without each of you, this generous offering is simply not possible. Thank you for valuing the growth of the planet and sharing your knowledge. Many Blessings to each of you and our entire community of readers. Enjoy and Namaste.

Emily Harrison

Founder/Director
The Akashic Academy

EMILY HARRISON became a certified Akashic Records practitioner in 2015, shifting her life dramatically. Leaving behind a career in Hollywood, Emily created a healing business that includes teaching, speaking, contributing to the Huffington Post, and mentoring other light workers in the Akashic Records. Emily is the Founder/Director of The Akashic Academy, a modern day mystery school, dedicated to sharing knowledge that is changing the planet.

Greetings! On the cover you'll see my little family of wonder. My husband Jesse, step-daughter Madison, baby girl Scarlette, our pup Griffin, and myself. If you would've told me five years ago I'd be where I am today—a wife, a mother, a spiritual healer, an editor of an international publication—I would've laughed and told you to shut your filthy mouth. Five years ago I was a non-married, sans-kiddo girl, touring the states with my best friends playing rock tunes. Very funny, Universe... I hear you chuckling.

Truth is, I may be light-years from where I was, but life has a funny way of giving you exactly what you need. Do I miss the stage? Of course I do! But, I am a Gemini. My interests are so diverse I often find myself overwhelmed by the sheer amount of information I want—no, strike that, I *need*—to learn, and experiences I need to have. I consider myself the eternal student, and I am an avid collector of books. I tell Jesse, "I don't have too many books, our house just doesn't have enough bookshelves!" (Case-in-point: the non-bookshelved wall on the cover!) He lovingly retorts, "I'm working on that for you, babe." He's a custom cabinet and furniture craftsman so I'm holding him to that! He's also a musician, and currently teaching Madison to play guitar. I could bleed my not-enough-shelves philosophy over to my herb and crystal collections as well, but that's a tale for another day. Our girls adore the books and crystals too, and of course they both love music, so nothing makes Jesse and me happier than sharing our gifts and knowledge with the two of them.

Fall is a time I always welcome with open arms. It's a reprieve from the sweltering Oklahoma summer, an opportunity to put the gardens to bed, light crackling fires, and dive into the various new tomes I've collected over the year. Seed catalogs might accidentally make it into the shuffle as well.

I love wine, dark chocolate, and all things Norse. I've been an artist for as long as I can remember, and my grandma cultivated that by letting me tag along to her many decorative painting events. She actually founded one of the largest decorative painting and crafting conventions in the Midwest, OKCPaintingPalooza.com, held every October. I've performed as a touring musician, both as a soloist, and with a band. I've been dolled up in front of a camera lens and on my belly in the dirt behind it. I've created beautiful, award-winning art, as well as pieces no other eyes have seen.

Within the last few years I've been on a quest to discover my life purpose. I've uncovered ancestral ties to both the Norse and Scottish cultures, and have fallen in love with the Elder Futhark; studying it with rabid fascination for the better part of the last year. In fact, the last couple years have been a whirlwind of study, expansion, and tremendous growth. I've become Reiki level I attuned, a certified Akashic Records practitioner—because you know I want access to the largest library in all the multiverses—a permaculturist, and an herbalist.

I've stepped into my power, and I now know my life purpose: to leave this world more beautiful than how I found it. I do that through graphic design, painting, gardening, and teaching my daughter and beautiful stepdaughter how not to be asses.

Part of fulfilling that life purpose is creating this magazine for all of you.

Words fail to describe the honor and gratitude I feel being asked to be part of this publication. It's my mission to provide you, our readers, with a beautiful and useful source of knowledge, entertainment, and space of belonging. It's a daunting task to gather and present content that both informs and entertains, but I think this issue is a solid and diverse resource. Grab a cup of tea, or your beverage of choice, and enjoy the content we've curated for you. And remember, this is as much your magazine as it is ours. I want you all to feel comfortable sharing what you love, what you don't, and how we can better serve you. So don't be a stranger! Send us a message and let us know how we're doing.

Here's to making this world a more beautiful place!

skål (Old Norse for *Cheers!*)

Bridgette

BRIDGETTE SLONE is the newly appointed Editor of *the Akashic Magazine*. She is a creative powerhouse who draws from a diversely artistic background including graphic art, visual design, paint, music, photography, herbs, crystals, and spiritual energy work—as a certified practitioner of the Akashic Records, she is a space-holder for the eternal student, helping others create their version of a more beautiful world.





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 To download a copy of our latest issue, and previous issues, visit our website
www.theakashicacademy.com

Feedback

“For me, the Akashic Magazine has become a trusted resource for discovering new practices, modalities and lightworkers. This day in the digital age, there is a lot of content out there, and a lot that don't have the intention of creating real value. With the akashic magazine being curated so mindfully by trusted healers like Emily and crew, I can give my full attention to an article with the confidence that I'll get something big out of it. The magazine has introduced me to quite a few new practices and I look forward to each issue!”

Kaitlyn Emery

“I appreciated Mark Caniff's article [Januaary 2017 - The Evolving Grain of Sand.] I liked the look of the recipe [January 2017 - Super Moist Banana Muffins,] especially the “eggs” (flax or chia.) That was useful for sure for me. Emily your writing is always awesome I always feel like I'm having a conversation with you. I liked the suggestions Rhonda talked about for practicing Akashic records.

The last thing is not even about an article but it hit me most profoundly. It was a bio. I read it and it triggered some thoughts leading to others and eventually I had an epiphany. I felt in my soul that my dream has always been to have a family and live happily ever after. So a healthy family with its ups and downs. “

Shelby Kurney



CREATING GLOBAL TRANSFORMATION THROUGH BUSINESS

UTILIZING YOUR GOD-GIVEN GIFTS AND TALENTS TO SERVE ALL. BY COACH NICK

The word business can come with all kinds of feelings and attachments to it. Some people would never consider themselves to be a business person, even if they are in business. The truth is, we are all in business. Every time you purchase groceries at the market you are doing business.

Business, which at its essence simply means trading, is a natural function in the world. From time immemorial this has been happening. The whole universe is doing it—trading and transforming energy from one form to another.

The beauty and potential of business are that everyone interacts with it. Business in itself is so natural that every culture, religion, sex, age group, and demographic are engaged in contributing to the marketplace. Imagine what would happen if we all began to engage in our daily business with divine consciousness.

Divine consciousness simply means *we understand we are not the owners of anything* in the most real sense. We may accumulate wealth, power, fame, or knowledge, but at the time of death, none of this goes with you. What goes with you, and is eternal, is the nature of your consciousness. With this understanding, business becomes a vehicle for helping others rather than taking or trying to dominate others.

This does not mean you do not receive, it simply means when you receive you utilize what you have received for the benefit of all living beings; which includes the plants, animals, earth as a whole, and human society.

People who are very prone to doing business interact with many members of society, which gives them the opportunity to create relationships and well-being. All business at its core is designed to enhance human life. When business moved away from this very principle, business took on a different form where only a few benefit and the rest become slaves for the few.

When you engage in your business activities with this divine consciousness your business is transformed into a vehicle for spiritual growth.

In the ancient text Bhagavad Gita, it shares the practice of Karma-Yoga which states, “Without being attached to the fruits of activities, one should act as a matter of duty, for by working without attachment one attains the supreme.”

This is divine business, working for the betterment of humanity, utilizing your God-given gifts and talents to serve all while staying unattached to the results; in this way, you will never become “puffed up” in your ego and you will be a cause for so much good in the world.

I invite you to join my show *Divine Business* every week on the Akashic Academy FaceBook page, which will inspire you to new levels of business and life.



The Day My Class Changed Without Me

BY EMILY HARRISON

When was the last time you felt really good about yourself? Like, you loved yourself so much, you wanted to take yourself on a surprise cruise? Receive that for a moment...imagine what that would feel like! This is a state of self-love that most people will never reach. This is the *gateway*—the *threshold*—to higher states of consciousness, which creates higher states of being. And higher states of being unlock your personal access to quantum healing, infinite creation, and unending happiness.

The truth is, we are all born completely capable of loving ourselves. The truth also is, most of us have to work very hard to find that self-love after only about 10 years on this planet...and it just keeps getting harder. Funny how all those truths are true at the same time. We are absolutely programmed to despise ourselves. If we are sure of anything at all, it's that we don't measure up, and never will. Where is the class that teaches you how to love yourself again?

When I channeled the modules for my Akashic Records course in 2015, the class truly seemed to write itself. I had no idea all the layers of expansion Spirit was weaving into those 15 lessons. Oh, *I thought I knew*, but turns out I had only scratched the surface of my own understanding. Over the next years, I would come to learn how dynamically Spirit was showing up to change people's lives through me—Through the Akashic Records.

This is especially true when students hit lesson 6. While the first 5 lessons are the background knowledge one needs to successfully access the Akashic Records, things get *real* in lesson 6. And subsequently, the next 10 weeks, as we continue to self-excavate, heal, and expand like it was our job. Those willing to do the work, gain an amazing new skill, which will prove to be the key that unlocks more growth than we could ever imagine. When we take the time to see ourselves through the unconditional love and non-judgment of the Akashic Records, we begin to see ourselves in a whole new light. We experience ourselves without all the evidence that insists we are helpless victims or monstrous assholes. Seeing yourself from the perspective of the Akashic Records allows for the most profound self-love to blossom. It is a life-transforming experience.

Recently, I have had two, very awake and committed students, who entered lesson 6 together. This is what happened...

Class had been especially big lately, so when only two of the students showed up I wondered where everyone was. I always trust timing, knowing Spirit has aligned the perfect experience for all of us, just as we need it. So, I let it go. We got to business with just the three of us.

Now, I know the self-healing that these two are embarking on. Lesson 6 marks the beginning of Level 2, and this entire level is about radical self-transformation. But something was different this time. As we chatted, I realized my students had an awareness of what they were about to experience. *This was new!* It was almost as if they could experience themselves on the other side of profound self-love.

This was mind-blowing to me! Absolute evidence that the knowledge was continuing to grow. It now had an awareness of itself, and my high-vibe students were picking up on it.

As we opened our Akashic Records that day something beautiful happened. An activation came through that set the stage for these amazing two students, (and all of them to come in the future) preparing their energy-bodies to receive profound self-transformation with ease.

I was instructed this new change, this new activation, was to happen for every student entering Level 2. And like that, a new element was added to the process. It hadn't come from me. It had been dedicated by the consciousness of the course itself. It was the day my class changed without me, and it was the day I realized how effortless evolution can be when we don't push or resist.

Want to meet my students who opened this gigantic portal?

Cindy and Jim.



CINDY K I recently retired after working in corporate America for over 30 years and am now focused on my spiritual development. I have been taking class after class (Reiki, animal communication, oracle cards) to occupy my time but am so grateful that I was guided to the Akashic Academy and the Akashic Records class.



JIM W I just became a grandfather and can't believe it! I am in awe of the Akashic Academy and the many programs offered. I'm on my awakening journey, perhaps revisiting it after 20 years is a better description, and remembering I'm already awake, and just have to get out of my own way. I find my path is both accelerating and deepening very quickly. Recently completed Karuna Reiki training. I have butterfly energy and am a transformer. Following my intuition, trusting the

wisdom of my spirit and soul, and taking a leap of faith to allow my next path to unfold brings me knocking on your door today. What is blossoming next in your rose garden?

EH: Hee, Hee...You and Cindy...Okay you two, at what point did you realize something special, something different was happening that day in class?

CK: Both of us had time before the class to review the materials for Module 6 and understand that this material was more introspective. The self-discovery available in this module added a level of excitement and energy to the discussions that day.

JW: It was actually the night before. I had been reading the materials for Chapter 6 and I felt a shift inside. It was quiet and subtle, but I clearly felt a shift and experienced a new level of knowing and understanding within myself regarding my direction as a healer. I sat in a juxtaposition of my lifetime of experiences and had a glimmer of something much larger than I ever imagined was possible.

EH: I mentioned that you both had a sense as you reviewed the content for Level 2, that a big shift was coming. How did this make you feel, to know that you were about to come face to face with some very deep aspects of yourself?

CK: Admittedly, I was apprehensive earlier in the day about the module and worried about what I might discover about myself. Taking the leap to begin to more fully explore my life through the wisdom of Akashic Records was pretty huge for me but I knew that it was time.

JW: I was afraid/terrified to look, to listen deeply, wondering if I was lost/ found, would be me or someone else. Was my life a mistake or would I need to rebuild everything? I was worried about my choices, decisions and dreams to-date in my life and where does this leave me now? I was paralyzed and felt threatened, persecuted, controlled, trapped and abandoned.

EH: How do you think this level of self-love will change you?

CK: When I had the activation I felt an immediate change in myself, as if a light was switched on. I have taken classes on loving myself and had affirmations on my mirrors and around my house; however, there is a big difference between saying an affirmation about loving myself and truly believing it. After the activation I experienced a level of self-love that I have honestly never known. As a result, I was open to receive information and guidance from the records without fear, but with love for myself and with gratitude for the lessons learned in my journey. During this module I was also able to retrieve memories of challenges in my life as well as immense joy that had been hidden from my consciousness. These helped me to better understand and appreciate my journey and know without a doubt that I have been loved and guided in ways I would have previously considered unimaginable. The activation, which opened my eyes to the love that has always been there for me, and this class, which has enabled me to access my records, have been truly life-changing for me. I am now ready to shine my light!

JW: I sat calmly and accessed my Akashic Records and received direction... my worries calmed as I reflected upon deepening

experiences, connections, and understanding of my heart & soul. My doubts turned to trust, faith, and belief as I realized my life was unfolding perfectly, as it should, in its own unique way—on target and on track for my lessons and learnings. I felt forgiveness and experienced greater acceptance and appreciation for my life, the present, that's in the present moment. I sat in the beauty of my soul in-love with me, feeling freedom to be me.

I am more than the assortment of limited feelings and perspectives that have guided my life until now. I am also a greater sum of my positive experiences and lessons across many lifetimes and it's time to connect all those dots, to anchor and hold space, for us to align, grow, and heal together.

JW: Cindy, maybe we should write questions for Emily to answer... What is it like to watch rosebuds like us bloom?

EH: Teaching about the Akashic Records and witnessing the metamorphosis of my students (who truly become my favorite people in the world), one of my greatest honors. And, I was voted "best hair" and have starred in several Taco Bell commercials, so, yeah.

Sometimes it feels so surreal that I pinch myself. This is such a fun and rewarding job. I find that I have to expand the maximum amount of joy I can hold, as to not self-sabotage and think, "I don't deserve such an amazing career."

When I was in Hollywood, I would dream of inspiring people so much that they would rewrite their own life story...write something where their dreams come true, where they live in love and harmony with everyone and everything around them. I've learned Hollywood can't do that nearly as effectively as the Akashic Records can. When you realize you are indeed living your dream life, it can absolutely feel surreal. I love it.

JW: We have such a diverse background and come from many walks in life, but ended up here with you Emily... How do you discern the right advice, guidance, and questions to lift us up on Eagles wings for the highest good? I ask cause I watch with awe and wonder, amazed at how you always have something to share that resonates deeply with us.

CK: Jim, I feel that same way!

EH: I can only giggle...DUDE! It's the Akashic Records! This info comes straight from my Masters, Teachers, Loved Ones, and Guides. I've just gotten quite good at communicating with them, so the insight flows. It's so profound and moving because the underlying energy is unconditional love and zero judgment. When you come in contact with that frequency, your soul instantly recognizes it.

CK: Why do you think more students don't attend the weekly sessions with you? I think of these as such an integral part of the training and a generous gift that you are giving the students, but wonder why others don't participate.

EH: Weeeeell, Jim and I made a bellowing and resounding Om to all future students, calling them in! Remember that Jim? That was a fun

day in class, too!

I also think more students are coming. We've recently reinstated the weekly student meeting, as it was dormant for around 6 months or so. I was undergoing a growth phase myself, as a leader and a teacher. Oh, and now that I think about it, I was also undergoing a complete geographical uprooting and moving my family! That was quite an intense time, so when I look at the timing from this perspective, I know it was for the highest good of everyone involved that weekly class took a break. It likely would have been too energetically intense for me to balance all of that transition at once. But, now we are settling in this AMAZING energetic vortex created by the kundalini energy that flows through the waters of this land. It's the right time...I know you both feel it. Crazy fun...

JW: A bird sitting on a tree is never afraid of the branch breaking, because its trust is not in the branch, rather in its own wings. We are all at different points in our ability to fly and our ability to trust our ability to fly. At some point in our lives, we come to the realization that it's easier to move forward, flapping our wings in any awkward flight pattern, than to remain safe in the nest. We are preparing a sacred space our next batch of Top Gun Akashic Record Pilots ready to navigate boldly where they never knew it was possible to go, and live the life of their dreams

EH: Ok, time to wrap it up, you two. Any final thoughts you would like to share?

CK: From the moment I joined the Academy I felt welcome and uplifted. I have unfollowed so many Facebook pages, especially in the past few weeks, since they don't have the same positive message and people in the groups.

JW: I'm here to explore three things:

- 1) what's possible (as opposed to what's not);
- 2) find new ways to co-create a more loving environment, both within myself (connecting to higher source) and external, and connecting with others;
- 3) learn how to expand my vision 10x and then 100x...

My Vision: to love and be loved. That makes the Akashic Academy a spiritual playground for me to safely explore, climb out of the closet, find my feet, tune-in my guidance, and boldly step forward living my heartfelt dreams. Instead of abnormal, I feel absolutely awesome here with my Akashic Family.

CK: Before my reading with Emily and the class, I always had my camera off and kept myself muted during all other classes I took, so I also feel safe around Emily.

JW: Figured it out, but can't fully explain why yet...When Emily talks my soul smiles. Deep within your soul is a door that opens into a world of wonder—open the door and let the magic in!

So it seems *this* is the class that takes you on that journey into profound self-love. Who are you then? Only you can find out. I'll be holding that space for you. See you in class.

the POWER of Family

BY BRIDGETTE SLONE

Traditional, single-parent, blended, extended, soul, and fur—there are many ways to define a family. Family can be by blood or spirit—marriage and adoption unite and create families of individuals with no previous ties. But why is family important? Family helps us forge a link with the past, the present, and the future.

The Past – Where do I come from?
The Present – Why am I here?
The Future – What is going to happen to me?

Sound familiar? People have a basic desire to know where they came from and how they got to where they are. These three questions form the basis of all the major world religions. Many rivers lead to the same great ocean.

As the weather turns chilly people typically find themselves inside sharing a common cozy space, making fall and winter the perfect times of year to ponder these questions. Get the ball rolling by telling stories about your family. Share stories of your childhood family traditions, and explain why they were important to your family. Not only is this a perfect way to honor your ancestors, but also sharing stories from generations past serves to show us and our children who we are and what matters to us. Traditions link generations, giving us a sense of belonging to something bigger than ourselves. As the stories are told, they come to life, past and present, and hearts weave together in a tapestry of love that defies the test of time. So let's create some threads.

WHERE DO I COME FROM?

Make a family tree. I've included a blank one in the following pages for you. Notice the pattern resembling the rings of a tree. Fill it out as far back as you can. This can be blood kin or ancestors of the heart and spirit.

Begin with you as the first generation, or if you have a child or children, place them as the first generation, and you and your partner as the second. *Maternal* is your mother's side of the family and *Paternal* is your father's side.

Research to fill in any blanks. Ask elders. Don't underestimate this approach. Many of your relatives know a wealth of information about your family.

If you don't have anyone to ask, for blood you can always search genealogy websites and see what surfaces. For those of you studying and learning to access the Akashic Records, you have a tremendous tool—you can ask your ancestors directly. Lucky!

I am fortunate to still have my dad, and his parents, and I spent many years with both sets of paternal great-grandparents before they crossed the veil. My mom, however, was adopted at birth through a closed process. We searched for many years to uncover her birth parents before her passing in 2015. I continued her quest, and this year I was finally able to reunite with my birth grandmother and learn all about my maternal ancestry.

Best advice—take a genealogy DNA test. This is one of the key pieces I used to find my mom's birth parents. While these take a little time to get results back, they can reveal all sorts of fun things. Everything from regional ancestral heritages to shared traits with other member results. From those, you could find family you never knew existed. One of my new maternal cousins said it best, "DNA doesn't lie...unlike family."

WHY AM I HERE?

To answer this, look at your tree from the perspective of one of your ancestors. From their point of view, you represent the future. What stories do you know about this ancestor? Ask the Records (or ask an Akashic records practitioner to help you) for stories about this ancestor and see what you get. Chances are, many of your ancestors had to overcome considerable personal hardship in their lives. Your ancestors had great inner strength. If it were not for them, you would not be here today reading these words. Such a simple exercise produces a profound truth: you are the final end product of the many generations that came before you.

I'm in the process of creating an ancestral wall using photos of our direct lineage thanks to the Disney movie *Coco*. If you haven't seen it, I highly recommend it. I wept like a wee little babe a few—4—times during this movie. Curse you, Disney, and your direct link to my feels! The very first tear genuinely surprised me. It came while witnessing the departed loved ones partaking in the offerings left on the Dia De Los Muertos ofrendas. I've never really understood the point of leaving spoilable offerings on an altar, but this animated film finally allowed this tradition to click for me—I'm talking crocodile-tears-clicked. The act is so beautifully simple and pure. This movie also gave me new interest in finding photos of my ancestors, and of course, now I need an ofrenda so they can come visit!

WHAT IS GOING TO HAPPEN TO ME?

There are infinite possibilities to discover here. Every choice you make directs you to the future. You are either consciously or subconsciously creating this future right now. Ask the Records what your most favorable future looks like. Then ask what actions you can take to ensure this future comes to be. Then—do those things. So easy!

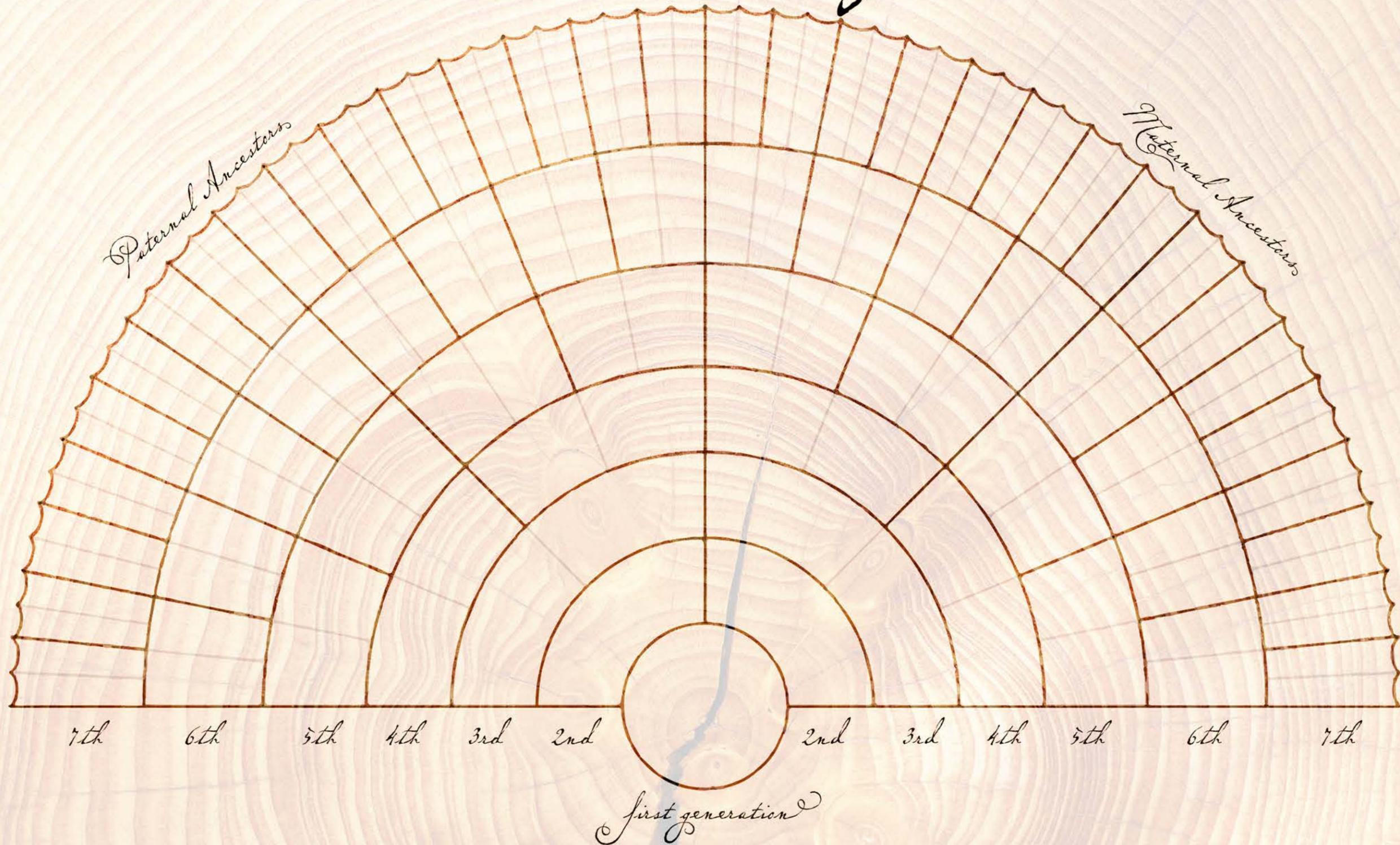
My ancestors' legacies live on through me, continually influencing my life for the better. I am who I am because of all those who came before me, and their experiences and wisdom have shaped my character and guided me. It is my honor to pass on their sagas to my children, and their children's children for as long as there is breath in my chest and a voice on my tongue. Legacy—that is the power of family.

One of our family traditions we started when Scarlette was born is the annual family portrait. We choose a theme, and recreate it Slone-style! Top: Game of Slones Bottom: Wizard of SlOneZ



PHOTO CREDIT: NICK AUFIERO

Our Family



The Spiritual Classroom: Teaching Kids the Tricks of the Trade

By Emily Harrison

IN SOME WAYS I CONSIDER MYSELF A SEASONED PARENT. Mother of three, Jack, 15, London, 11, and Vivienne, 9. (I don't know if should admit that I just did my first fact-check for this article... for the record, Vivienne verified I had everyone's age correct.)

And, in other ways, I consider myself a newbie. Many times a situation with my kids will arise and I'll think to myself, "Well, I've never handled this one before."

Because I'm in the game of alchemy—rearranging time and space to create the good stuff—I feel the call to teach my kids the tricks of the trade, so ultimately, they can solve their own problems.

However, I've never taught kids to step into their sixteen-foot selves before. Admittedly, I'm a first-timer at this one. (While I'm still a rookie, make no mistake that I am fully equipped to kick ass and take names with the Akashic Records at my disposal. Bring it.)

To examine this issue more deeply I decided to check in with Vivienne because she is sitting right next to me....the boys are off using their energetic superpowers to kick someone's virtual ass in Fortnite. Don't judge. We aren't perfect. And, yes I'll take ownership right now for the family ass-kicking tendency.

"Hey Viv. I'm writing an article for the magazine. It's about kids and I need your help. How many of my metaphysical tools do you know how to use?" I ask her. She gets extra points for knowing the term "metaphysical tools."

"Well, Mommy," she dives in, "I know how to use a lot." She begins counting on her fingers. "I know how to use cards, singing bowl, pyramid, tuning fork, crystals, meditating, breathing, and...oh, I know about the full moon."

"What do you know about the full moon?" I ask.

"Well, you make fire, I think, and you watch it."

A+ Kid! I'm doing something right.

One time I love to use the Akashic Records is now! When a specific topic comes up, I tune and ask for specific guidance.

So here goes, *What are some valuable tips, we as parents can remember, that will help us be parenting rock stars? How can we mentor these amazing beings to maximize their experience?*
Here's what my Akashic Records had to say...

DON'T WAIT TO MEDITATE. Avoid keeping your spiritual language and/or spiritual tools under wraps until all hell has broken loose. This can actually cause a negative association between the mind, and the cool shit available to help us manage our energy, resulting in eye rolling and various degrees of snorting from your kids.

HONOR THEIR NATURAL CURIOSITY IN THE MOMENT. If you have your cards out and they are interested, let them pull one. If you are loading your crystals in a U-Haul to get them out for a full moon, let them help. The best time to teach is when we are honoring their curiosity. It's easy to miss the teachable moments when we are trying to work and they are chewing and slobbering behind the office door to get in.

If you are type A when kids are exploring your Divination tools remember, most items can be wiped down later.

ASK HOW THEY WOULD USE IT. Sharing what certain tools do and how they work can give kids a good foundation of understanding and reinforce our own knowledge. HOWEVER, make sure to encourage them to dig deeper! Remind them about the ancient wisdom lying within their soul, unlocked through their imagination. Be ready to take notes.

CHANGE PERSPECTIVE. When issues arise at school with teachers or friends, encourage them to recount the story from a higher perspective. For example with Viv, when she is bitching about how Hazel-Jean pointed out the spelling error she made, I ask "If Hazel-Jean was sharing this story with her mom right now, how do you think it would go? From her perspective?" It's cool to watch Viv instantly transform into Hazel-Jean and get very proud of herself for identifying a tricky spelling mistake. #thingsonlymetaphysicalmomssay

SEND LOVE AND LIGHT. Often our kids will observe a situation and need to process it with us later. When your kiddo comes to you to recount a disturbing experience, talk about ways they can affect change in those moments—just by sending everyone involved some love and light.

APPRECIATE THEIR GIFTS. When your kid blurts out exactly what you were just thinking, tell them good job for being so psychic.

I also decided to ask some friends their best tips. Check out what they had to say...

It's a constant conversation that is taking place in our home. Gratitude at the dinner table, grounding and energy protection on our way to our homeschool co-op, breathing and quiet moments together. It's also been about leading by example. They see how meditation, journaling, yoga and self care is important to me and I think that makes them curious and wanting to be a part of it. Today my 5 year old daughter pulled out her yoga mat and guided her dolls through a meditation class. Which included the mantra LOVE repeated 4 times, talk about the root chakra, and directions on how to get into lotus.

- Molly Nichols, Fertility and Mindset Coach

I have been trying to teach my kids to pull their energy back when I see siblings fighting. So, I have been teaching my two youngest to imagine a rose of your choice in color and use it to pull that color off your brother and fill the rose. When done, send it to the Universe and blow it up, which will recycle the energy back into something new. It's making a huge impact and they get along amazing when they do this!

- Katie Carter Rikert

I express a lot about self healing. The best thing that has worked for me is breaking it down and explaining the knowledge, then pointing things out as they occur. The amazement I feel [comes] when I see her applying the knowledge to her life. Example, when she was in the first grade, she had a tummy issue before school but was adamant about going anyway. I let her, having it in my mind of the potential the school would call me because she was sick. Never got a call. She explained she was in the bathroom and her stomach was hurting really bad. She closed her eyes, took some deep breaths, and told her body to heal. She said she felt better shortly after. I was blessed to have a child later in life. She's 7, I'm 47.

- Crs Wlkshw

I started late in my awakening. My 20-year-old is a cancer—big heart, lots of emotions. I'm teaching him how to put shields around him, cut cords with people he encounters, and recognizing low-vibers as well.

- Christine Gold

There are so many ways we can show up for our children—to teach and support them. It was fun to take a deeper inquiry into the Akashic Records and get some practical tips. It can also provide great perspective to simply ask around! Special thank you to the moms who shared a quote with me! I love group participation, and I thought your answers were wise. Of course, as I will always encourage each of you, be open to your own guidance. As parents, you come with some special abilities to know exactly what your child needs. Trust yourselves.

Conscious parenting is a big mission. Sometimes you will surprise yourself—it will all seem quite easy and natural. Other times—it will be an absolute shit show. You'll make a ton of mistakes and yet, do it perfectly at the same time. So will they. You got this.



ARE YOU MOVING & UP-LEVELING THIS FALL?



LEARN THE TOP 5 FENG SHUI DEAL-MAKERS AND BREAKERS FOR SELECTING A NEW SPACE.

BY LAURA CARRILLO AKA *THE FENG SHUI LADY*

Moving is a great opportunity to upgrade your life and write a whole new chapter for yourself. It can be treated as a physical form of ascension. When it comes to selecting the ideal space for your new home or business, there are definitely Feng Shui red flags that people can look out for.

Feng Shui is an ancient earth science that offers amazing space-planning tools that are as essential today as ever. In a fast-paced world that is so saturated with technology, we all long for a soft place to land and unplug. On a more aspirational level, we also need sacred space to create a foundation for manifestation. This is where Feng Shui comes in!

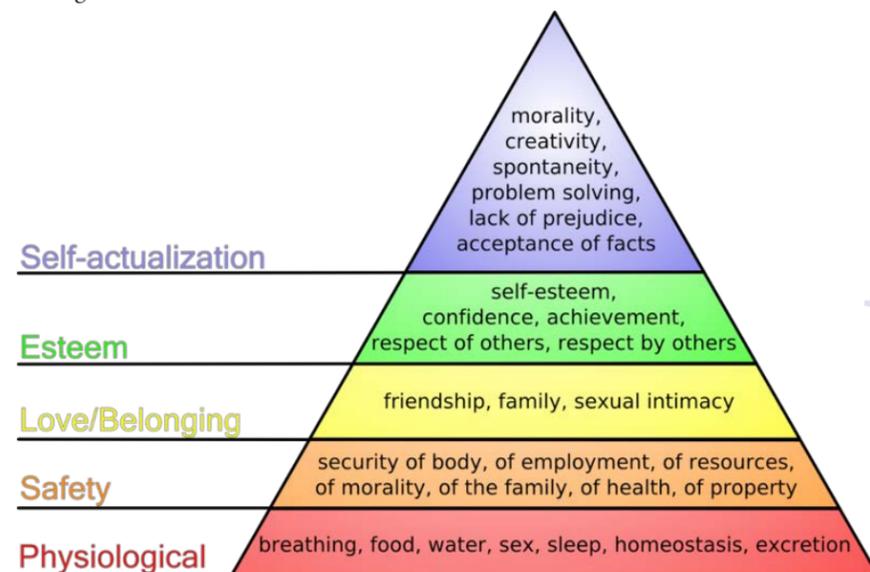
My name is Laura Carrillo, aka *The Feng Shui Lady*, and my practice is called Narrative Space Feng Shui. I see my work as *Space Therapy*.

People's spaces are both a reflection and an extension of who they are and what is going on with them. Clients reach out to me all the time when they are either about to move or have

just moved. For the purposes of this article, I will focus on best practices for selecting a *new* space from a Feng Shui perspective!

In Maslow's Hierarchy of Needs, your home and shelter come second in importance just after food and water. That is how important I believe personal sacred space to be! Feng Shui can help you choose a space with a good foundation for success. Life is challenging enough without your personal space creating a deficit.

I actually believe there are reasons, valuable experiences, and lessons to be learned from every space we inhabit; good, bad, or otherwise. Even I have lived in spaces that had really bad Feng Shui, so I speak from experience! It's probably what led me to become a Feng Shui consultant. Each new space is like a new chapter! Even within a single location or home, there is so much you can do to change and shift the energy. Redecorating and remodeling can reboot your environment and your personal narrative in both practical and magical ways! So let's get started!



NUMEROLOGY

- 1** Singular, initiating energy great for singles who want to be single. Ones are good for new ventures, businesses and chapters. A great home for a fresh start or a good location for a new business.
- 2** Fabulous for couples or businesses to do with romance or partnerships. Can make a single person long for a relationship. Ideal for new couples.
- 3** Active space, great for social activities and parties. Good for businesses that want to attract customers and community.
- 4** This number has dual meanings and I would avoid it if possible since it means death in Chinese. It's a grounding number that is good for slow steady progress but as mentioned it can mean the end of the line or chapter for someone. It's a challenging number.
- 5** Is all about comings and goings. It's a fun number with a lot of traveling energy or visitor energy. Dramatic, parties, fights, highs and lows. It's considered a temporary residence or one of great change.
- 6** Is the most harmonious number and great for families, therapist offices, places of healing and community. Great location for a spa or a home for those who enjoy community and family. People will want to visit and may not want to leave!
- 7** Is a very spiritual number and a great place for those who seek sanctuary. A good space for therapeutic businesses or home for meditative types.
- 8** Is the most ambitious number for those who want to achieve success and are focused on working for that success. Eight is a prosperous number. It's obviously a good number for businesses and people who are focused on their professions.
- 9** Is a number of completion and typically a dwelling where people live for extended periods. It's also a very spiritual number and great for those who want to plant roots.

I. Numerology The first thing I look at is the actual address and numerology of a space to ascertain what the energetic theme is for the space and whether that is in alignment with the goals and intentions of the client.

Each number has a specific vibration and narrative. You want to add all of the numbers of an address and reduce them to a single digit in order to know what the numerology is. For example: 1234 S. Penn: $1+2+3+4=10$, $1+0=1$, so the numerology of this address would be 1. If you live in an apartment building, you focus on the actual unit number.

Consider all the numbers and which ones thematically speak to where you would like to be. I tell you about the number 4 and how it might be best to avoid. I have lived in such a space and can speak at length about my cautionary tale. However, it was a valuable experience that actually inspired me to become a Feng Shui consultant. So there's that.

II. The Bagua

The Bagua is an energetic map in Feng Shui that represents nine different life-themes, and is applied based on your entrance. When your space is a complete square or rectangle, you are entering your space in one of the bottom three Guas (life themes) either Knowledge & Wisdom, Career, or Travel & Helpful People. Whenever possible, look for a space that is either a complete square or rectangle so that you are not missing any parts of the Bagua. You want to avoid oddly shaped spaces such as an L-shaped or U shape because they are energetically missing part of the Bagua. This can mean you are missing a major life theme like the Love Gua or the Prosperity Gua. You could be missing one or several Guas. There are cures for these deficits, however, the imbalance becomes part of your narrative while you inhabit that space. When I moved into a space that was missing the Career Gua, I was immediately laid off and unable to secure full-time work until just after moving out of the space. Even though it was a beautiful home and my time there was valuable, I would not want to repeat that experience.

III. Safety & Privacy

If you have a choice between a downstairs front of the building apartment or something upstairs and in back, choose upstairs and in the back of the building. Think of it in terms of safety and privacy. Upstairs is better than downstairs and the back is better than the front. There are caveats to this as upstairs in front can be just fine especially if the view is better than in back and the numerology and floor plan are good.

IV. External Factors There are a number of Feng Shui red flags like a home that is situated at the end of a cul-de-sac or a T-shaped intersection. The Sha Chi (negative energy) coming at your location can be too intense and/or too fast. You'll find that a lot of car accidents happen at T-shaped intersections. A lot of electrical lines close by can create energetic distress or excessive EMFs. There are many external factors to consider. There are also various Feng Shui cures for most of these factors but the factors still exist. It's the difference between having to take medicine because you are constantly exposed to immune depleting circumstances or being in good health and safe from harm.

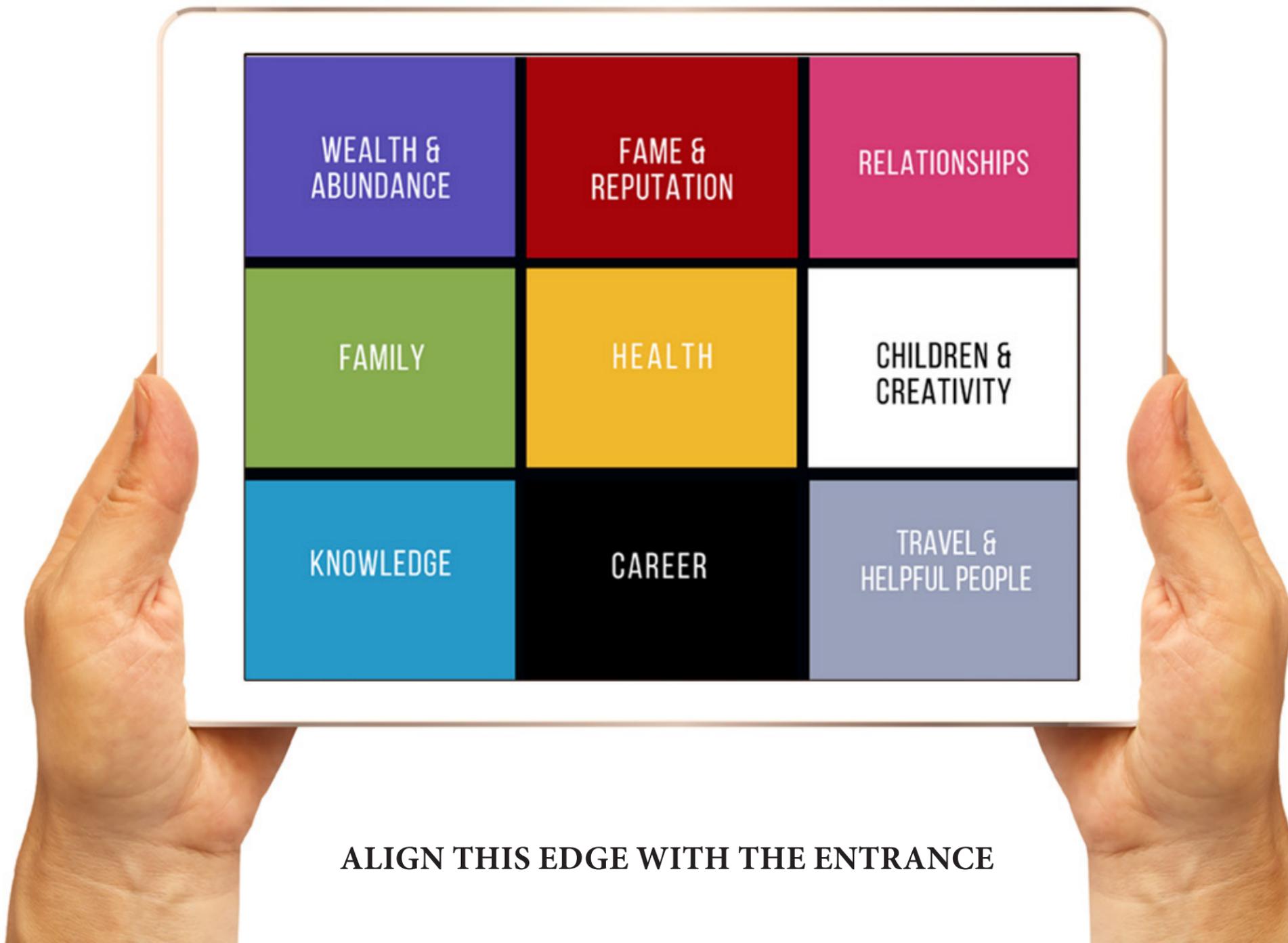
V. Curb Appeal

I'm a fan of curb appeal! The surrounding circumstances and neighborhood have an energetic impact on your experience of life and your personal space. A beautiful, relaxing setting makes a huge difference. Is it a busy street? Are there potholes? Are the lawns maintained and manicured? Consider what is outside and how that will impact your view and sense of well-being.

I have touched on the 5 key things to look for when selecting a new space, but there are still many more factors to consider especially once you move in. A professional consultation can help you maximize on the energetic potential of your sacred space. It's beneficial to understand what all the factors are, what cures are available, and what the cost-benefit analysis is for a particular location. I sincerely hope the tips I've shared here, help you make the best decision for your sacred transition.

To learn more or to work with me in consulting, speaking, hosting, or teaching, visit narrativespacefengshui.com or reach out to me directly at [The Feng Shui Lady](http://TheFengShuiLady.com). Blessings!

Laura hosts a weekly show *Creating Sacred Space with The Feng Shui Lady* every Friday at 5pm on The Akashic Academy Network.



ALIGN THIS EDGE WITH THE ENTRANCE

Learning to Trust That Initial Feeling

BY BRYON CABLE

One day while working on my computer, I saw a message pop-up on my Facebook account from my dear friend Emily Harrison. I immediately opened messenger and read her message. She was asking if I would be available to write a “how-to” type of article on developing intuition? Well, it didn’t take me long to reply to her because I immediately had a gut feeling that it was something I was supposed to do.

You see, those gut feelings you get immediately after you’re asked about something or have a major decision to make, is your intuition kicking in. Intuition is what allows you to have the ability to understand something immediately, without having to spend a lot of time thinking about it. Like I did above, most people will call this a *gut feeling*. Have you ever had doubts about your gut feeling, went against it, and then paid the consequences? Of course you have—we all have at one time or another.

One of my favorite musical artists, Stevie Nicks of Fleetwood Mac, has a song, *Crystal*, with the following lines:

*Do you always trust your first initial feeling
Special knowledge holds true, bear believing*

The initial feeling/special knowledge she is talking about is intuition. We are all born with intuitive abilities, but as we grow most of us just don’t focus on developing those abilities. Rather, we are taught to focus on the physical world—things we can associate with our five senses—sight, smell, hearing, taste, and touch, and to use these senses to make decisions. Many are also taught to consider all options before making a decision, which many times leads to analysis paralysis.

There are hundreds of methods to developing and increasing your intuition, but here are a few of my favorites.

Meditation



You might ask what meditation has to do with your intuition? When we meditate, we learn to quiet our minds and eliminate all the noisy chatter. We get to a point where we eliminate the non-stop anxiety, selfish interests, tensions and attachments to gain access to our subconscious. Our intuition resides in the subconscious area of our minds. By quieting these areas, we allow our intuition to grow stronger. As we allow it to grow stronger it will surface and guide us more frequently and easily. I don’t want anyone to mis-understand, I am not saying that you have to be in a meditative state to use your intuition. The act of meditation makes it easier for us to access and recognize it.

Play A Game



This may sound strange but a deck of cards can be a great tool for developing your intuition. I use cards in two different methods to help sharpen my intuition. First is a little game I call *Black or Red*. In this game, I will take 10 cards (5 black and 5 red) out of the deck and shuffle them. I will place the stack face down on a table and pick up the top card, not looking at the face and place it in the palm of my hand. I will then try to determine if it is a red or black card just by using my intuition. What comes to mind first? Don’t think about it -- just state it and then flip it over. Don’t be discouraged if you get it wrong; you are still using your consciousness but you will soon learn to access that subconscious intuition. You can add a little spin to the game by adding Face and Number cards and determine that as well.

The second game is what we used to call *Concentration* when I was growing up. Again, take pairs of cards, shuffle them and lay them out on a table in a grid manner. Turn over the first card -- use your intuition to tell you where the match for that card is.

BRYON CABLE has been an intuitive all of his life and uses this gift to help others in their life struggles. Bryon has received certification as an Akashic Records practitioner through the Akashic Academy as well as being a certified Angel Card reader through the Missouri Medium Britney Buckwalter.

Get Creative



This is one of my favorite methods. When we engage in creative activities, such as painting, drawing, and free-flow writing we quiet the mind and allow our intuition to speak up. I personally love to do intuitive abstract paintings. I will sit down with a canvas, brushes, paint, and turn on some music. I allow my intuition to come forward and just let it flow through my hands, not worrying about what is coming out on the page. I don’t worry about how it looks. It is perfect based on my intuition.

There are many more methods for developing intuition, but I hope these few ideas will help you in developing and trusting your intuition. When your intuition comes forward and you get that intuitive hunch or gut feeling, don’t call yourself crazy. Don’t allow your logical mind to second guess yourself. Pay attention to your body and how it feels when you get those gut feelings. If you have a decision to make and that decision gives you a physically uncomfortable feeling, pay attention to that feeling. It may indeed be your intuition.

Until next time, I send you all Love and Light!

RHONDA ELLIOTT is a Reiki Master/teacher, certified Akashic records practitioner, healer at Cerulean Forest Reiki [facebook.com/ceruleanforestreiki](https://www.facebook.com/ceruleanforestreiki), and co-host of *Spirit Sessions A View of the Light* Sundays, 12pm EST on the Akashic Academy Facebook community page.

HOW TO START LISTENING TO INTUITION

BY RHONDA ELLIOTT

ARE WE ALL BORN WITH IT? I believe the answer is yes; however, some people are born with this *6th Sense* fully awake and retain it, while others experience a *dumbing down* by non-use or repression by our environment. I liken it to having musical talent. Some people sing like Pavarotti, making a “joyful noise,” while others just play the radio.

When I was a child of about 12, I remember very clearly wanting to be psychic. Not sure if this was a middle child’s desire to be special or if it was because the whole realm of the paranormal fascinated me. This has never changed.

Over 20 years ago I discovered Reiki. I always tease that Reiki is the gateway drug to spirituality, but in many ways it opened me up to not only my gift to be able to channel universal energy for healing, but also amped or *re-amped* my intuition. Reiki allows me a direct and constant connection to source energy, and I believe this gave me the awareness of my own intuition. It was there all along but I wasn’t listening.

This is the first step to developing your intuition—*listen to it, and trust what you are hearing*. The more you listen and trust the more messages and guidance you will receive.

Here are some simple things I do to develop my intuition:

Raise your vibration: sing, dance, count your blessings (gratitude journal), go out in nature, smile, eat a high-vibe food—lots of vegetables and fruit. Love, accept, and forgive yourself and others.

I also like to “ping” people. It’s sort of a game. If I want a person to contact me I think of them and in my head I say “please contact Rhonda.” This works really well with my sisters and my kids. Try it! Thoughts are energy—just consciously direct them.

Another game to try is “Guess the caller” when the phone rings. You will be surprised how many times you are correct. Playing “guessing” games builds your self-confidence, whether you are alone or with others.

Take a deck of playing cards and divide them into red or black, not looking at the cards, but only using your “hunch” or your third eye to look for the colour.

Simple games like Pictionary or charades can be great fun working with a partner; and no, it’s not *cheating*, of which my dad would accuse my mom and me.

Start asking yourself questions—then quiet your mind and see what pops in. Do you get pictures? Colours? Words? Write them down and see how they relate to the questions you ask.

Start paying attention. This is a lot easier to do with a quiet mind, but how do you get a quiet mind? The answer is meditation (of any kind) and grounding your energy.

I have a hard time sitting still, so standard meditation is hard for me, but it is a great way to quiet your mind. I like walking-meditations, especially walking in nature. Being in nature not only grounds you, but also makes it easier to hear the messages your higher self or spirit is sending you. This is where I receive a lot of guided inspiration.

Finally, take self-empowering, affirming courses, like *Learning to Read the Akashic Records*. Courses like this gives you the tools to develop your intuition. Also, the Akashic Academy empowers you to surround yourself with a bunch of like-minded, spiritually-open, and gifted people. When we get together our abilities seem to ramp up. Sometimes this is where we recognize what our gifts are because we are able to see them through the lenses of other people’s perceptions. Accept this is true and start observing. This all creates more space for our many gifts to grow.

So You Want to Know How to Channel - Part 1

BY DR. WAYNE DYER CHANNLED
BY AMANDA MARIE MASTERS

So you want to know how to channel? Channeling is an art form of sorts. One that takes obsessive practice to deliver the organic information that flows through your hands, or your voice, or your thoughts, or in this case through the keys typing onto the page. This is *Dr. Wayne Dyer* channeled by Amanda Marie Masters, and I'm going to share with you the basics of how to channel. But first, let's ponder exactly what it means to channel.

Some believe channeling is allowing the energy to enter the body and take over while your own energy steps aside or leaves your body so the message can come through. Others feel that it is any type of interpreted information that comes from a place outside of your own brain or thought streams. All of this is, in fact, true. Channeling is simply interpreting energy that is integrating with your energy field, translating this information, and relaying it through words you speak, write, sing, express, and so on.

There are labels for different kinds of channeling, such as trance channeling - leaving the body and allowing the energy to come

through to relay information while dissociated - or trans channeling, requires the ability to interpret and relay blocks or streams of information while you are conscious and aware of the messages coming through, such as this case.

You might interpret information via sight (clairvoyance), sound (clairaudience), feeling (clairsentience), or knowing (claircognizance). Amanda has practiced for so long that she is able to pull from any one of these senses to gather the information.

See, Amanda is listening to my words as she types and it's like she's a transcriptionist, a court reporter, sitting at the judge's side, typing every word that is spoken in the room while court is in session. Only this time, it's me instead, Wayne. It's always so much fun to come through in this manner because it's like holding a microphone again or transcribing a stream of thought onto my yellow pad of paper, but I don't have to do any of the work. So great. I always knew when I wrote or spoke or meditated, I was channeling streams of consciousness, almost like pulling information

out of thin air, but I often didn't really know exactly where the information was coming from.

I am sure anyone reading this article has already channeled information many times in their lives. You've given advice to your best friend, which came through you right at the right moment, surprising you and leaving them astonished, or you've all of a sudden come up with a brilliant idea or title to your book and you know it wasn't you who brought that through. This is all channeling.

To begin the process of consciously channeling, first, you must learn how to trust what is coming through. *I don't care how crazy it might sound, you must learn to trust and always speak your truth.* Trust opens you to the nature of receptivity when you are in your expanded awareness. It is through this receptivity that you experience the energy moving through you that is here to help guide you along your journey of awakening and ascension.

Here's an exercise to get started with channeling information:

1. Grab a glass of water, pen and paper, and find a quiet space to sit and relax your body into a meditative state. Preferably somewhere that you often go to meditate or quiet so your body, in a Pavlovian manner, can begin to prepare for deepening your state of consciousness.
2. Once comfortable in this space, begin taking breaths deep into the belly, inhale deep into the belly, hold for 3 seconds, release and push out all the air in your body. Fully empty out and relax different parts of the body with every breath. (Repeat at least five times)
3. With the exhale of the last breath, allow yourself to experience the feeling of deep relaxation and pushing your energy into your expanded awareness. I like Amanda's method of connecting to the core of the earth, just send a beam of light from the center of your body down to the core of the earth, anchor, and bring that beam of light back up through the earth, through the body, up through the top of the head and feel it move up through the planes of the universe as far as it will go. This will be the stream of consciousness from which you connect at an extremely high vibration.
4. You have now connected to multi-dimensional aspects of your being. How cool is that?
5. In this expanded awareness or state of consciousness, ask the question, who is hear with me now and write down the first thing you hear. Don't question anything! Just write down the first thing you hear. This automatic answer will be the first information channeled through you onto the page.
6. After you write the answer down, ask what chakra you are predominantly working from right now. Write down exactly what you experience. Try to understand how you are interpreting the information. Are you gathering the information through sight/sound/feel/touch? It is important to record how this information is coming through to you.
7. Now ask the question, how can you bring the other chakras into balance? This may be a one word answer or a long paragraph. Go with whatever is coming through you.
8. You can continue with this question and answer or ask a few more to see what you experience.
9. When you are ready to complete this exercise, place the pen or pencil down, and begin to bring your energy back into your body.
10. I want you to count from five to one and wake up!

Take just a moment to reflect on what just happened. Was it easy for you to write down what you experienced? Or did you hesitate a bit, not quite trusting the first answer that came through? Either way, you practiced what it's like to channel information. Give yourself a pat on the back for moving through this exercise and expanding your state of awareness which is wonderful for you, in any case.



AUTOMATIC WRITING IS AN EFFECTIVE WAY TO CHANNEL.

PRACTICE! PRACTICE! PRACTICE!

To really become good at channeling you must practice like anything else. Amanda likes to refer to her ability to channel as a result of "obsessive practice." Amanda practices channeling information about her life as well as all her clients, family, and friends all the time. If you do this simple exercise as frequently as possible, you too can begin to channel more readily and practice channeling, for example, while sitting in a restaurant, walking down the street, meditating. Once you learn to trust the initial information that comes through to you, channeling will become an expert tool to use in your spiritual work, development, and higher states of consciousness.

Channeling is great to use for writing poetry, articles *wink wink*, working with clients, creating art, you name it! Anyone can do it, but you must believe it before you see it! More to come...

-Dr. Wayne Dyer channeled by Amanda Marie Masters

To learn more about Amanda Marie Masters, go to her website amandamariemasters.com where you will also find a free guided meditation as a gift. Amanda hosts guided meditations, one on one work, events, and classes, and is available to connect with you.

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MINDFUL
LIVING

GLUTEN FREE VEGAN CHOCOLATE CAKE

BY KRISTA SUTTON

*Krista is a natural-minded
mom of 2, wife, blogger, natural
nutrition and massage therapy
student, yogi, and adventuress.*

Ingredients:

2 Cups Bob Red Mills 1 to 1 Baking Flour
3/4 Cup Raw Cacao Powder OR Cocoa Powder if you prefer
1 tsp Baking Soda
1 tsp Himalayan Salt
1/2 to 1 cup Enjoy Life Mini Chocolate Chips*
3/4 to 1 1/4 cups Muscovado whole sugar**
1/2 cup unsweetened applesauce
1/2 cup Avocado or Coconut oil(melted)
1 1/2 Tbsp Homemade Vanilla Extract(or store bought)
1 1/2 Cups Filtered Water

Preheat oven to 350 degrees. Grease 2-8" round pans with coconut oil. Cut out and place a piece of parchment paper fitted to the bottom of the pans. I usually just draw a circle to the bottom of the pan on a piece of parchment paper and cut on the inside of the marks.

Combine all the dry ingredients in a mixing bowl: Flour, cacao powder, b. soda, salt, chips and sugar. Set aside.

In a separate bowl, combine all the wet ingredients: Applesauce, oil, vanilla and filtered water. Pour wet ingredients into dry ingredients, combine together. **Do not over mix.** Just mix enough to combine everything. Divide the batter between the 2 pans.

Bake approximately 30-35 minutes or until not jiggly in the center and/or a toothpick comes out clean!

IMPORTANT: After removing pans from the oven, Let cool in the pan for 15-20 minutes. You can then remove it onto a wire rack to cool the rest of the way.

From here - you can frost it with your favourite frosting, eat it plain, in my picture I filled the middle with local berries, coconut whip cream then topped the whole

cake with more berries and a vegan ganache type topping(I'll share that recipe another time!).

*Chocolate chips are to preference. Put as many as you like.

**If you aren't used of less sweetener, I would probably suggest to put the full 1 1/4 cup of Muscovado sugar. Taste test as you go! I personally find that is too much for us so I put 3/4 cup - sometimes even a bit less. A little Muscovado sugar goes a long way.

This cake can be a little finicky.

It is REALLY important to let it cool down in the pan for 15-20 minute or it will fall apart. It will taste yummy just won't look very pretty.

Also - I find *Enjoy Life* mini chocolate chips work best - anything larger doesn't work as well... but to each their own of course.

The cake is free of refined sugars, gluten, dairy and eggs.

It is versatile- decorate it or eat it as-is! A yummy treat once in a while for a birthday or special occasion.

kristarnes18.wixsite.com/mindfulkitchen/blog/gluten-free-vegan-chocolate-cake



Healthy & Vibrant

BY JANET HARRISON

Back in the 80s, when Emily and Justin were little tykes, we woke up every day and turned on the *Today Show*. The meteorologist in those days was a robust man named Willard Scott (anyone remember him?) and every day, Willard had a segment where he recognized centenarians on their 100th birthday. I thought that was pretty cool, and vowed that one day, I would hear Willard Scott say my name on the *Today Show*. Now, I knew full well that by the time I reached the ripe old age of 100, Willard would have long since ascended to 12D, but even so—living to 100 became my goal. I instinctively knew, however, that I only wanted to live to be 100 if I could also be healthy and vibrant.

In subsequent years, my father died at a young age of heart disease, I was putting on more weight with each passing year, I was diagnosed with high cholesterol and high triglycerides, and my mother began the long and heartbreaking descent into Alzheimer's Disease; the signs of which were there many years before we even knew what was going on.

It became clear that if I was going to live to be healthy and vibrant at 100, I needed to get my act together. But how?

I am a firm believer that each of us must be active participants in our own health and well being. It's imperative that we educate ourselves for good health. That thing called the *USDA Food Pyramid*—total hooley! Our own government, along with the American Heart Association, American Diabetes Association, and other well-known "health" organizations have knowingly led Americans down the wrong path—one that is *not* evidence-based *or* supported by credible clinical studies. Imagine that! The general recommendations of low-fat, healthy whole grains, avoid red meat, and lots of dairy for healthy teeth and bones have created a generation of obese and unhealthy people. The food industry has complicated things even more by adding sugar and high-fructose corn syrup to just about everything.

As a student of good health, I've learned there are six primary pillars of health: food, sleep,

movement, stress-reduction, supplementation, and detoxification. I'll give you some basics so you can take it from here, and figure out what is right for you. Because the truth is, no one single diet or protocol is right for everyone. Each of us have a unique ancestral requirement for macronutrient ratios of protein, fat, and carbohydrates. So let's take a quick look at each one.

FOOD: The first and most important aspect of good health is diet. The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison. As I mentioned previously, there is no one single style of eating—Paleo, Vegan, Keto, Vegetarian, etc.—that is totally right for everyone. Eskimos of old existed mostly on raw meat and whale blubber (high fat), while aborigines in the bush of Australia ate plants and bugs, *yuck!* And they all thrived with little or no disease. To really understand the concept of ancestral eating, read the book by Dr. Nicholas Gonzalez, MD called, *Nutrition and The Autonomic Nervous System*. Also, there is an article on the blog of

the Institute for The Psychology of Eating —psychologyofeating.com, called *What Is Ancestral Eating* that can shed more light on this concept. The bottom line: we all have different ratio requirements for good fats, quality protein, and organic, non-GMO plants (i.e. carbohydrates.) People who are *sympathetic dominant*—Type As - business leaders, trial lawyers—thrive on a mostly plant-based diet. Those who are *parasympathetic dominant*—creative, don't do well in school, office situations, or with authority—are better suited to diets of mostly meat and fat. Others are balanced types who do well with both. No matter which *type* you are, your food must be clean, and basic principles apply to all of us.

Good fats include olive oil, avocado oil, coconut oil, walnut oil, grass-fed butter, lard, ghee, avocados, nuts, and seeds (properly soaked and dehydrated to remove the lectins.) Don't be afraid of fats! In fact, just the opposite. Incorporate them into your diet on purpose. Bulletproof coffee and homemade salad dressings will help get your HDL up and your triglycerides down. Dr. Mark Hyman, MD, head of Functional Medicine at the Cleveland Clinic has a book called, *Eat Fat, Get Thin*, that will help you understand the importance of fat in our diets. Dr. Hyman is well known in the realm of functional medicine, and he also has a great podcast called, *The Doctor's Pharmacy*. His interview with Nina Teicholz is really good for helping us understand the role of fats. He also interviews a gentleman named Gary Taubs discussing how scientists for Big Pharma manipulate their data in order to control the results, and basically publish false information! Very enlightening... Anyway, back to diet. In the late 1940s, Ancel Keys popularized the theory that eating dietary cholesterol caused heart disease. This notion has been proven false,

6 PILLARS OF HEALTH:



but not before doing tremendous harm to millions of Americans. Doctors are taught anyone with a cholesterol reading over 200 must be put on statin drugs. However, Dr. David Purlmutter, MD—author of, *Grain Brain*, and *Brainmaker*, and Dr. Dale Bredesen, MD—author of, *The End of Alzheimer's*, agree this is not so. It is now believed that people with cholesterol readings below 150 have significantly more brain shrinkage, and a greater likelihood of developing dementia and Alzheimer's.

Quality proteins are grass-fed beef, pastured chicken and pork, and wild-caught fish. Commercially raised meats are quite toxic to the human body, as well as the environment. No, one bite won't kill you, but over time, can do great harm. For an education about commercially raised meat in America, watch the documentary, *What The Health*, on Netflix. The information about "concentrated animal feeding operations" (CAFO's) in this film is eye-opening to say the least. One caveat about *What The Health*, however: this film still pushes the theory of low fat—which I disagree with—no meat (vegan)—which is good for some but not for everyone—and they also imply that eating sugar is okay. *Not!*

With that said, I still recommend watching it. Plant-based sources of protein include nuts, seeds, legumes, greens, flaxseeds, hemp seeds, and chia seeds.

When it comes to carbs, organic, non-GMO plants are best. When we think of carbs most of us think of rice, pasta, bread, etc, and those are indeed carbs, but not what most would consider "good carbs." This notion of "good carbs/bad carbs" can get quite complicated due to the negative effect that "bad carbs" have on the gut and the brain. The underlying cause of all disease is inflammation. The two main contributors of inflammation are "leaky gut" and environmental toxicity. Most of us have probably heard of "leaky gut syndrome." The explanation of leaky gut can be quite lengthy, but suffice it to say, when the intestinal lining becomes compromised it becomes "leaky." And when that happens, undigested food particles, antigens, and pathogens can "leak" out into the bloodstream, travel throughout the body, and cause widespread inflammation—everything from autoimmune disorders like fibromyalgia, rheumatoid arthritis, anxiety, depression, and bipolar disorder to cancer, heart disease and diabetes. And the biggest contributors to leaky gut are gluten, glyphosate/

Roundup, pesticides, genetically modified organisms (GMOs), and environmental toxins. So keeping the gut healthy with a good diet is of primary importance. Eat real food. Stay away from processed food and fast food. Experiment with healthy versions of things like pizza with a cauliflower crust. You'll be amazed at how great real food tastes!

Another area concerning diet that I will touch on here is fasting. No, you're not going to starve to death if you skip a meal. You're not going to starve to death if you fast intermittently, and you will not starve to death if you do an extended fast. In fact, I recently completed a 4-day fast, and it was awesome! I will tell you with complete honesty that after completing this fast, I feel 20 years younger! There are many health benefits to fasting, including banishing brain fog, improving immune function, weight loss (if you need that - if you don't, you won't lose much, and you will retain your muscle mass), improving and reversing insulin resistance, among other wonderful things. A great resource on fasting is a book by Dr. Jason Fung, MD called, *The Complete Guide To Fasting*. You can also find numerous YouTube videos of Dr. Fung discussing this topic. One final note—bone broth fasting is a great way to heal a leaky gut.

SLEEP: This is another very important aspect of good health, but for those with sleep issues, it can be a whole lot easier said than done. Shoot for 7-8 hours if you can. If you struggle with this, try using the supplement melatonin. It's a good natural sleep-aid that is also good for gut function, as well as the brain—If your diet is poor, however, this won't help much. Turn off your computers and cell phones a couple of hours before retiring to bed. You can even go so far as to power off your wi-fi router before bedtime.

MOVEMENT: You don't have to go the gym every day in order to exercise. If you like to and want to go for it, but for many of us exercise can seem like a 4-letter word. If that's you, start slow. Walking is one of the best forms of exercise. It's gentle on the body and doesn't require any special equipment other than a good pair of shoes. Gentle yoga is another excellent form of exercise. There's a great YouTube channel called, *Yoga with Adrienne*, which I highly recommend. You can practice at home—nobody will be looking at you, and you can go at your own pace.

STRESS-REDUCTION: This one, like sleep, can be a lot easier said than done, but you have to do it! Stress manifests in the body in so many negative ways, so incorporate this aspect into your life on a regular basis. I highly recommend *Synchronized Breathing* with Emily—she's amazing! (Yeah, yeah - my opinion is biased, but what can I say!) Steve Nobel (you've seen him on *Lightworkers Connect*) meditations on YouTube are pretty cool too. Find what works for you.

SUPPLEMENTATION: Okay, I admit it—I'm a supplement freak! But I believe in them, and I think that in this day and age of soil-depletion and environmental toxicity we need to give the body a boost in order for it work correctly. Also, each of us has unique needs, so not everybody should be taking everything under the sun. With that said, I do feel that there are five basic supplements that most of us could benefit from.

1. Vitamin C - more if you are *sympathetic dominant*, less if you are *parasympathetic dominant*.
2. Vitamin D - like Vitamin C, more if you are *sympathetic dominant*, less if you are *parasympathetic dominant*.

3. Magnesium - this nutrient is required for many functions in the body, and low levels can throw you off. Generally speaking, more for *sympathetic*, less for *parasympathetic*.

4. CoQ10 - like magnesium, this nutrient is important for many functions in the body. The *Qunol* brand from Costco is the one I use.

5. Probiotics - fermented foods are an excellent source of probiotics. Sauerkraut, kimchee, and kombucha are common foods that supply these good bacteria. Be aware, however, that kombucha is high in sugar. Making your own fermented foods is fun - check out the website krautsource.com. Just make sure if you buy them they are raw, fermented products that have not been heated, and contain no vinegar. High temperatures will kill the beneficial bacteria. Spore-based probiotics are another good option. *MegaSpore* brand is a really good brand that is available from microbiomelabs.com. This website will give you tons of information about leaky gut and how to fix it.

These are some basics, but if you are over 40, you may also want to consider adding HCL (hydrochloric acid) and digestive enzymes. As we age, our bodies produce less and less stomach acid which helps with digestion and keeping pathogens in check. Taking an HCL supplement can help your body digest proteins/meat more effectively, and enzymes can help your body utilize the nutrients from the foods you eat.

Beyond the things I've already mentioned, you may have other specific needs that additional supplementation could help with. Many times we miss the connection between what we eat and how we feel, especially when it comes to anxiety, depression, and bipolar disorder. So often these are related to poor diet. Lithium Orotate can be very effective for anxiety and depression.

Do your own research for your own specific needs. I don't like a *one symptom, one pill* approach to supplementation. Rather, the goal is to bring the body back into balance when things get out of whack.

When starting any supplement regimen, start low and go slow. If you don't take any of these, start with one. Take it for a few days, and if you don't have any problems, then add another. Then another, and so on. These are basic recommendations, but for people with food or environmental sensitivities, adding something new can send your body into a tailspin. If you're one of those people, work with a health coach or a functional doctor or chiropractor who can guide you individually and specifically.

One final recommendation when it comes to supplements: Get good-quality supplements. If you're going to take supplements, make sure they are gluten free, non-GMO, and toxin free. Don't buy the cheap stuff from Wal-Mart, and never take supplements made in China. Many of those are toxic with mercury. *Now* brand is a high-quality brand. I also purchase products from trusted sites like healthrangerstore.com, and amymyersmd.com. Talk to the staff at your local health food store and get their recommendations.

DETOXIFICATION: This is an aspect of good health that is so often ignored. We all need to be doing detoxification practices every day. Consider coffee enemas, dry skin brushing, diatomaceous earth, rebounding, as well as short-term programs specifically designed to get the bowels moving and the body letting go of the things that are making you sick. Another general statement: If you are someone who is chronically constipated, you are well on your way to chronic disease. Never start any sort of detox program until the bowels are moving effectively. Some of the things mentioned above—probiotics, digestive enzymes, and HCL—can help with chronic constipation. However, if you don't seem to be able to correct this on your own, work with a practitioner who can help you get back on track. This is of utmost importance!

So, as I come to a close, I just want to reiterate what I said earlier—educate yourself. We are all spiritual beings having a physical experience. The closer we stay to Mother Nature as we ascend from 3D to 5D and beyond, the better our physical experience here on planet Earth will be. For me, the goal is to live a long and healthy life, but who wants to live to be 100 if you have poor health? Read books, watch YouTube videos,



KEEP YOUR BODY HEALTHY AND HAPPY WITH GOOD QUALITY FOOD, AND IF YOU'RE GOING TO TAKE SUPPLEMENTS, MAKE SURE THEY ARE GLUTEN FREE, NON-GMO, AND TOXIN FREE.

“It ain't what you don't know in life that hurts you. It's what you know that ain't so - that's what hurts you.”

- Mark Twain

Netflix and Amazon documentaries, listen to online podcasts and watch topic-specific documentary series. What I've presented here is just a smattering of information to help you get started. Enjoying good health takes work. Diet is the most important thing, but it's not the only thing. There are other factors—like heavy metal toxicity, Candida overgrowth, pathogen infection, vaccine injury, and bacterial imbalances caused by antibiotics and pharmaceutical drugs, just to name a few—

that can throw a monkey wrench in your health journey. So be aware, know your own body, and make changes when you need to. Finally, my all time favorite quote: *“It ain't what you don't know in life that hurts you. It's what you know that ain't so - that's what hurts you.”* It applies to everything.

Namaste

Disclaimer: The information presented here is for educational purposes only and is in no way intended to diagnose, cure or treat any medical or other health condition. This information does not constitute medical advice and is not intended to be and should not be used in place of the advice of your physician. Before starting any wellness program or regimen, consult your physician to determine if such program or regimen is right for your specific needs.

5 supplements most of us could benefit from:
Vitamin C Vitamin D
Magnesium CoQ10
Probiotics

THE ORDER OF MELCHIZEDEK

EXPLORING THE HISTORY OF ASCENSION AND THE *FORMULA OF COMPASSION*

By WHITE CLOUD

Prior to the The Mawuvian Experiment¹, soul consciousness had never existed in 3D/HU1[3rd Dimension/Harmonic Universe 1] density. The initial Mawuvian Experiment was designed so that souls had complete recollection of their entire soul's Akashic memory while they took on the challenges of living and evolving in such a dense vibration. The Mawuvian Experiment became a disaster. We discovered an aspect of soul consciousness that Creation had never encountered before to such a profound degree when 3D/HU1 consciousness returned to 5D/HU2 [5th Dimension/Harmonic Universe 2] soul consciousness; the 3D Ego.

What did the 3D Ego do to creation? The integration of the 3D Ego with the 5D/HU2 Soul Matrix corrupted almost all the existing 12D/HU4 Avatars in creation back then (including the Original Human Angelic Blueprint) that the Mawuvians have embodied in all the other dimensions and past lives by their multi-dimensional selves. Avatars started to argue and compete with each other as to which Avatar was better, stronger, smarter, more righteous, etc. than the other as a result of the attribution of consciousness to the reasoning/ thinking mind from the solar plexus chakra and violated each other and even fought wars that ended up destroying each other's worlds. Since Mawuvia wasn't able to ascend to HU2 as a healthy collective as the Founders initially had hoped, it was destroyed accidentally as it couldn't handle the vibrational energies of the higher dimensional influx during their Stellar Activation Cycle. The salvageable Avatar racial expressions that remained were preserved in the state that they were in within the 12D/HU4 Dolar/Avatar Matrix after all the Mawuvians returned to their Soul and Oversoul Matrices after the planet was destroyed.

The Order of Melchizedek was the first part of the initiative in repairing the disaster that Mawuvia became. The plan was to enact an evolution gaming template known as 'Polarity Integration' and subject the soul to experiencing opposing polarities of consciousness known as Light and Dark while being gifted with the endowment of *DETERMINISTIC SELF FREE*

WILL from the lowest dimensions of HU1/HU2 which was highly uncanny for a Universe at that time. However, the soul would not be allowed to express or recollect the complete identity of their soul once they enter the worlds of HU1 over the course of countless successive reincarnations. This means that the soul would not be aware of the higher aspect of its Soul or Spirit Identity. This would allow the soul to experience itself at the lowest possible dimensions of consciousness with the anticipation of discovering things they never knew about themselves as a result of being so detached from their higher self along with the unrealized possibilities that lie dormant within Creation. The accumulated aspects resulting from each of the soul's life experience during an incarnation cycle is what we call 'Soul Essence' or 'Ego.'

The first step was to gather the souls that were the 'ASCENDED MASTERS' from the Mawuvian Experiment to become the Founders/Blueprinters² of this new Universe. Ascended Masters at that time had the ability to augment the Primal Light Fields (ante-matter as thermoplastic radiation) via their consciousness and relationship with their Eieyani Twin Soul(s) (aka twin flames or essence twins) who augment the Primal Sound Fields of the Yunasai God-Source Energy Matrix. The authority and mastermind behind this new Universe was known as Father Melchizedek. Next he had to subject himself to various experiments that would allow him to adapt to the living conditions of the game

in HU1 in order to help himself come up with the augmented blueprint for this new Universe that ultimately ended up profoundly straying away from the Original Divine Blueprint of the Human Angelic Race.

There were only 1050 Ascended Master gestalts that existed at that time via the architecture of the Solar Tetractys. Coincidentally, part of the plan involved expanding the number of Ascended Masters to 30,375,002 ((450 */+ 450 */+ 150 = 30,375,000/1050) + 2) after permuting all the gestalts of the 3 existing Ascended Master levels so that they can begin the process of seeding the Dark Matter Matrix within the Cosmos as the new evolving breed of Ascended Masters. Next was to recalibrate the 1050 original Ascended Master gestalts by reducing the vibration of the Solar Tetractys by one octave so that the new polarizations of consciousness coming from this new Universe can evolve and transmute the existing Ascended Master gestalts. In order to accomplish this, the 9 polarizations that composed the last octave of the Solar Tetractys known as 'The Fifth Column' had to be dismantled which would effectively reduce the number of Ascended Master gestalts down to the 108 Ascended Masters that had originally evolved from the 1st God-World of Creation, embodied by the souls known as 'The Three Pure Ones' and 'The 105 Kumaras'. The new pillars of The Fifth Column were a group of 9 souls that were selected to procure the evolution and repolarization of the new Ascended Masters

known as the 'Council of Nine' or the 'Nine Tortoise Avatars'. Within the Solar Tetractys, Father Melchizedek is stationed alone at the First Column and Father Maitreya at the center of the Fifth Column. Both Ascended Master gestalts with the attribution of the Father were embodied by the soul we know of as YESHuA, the Only Begotten Son of Alpha and Omega (aka The Divine Father).

The matter dominant Milky Way Galaxy and its twin counterpart the anti-matter dominant Andromeda Galaxy were the hosts of the Order of Melchizedek Local Universe. Aramatena was the name of the 'planet' at HU4 that was refurbished in order to host this game and heal the Avatars. HU3 Gaia, HU2 Tara, and HU1 Earth were the new harmonic planetary blueprints that were created to be encompassed by the 105 Kumaras. Souls that were to be birthed from this Universe had to experience themselves in the 1D starting as elemental and biological life forms and evolve until they've become animals. In the 2D souls had to experience themselves starting as animals and evolve into humanoids capable of 3D mental/logical cognition. In the 3D souls had to experience themselves as various humanoid races across multiple reincarnation cycles throughout the Milky Way Galaxy in hopes that the cumulative experience they've endured as Light and Dark will integrate gracefully and ultimately lead to their Ascension into becoming a Hue-man Angel as an Ascended Master.

The 1050 souls integrated themselves with the Ascended Master gestalts that they've agreed to embody in HU5 and then descended to HU4 Aramatena and altered and integrated with its morphogenetic imprint in order to be able to seed their causality within the 3 planetary blueprints that were created. Before the 105 Kumaras could bring the 3 seeds to fruition, the other 945 Ascended Master gestalts first had to team up and embody themselves within HU4 Aramatena with all the Avatars in order to aggregate the course of the ascension and incension of the consciousness of the 3 seeds. They split up into 3 groups which were made up of 405 D10 Gold Order Seraphim (Christiac/Buddhiac Mind), 405 D11 Emerald Order Elohim (Buddhiac/Nirvanic Mind), and 135 D12 Amethyst Order Braharama (Nirvanic/Christiac Mind). The Feline (ElohEI-ElohIM), Carian/Avian (SeraphEI-SeraphIN-SeraphIM), and Inyu (bRA-ha-RAMA) races were selected as their racial Avatars. Next, 90 of the 105 Kumaras

took the form of Felines and Carians/Avians and were split into two groups of 45; Light (Yang) by the Carians and Dark (Yin) by the Felines. The Felines seeded HU1 Earth and worked with the Emerald Order in D11 and the Carians seeded HU2 Tara and worked with the Gold Order in D10. The other 15 Kumaras seeded HU3 Gaia and worked with the Amethyst Order in D12 in order to take on the responsibility of embodying, vetting, and ascending the 15 aspects of consciousness (collectively known as 'JEHOVAH') that best reflect how the soul essences that originate purely out of DETERMINISTIC SELF FREE WILL from the lower dimensions should be exhibited by the new Angelic Human Soul in accordance with the desire of Father Melchizedek and procured the ascension of the 90 Feline and Carian/Avian souls and their progeny from the lowest dimensions.

Melchizedek in order to help evolve the souls in our Universe. However, not everyone was eager to embark on this endeavor. Our Universe was notoriously deemed as an 'Experimental Universe' that required souls to voluntarily subject themselves to a prolific amount of suffering as part of having to endure the opposing polarities within the game. Souls were also afraid of how it would be like to live in HU1 faced with the issues of not being able to exhibit their full identity, having to be severed from their Spirit Body, and being subject to live within a linear timeline.

The Humans created by the Felines (Annu-Elohim) and the Reptilians (Draconian) created by the Carians were designed to become subject to various mutual karmic scenarios for the purpose of grooming their reincarnation during the final ascension cycle here now on HU1 Earth so that we can all achieve Polarity Integration, ascend to Christ Consciousness, and manifest Heaven on Earth. The first ascension cycle required Reptilian consciousness to integrate into Human/Feline consciousness in the form of Darkness (The First Earth Grand Experiment / The First Great Galactic War). This resulted in the destruction of the D12 Aramatena Stargate by the Annu-Elohim which effectively detached our Universe from the Fifth Column of the Solar Tetractys and gave birth to the concept of 'Sin'. Coincidentally, the evolution and ascension of the 30,375,002 Ascended Masters went according to plan as a result of the destruction of the Stargate. These newly anointed Ascended Masters were to inherit the role of reseeding the Emerald, Gold, and Amethyst Melchizedek Orders along with the dreaded 'Fallen' Ruby Melchizedek Order and serve as guides for the next gigantic wave of Ascending Masters that's happening throughout the next 70 years or so on our planet. The 30,375,002 Ascended Masters are known in the New Age community as "The Indigo Children."

The second ascension cycle required Human/Feline consciousness to integrate into Reptilian consciousness in the form of both Light and Dark (The Second Earth Grand Experiment / The Second Great Galactic War). We are currently approaching the third and final ascension cycle which will require the Hue-man Angelic Race individually and as a collective to integrate our cumulative soul experiences of Light and Dark back into the Light. If we succeed by having all the qualified inhabitants on Earth integrate their healthy Light and Shadow aspects and transcend their

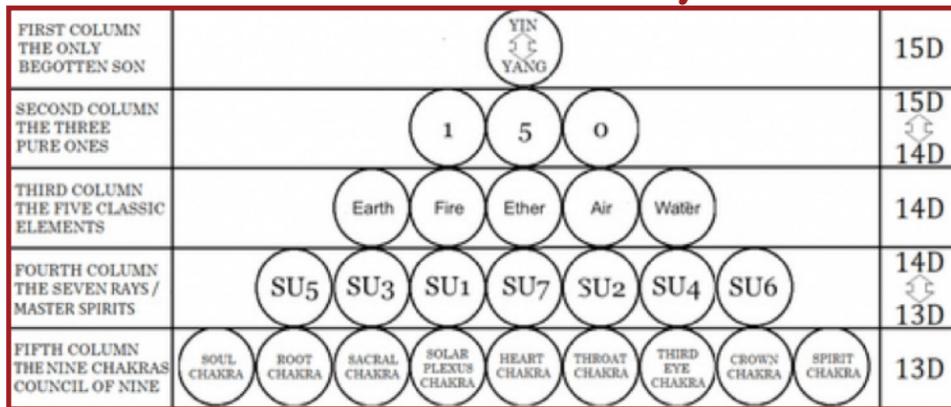
THE SEVEN VIRTUES OF WILL – 9D UNIVERSAL THOUGHT ASPECT Symbolized on Earth by Catholicism

- CHASTITY
- TEMPERANCE
- CHARITY
- DILIGENCE
- PATIENCE
- KINDNESS
- HUMILITY

THE EIGHTFOLD NOBLE PATH/ PRINCIPALITIES – 7D TIMELESS MANIFESTATION CYCLE Symbolized on Earth by Buddhism

- RIGHT VIEW
- RIGHT INTENTION
- RIGHT SPEECH
- RIGHT ACTION
- RIGHT LIVELIHOOD
- RIGHT EFFORT
- RIGHT MINDFULNESS
- RIGHT CONCENTRATION

The Solar Tetractys





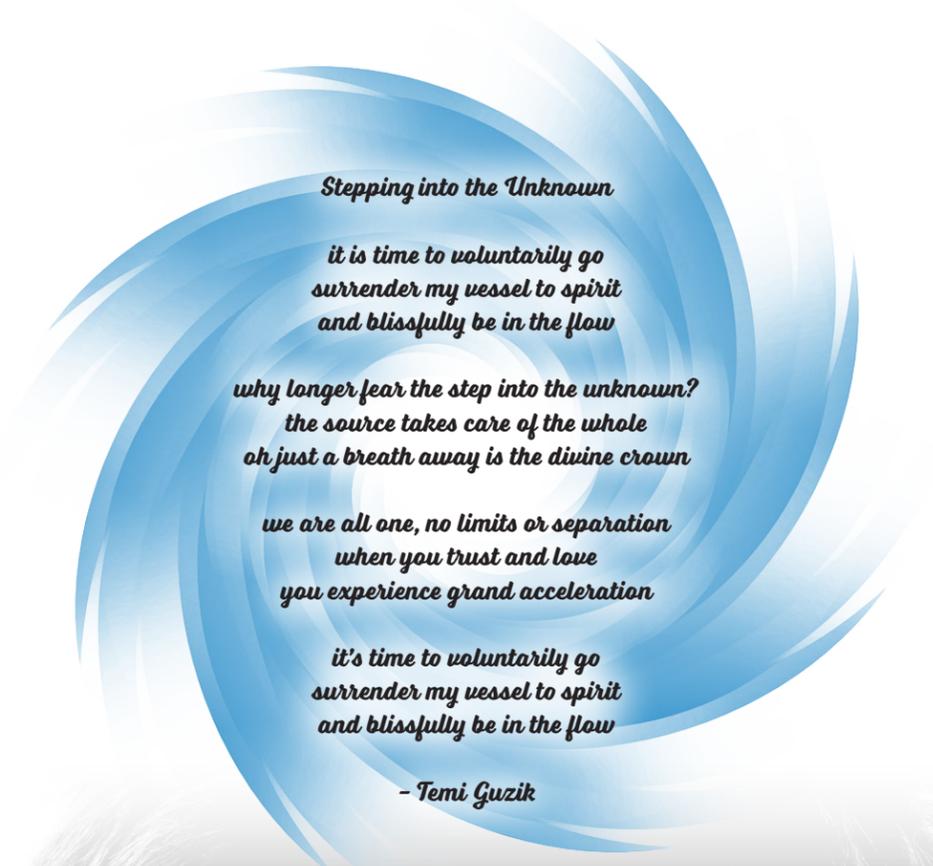
E.T.: THE EXTRA TERRESTRIAL BY STEVEN SPIELBERG SEEDED OUR ABILITY TO LOVINGLY ACCEPT THIS NEW ESSASANI RACE, THE ZETA-HUMAN HYBRID.

egos, we will be Christened and evolve into becoming Hue-man Angelic Ascended Masters and usher in the new day of Creation. There will be a new capacity of 6,920,643,604 (((712 -1) / 2) + 4) Angelic Humans on Earth that will eventually become Ascended Masters themselves where humans under the umbrella of the Adamic root race embodying the Ruby Order of the Melchizedek God-Seed which resulted after the destruction of the D12 Aramatena Stargate allowing for the egocentric diversification of the expressions of the soul organic to 3D/HU1 Earth and our Universe.

The D12 Lyra-Aramatena Stargate has been reconstructed by the project known as 'The Great White Lion' or 'The Lions Gate.' In

accordance with the ascended and ascending capstone codes of The Three Pure Ones, The 105 Kumaras, and the 945 recalibrating Ascending Master gestalts that are descendants of the Emerald, Gold, and Amethyst Orders of The Melchizedek Collective that were never part of the Ruby Order, they will reconnect and activate that Stargate once they have embodied all 48 strands of their DNA and seal up portions of the Fifth Column polarized towards the Spirit chakra and help solidify the results of the game. The Universal Founders that became part of the Ruby Order (including Father Melchizedek) will only embody 47 strands of DNA where the 48th strand will not connect and ascend with the D12 Aramatena Stargate in order to preserve the purity and sanctity of the original Eckasha-Aah 4th/1st

God-World of Creation and seal up the rest of the Fifth Column that's polarized towards the Soul chakra. After the Fifth Column is sealed, some Indigo, Crystal, and Rainbow Children on Earth may embody 144 strands of DNA (48*3=144) allowing them to travel to the 3 newly emerging God-Worlds of Creation procured by the Gaia Sa Nuy Dark Matter attributed to the integration of both Light and Dark conscious evolutionary experiences. A new race will also come into existence known as the Essasani, the Zeta-Human hybrid. The movie *E.T.: The Extra Terrestrial* by Steven Spielberg seeded our ability to lovingly accept this new race. The *Formula of Compassion*³ is the key to integrating our cumulative soul experiences.



Stepping into the Unknown

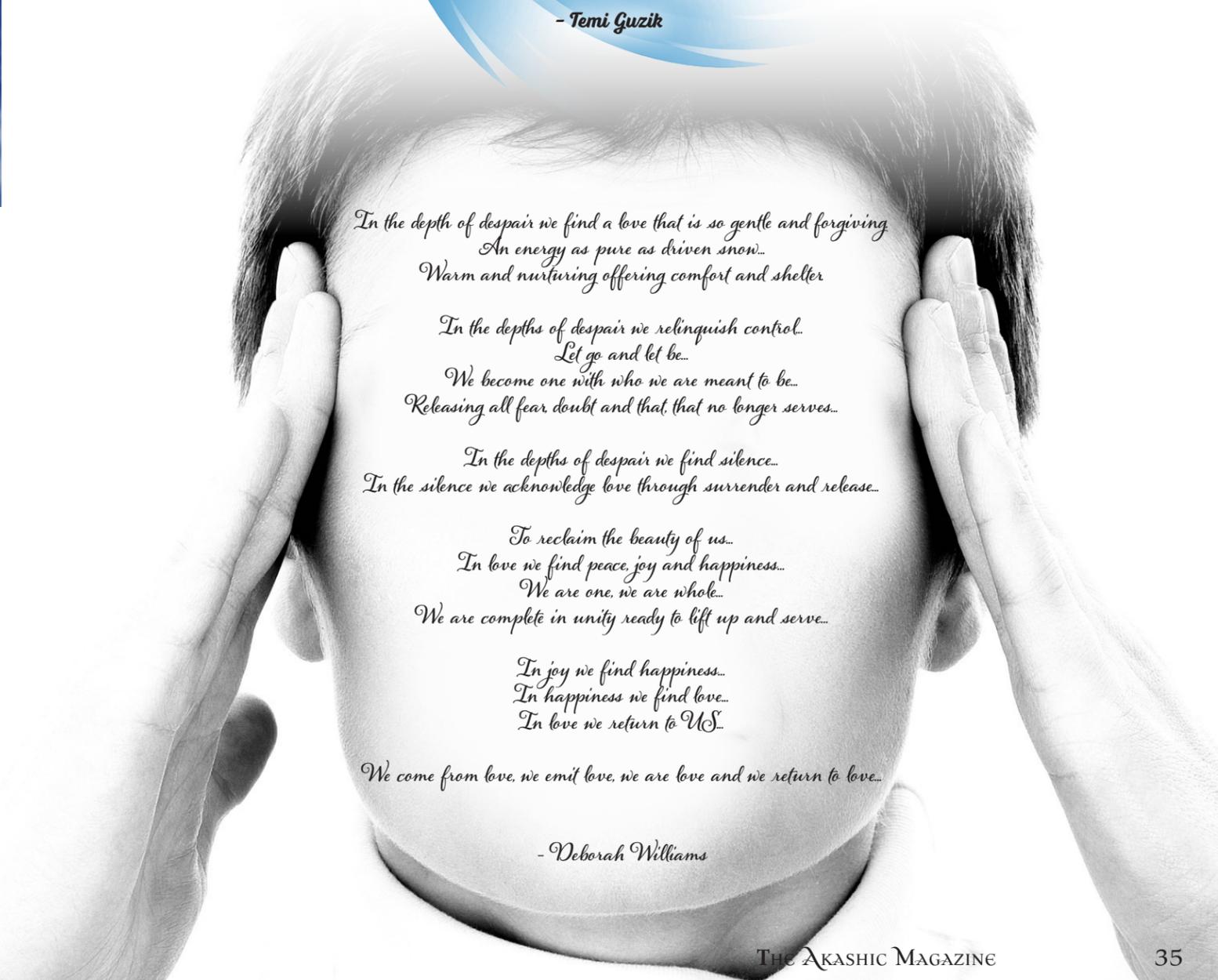
*it is time to voluntarily go
surrender my vessel to spirit
and blissfully be in the flow*

*why longer fear the step into the unknown?
the source takes care of the whole
oh just a breath away is the divine crown*

*we are all one, no limits or separation
when you trust and love
you experience grand acceleration*

*it's time to voluntarily go
surrender my vessel to spirit
and blissfully be in the flow*

- Temi Guzik



*In the depth of despair we find a love that is so gentle and forgiving
An energy as pure as driven snow...
Warm and nurturing offering comfort and shelter*

*In the depths of despair we relinquish control...
Let go and let be...*

*We become one with who we are meant to be...
Releasing all fear doubt and that that no longer serves...*

*In the depths of despair we find silence...
In the silence we acknowledge love through surrender and release...*

*To reclaim the beauty of us...
In love we find peace, joy and happiness...
We are one, we are whole...
We are complete in unity ready to lift up and serve...*

*In joy we find happiness...
In happiness we find love...
In love we return to US...*

We come from love, we emit love, we are love and we return to love...

- Deborah Williams

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1. <http://www.unifiedtrinitychurch.org/experiment.html>
2. <http://www.crystalwind.ca/starseeds/starseed-series-by-akemi-blueprinters-1-origimators-and-designers>
3. <https://nibiruancouncil.com/what-is-compassion/the-formula-of-compassion/>

HOW TO CARE FOR THE EGGS OF YOUR NESTING DRAGON

CONNECTING AND GETTING TO KNOW THESE AMAZING AND LOVING CREATURES.

“Just like we all have guardian angels and spirit guides, we also have dragons. These dragons harness specific energetic powers and can assist us at various times along our journey. Some dragons possess the energy of the Divine Mother. When you encounter one of these dragons, be ready for a magical adventure...”

– Emily Harrison

By TERESA WARREN

SO YOUR DRAGON IS NESTING! Congratulations! This is a very sacred and blessed time for you both. Within each egg is a precious, new little dragon who will be working to assist humankind with the ascension of the planet. You are their first human contact, and first in training these beloved little ones.

I initially learned that my dragon, Mae Ella, was nesting when we melded for an astral adventure. In meditation, I asked Archangel Metatron to guide me to my Highest Self, Mae Ella. She and I melded, with my heart joined to her heart, and my eyes becoming her eyes. It was magnificent to feel her powerful wings in flight and the great speeds we reached. She suddenly went into a downward spiral. When we landed abruptly, I could see that she surrounded her nest with her body and tail. I could feel both her tremendous love as well as her motherly pride as she showed me this nest of about seven eggs.



Through claircognizance, I was able to understand that her eggs were laid one at a time and at least a month apart. Holding up her eggs, we could see inside the egg to the developing little

dragons, and they could feel our presence. She showed me which eggs were about to hatch soon and which ones would hatch later in the fall of 2018.

I learned that she never left the nest unattended. When she would leave she left an aspect of herself there, first surrounding the whole nest in protective, warm, magenta light, and then surrounding that with a protective violet bubble of light. Inside the eggs, the little dragons are already in telepathic communication with their mother, and she attentively responds to them.

So what is our part in helping these dragons on their sacred path? Each developing little dragon needs so much loving and positive energy. Feel your personal link to each one—as many times a day as you are able, make that connection, and send these dear ones lots of loving energy. This is how they get to know us, and all humans—by feeling our energy. They will even be able to sense when you are in need and send energy to you. But for now, keep sending them lots of love. Send blue light for protection, but also for their continued communication skills, and even surround the eggs in golden Christ-Consciousness light. As they begin to hatch, you can continue sending them unconditional love as well as confidence, so they feel they can move forward and grow quickly in assurance of their mission.

Each time the new dragon feels your energy, they learn to understand you; their first human contact, and in turn, learn to trust others whom they will one day bond with and help out. Let them feel that each one of them is so special, powerful, and born for a sacred purpose.

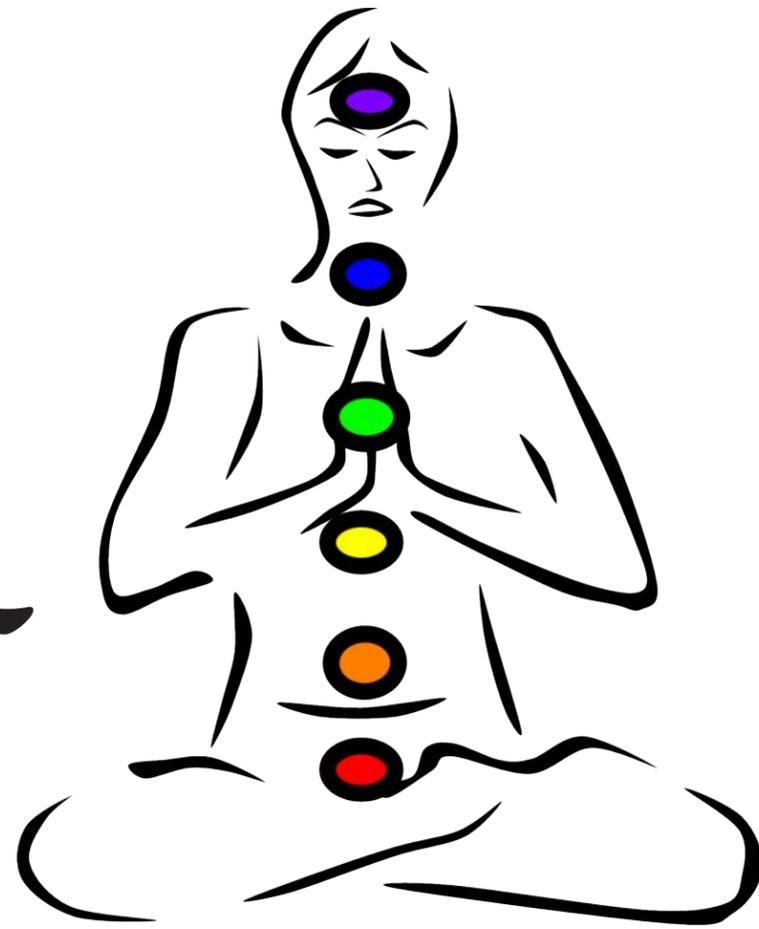
Most of all, enjoy this amazing opportunity to work with such amazing and loving creatures who will be so invaluable in assisting mankind as we embark on our journey into the new Golden Age.

Teresa Warren is the Community Director at the Akashic Academy. She is also a Life Coach, Akashic Records Practitioner, Co host of *Spirit Sessions: A View of the Light*, Sundays at noon Eastern time on the Akashic Academy Facebook page, Angel Channel, and Meditation Tour Guide.



AUTUMN CRYSTAL POWER

BY ANDREA JONES



Most everything you use these days has a form of crystal in it to function—LCD screens are Liquid Crystal Display screens—yup, CRYSTALS!

Crystals, gemstones, rocks, and minerals all have consciousness... they are living beings. Humans, plants, animals, trees, insects, sea life, minerals, and water are also *all* living beings. WE are one and we are made of each other...crystals share the oneness and some are millions upon millions of years old. They communicate with all living things by holding information. They can be programmed and charged, and used for healing and energy work. Crystals hold knowledge and energy. Knowledge and energy = magic and power.

Some crystals are portals and have the ability to travel. They can go where they need to go and know who and/or what need their power and goodness. Don't worry—if you ever lose a crystal, it will find you more often than you will need to hunt it out. Love and light are in you. You are made of crystals and minerals too!

In honor of Autumn here in the northern hemisphere, and to honor our time of going inside to learn, reflect, and recharge—hibernation mode, let's talk about grounding and protection.

As we gather our crops and prepare for the changes it is so important to honor ourself and care for our bodies. Caring for the mind and soul is equally as important as the physical body. Each work together in harmony to charge your chi and connect your chakras to the vagus nerve, enhancing the flow of energy to your mind—HEAL thy SELF!

It is important to balance the Root Chakra first and then work upwards through your Sacral, Solar Plexus, Heart, Throat, Brow and Crown Chakras.

We focus on the Root, Sacral, and Solar Plexus today—Red Jasper, Citrine, and all those stones and crystals of red, orange, yellow, and golden colors. These will enhance and heal the matching chakras. I match colors, vibrations, and essential oils—a little angel love too!



Solar Plexus/I DO



Sacral/Navel/I FEEL



Root/Base/I AM

RED JASPER is red, which connects to the Root (or Base) Chakra located at the base of your spine—The 'I AM' chakra energy. This chakra is very important in maintaining feelings of safety, belonging and grounding. It's where we deal with life at a practicality level. A place of basic needs—protection from fear, anxiety, and environmental disconnect. When this chakra is in balance, you feel supported, connected and safe in the physical world. You feel grounded.

Some symptoms indicating your Root Chakra is out of balance can include lower back pain, poor circulation, lethargy, and sadness.

Red Jasper gives the magnetic energy to stimulate this vital chakra by boosting confidence through action. Courage is regained and decisions are easier handled dealing with basic needs to survive.

As you retreat to heal and refresh, use Red Jasper with cinnamon oil or cedarwood oils to calm, relax, and recharge the negative back into the forward flow!



CITRINE is golden orange, which connects to the Sacral (or Naval) Chakra located just below your belly button—the 'I FEEL' chakra energy, as well as the the Solar Plexus Chakra located just above your naval—the 'I DO' chakra energy. It is a balancing energy stone. It also treats the body for digestive and bladder disorders—not so shocking since it deals with that area right? Citrine holds within it the energy of intellectual joy and wisdom. It encourages vitality with endurance to achieve goals you set for yourself.

Because red and yellow mixed together make orange, this is the power of two energy sources in one beautifully powerful crystal. Citrine naturally grows directly next to and within many amethyst stones—resonating with the mind to be courageous and bold in making decisions that serve your highest good. I also use Arch Angel Gabriel with Citrine... she delivers important news and revelations from the heavens to earth just like Citrine....relax and hibernate with Citrine to build up all the strength you have used throughout the summer to gear up for spring. It promotes personal power and the ability to accept change...good for manifesting power and wealth...yay let's make a spray!

GROUNDING AURA SPRAY:

Get a small brown or blue sprayer bottle (these colors protect the oils from the sun light and harsh elements.)

1-2 oz. distilled, purified water (I boil tap water then let it sit in the sun and moon light to activate the energy with it.) You can find it in the baby aisle at supermarkets.

1 small tumbled red jasper or any type red, brown or maroon-colored chip of stone (i.e. ruby, garnet, carnelian, etc.) or crystal to place in jar (I activate several jars of water with different crystals and then use the activated water in my blends as I choose.)

Oils...use all, or one, or a combo: cedarwood, cinnamon, chamomile, rose, frankincense, and myrrh. Be creative...

Shake it up, bless it with all your favorite prayers and loving ritual, and use it to activate your root—your connection to Momma Earth.



MANIFESTING MAGIC SPRAY:

Same as Grounding Aura, just use Citrine, or any other yellow, gold, orange, or amber stone. **Remember to be mindful of the stones and crystals that can not get wet or be placed with oils.** You can always print a photo and tape it to the water jar while activating distilled water.

Oils: lemon, lemongrass, orange, jasmine, gardenia, clove, cinnamon, Siberian fir, or any evergreen spruce. You can even just go outside and gather from your yard or any park—no need to spend oodles of moneys honeys!

Contact Andrea for any guidance at ajones.step@gmail.com.

Celestial Calendar 2018

October

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

December

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30			



NEW MOON

ACKNOWLEDGE GOALS
WRITE A TO-DO LIST
SPECULATE NEW PROJECTS
CLARIFY INTENT
MAKE INITIAL CONTACT
BRING IDEAS INTO CONSCIOUSNESS
WAIT UNTIL THE FIRST QUARTER TO TAKE ACTION
PLANT THE SEED



WAXING MOON

ACCELERATE PROGRESS OF ANY PROJECTS
MAKE FORWARD STRIDES
FEEL THE ABUNDANT GROWING POWER
WATER THE SEED



FULL MOON

GIVE THANKS
REVEL IN THE HIGH ENERGY
CLEANSE & CHARGE CRYSTALS
MAKE MOON WATER
MOVE INTENTIONS FROM THE NON-PHYSICAL INTO THE PHYSICAL REALM
CONSIDER WHAT NO LONGER SERVES
ENJOY YOUR BEAUTIFUL CREATION



WANING MOON

TIE UP LOOSE ENDS
CLEAR CLUTTER
RELEASE AND BREAK NEGATIVE PATTERNS
RELEASE LIMITING BELIEFS AND BEHAVIORS
FACE WHAT PREVENTED YOU FROM ACHIEVING YOUR GOALS



MERCURY RETROGRADE

When Mercury goes retrograde, mistakes, misunderstandings, problems in communication and transportation are likely. Do not sign contracts, nor buy new items, nor begin new projects. It is an excellent time to plan, research, and prepare for something that will happen later.



METEOR SHOWER



VENUS RETROGRADE

When Venus goes retrograde, money and love areas are reviewed, and old flames could return to reignite or to be snuffed out for good. New love relationships are best avoided since a change of heart is likely when Venus goes direct. Investments are best avoided during the retrograde phase of Venus because loss in value is high.

OTHER RETROGRADES OF NOTE
When the planets are in retrograde it is best, in general, to avoid new ventures and stick to routine.

Uranus moves into retrograde August 7th - January 6th, 2019. When Uranus goes retrograde our inner freedom is the focus.

Neptune moves into retrograde June 18th - November 24th. When Neptune goes retrograde our spirituality, inner tranquility, and vision become the focus.

WEEKLY SCHEDULE FOR THE AKASHIC ACADEMY

facebook.com/theakashicacademy

Sunday 12pm EST/9am PST Teresa Warren, Rhonda Elliott, Bex Marie, *Spirit Sessions: A View of the Light*

Sunday 1pm EST/10am PST Cathy Hohmeyer *Nourishing Your Multidimensional Body*

Sunday 8pm EST/5pm PST Janelle Cameron *Cosmic Ascension Report*

Monday 4:00pm EST/1:00pm PST Coach Nick *Mindful Living* For Akashic Academy Members Only

Tuesday 12pm EST/9am PST Christy Warnick *The Power of Energy Healing*

Tuesday 1pm EST/10am PST Angela Jeanne Rose Heart *Wholistic Wholeness*

Tuesday 1:30pm EST/ 10:30am PST Keira Lani *Tree Gong*

Tuesday 4pm EST/1:00pm PST Yves LeBlanc *Awakening the Warrior*

Wednesday 2:00pm EST/11:00am PST Emily Harrison *Intuitive Development* For Akashic Academy Members Only

Wednesday 3:30pm EST/12:30pm PST Robyn McClendon *Conversations with Gaia*

Wednesday 4:00pm EST/1:00pm PST Paul Boggie Brighton *The Way of the Daoist Dragon Dog Master*

Wednesday 5pm EST/ 2pm PST Jack Coleman *Life Hackers*

Thursday 10am EST/7am PST Li Cara *Unleash Your Light*

Thursday 12pm EST/9am PST *The Rainbow Bridge* Rena Dwelle

Thursday 7pm EST/4pm PST Andrea Stepnowski *Sacred Chakra Flow*

Friday 12 EST/9am PST Coach Nick and Emily Harrison *The Akashic Show*

Friday 11am PST/2pm EST Brad Johnson *Expansion Point*

Friday 8pm EST/5pm PST Laura Carrillo *Creating Sacred Spaces with the Feng Shui Lady*

Saturday 12pm EST/9am PST Chrysta Higgenbotham *Synchronista*