

Know Your Soul: Introduction to the Akashic Records



About the Course

Know Your Soul: Introduction to the Akashic Records is a 5-Module Course that will guide you on the path of working with the Akashic Records and exploring this empowering resource for personal transformation, growth, understanding, and healing. One module will be released each day for 5-consecutive days.

Course Outline

1.

INTRODUCTION: Welcome and Orientation

1. Welcome
2. What is your experience with the Akashic Records?

3. Quick Tips to Navigate this course
4. Teacher and Student Course Expectations
5. My Background
6. Story Time

DAY 1A - LESSON: Basics of the Akashic Records

7. Overview
8. Terms
9. Origins
10. Description
11. Dimensions and the Akashic Records
12. Benefits
13. Someday science will catch up

DAY 1B - LESSON: Introduction to the Akashic Records

14. Meditation and Journaling
15. Responsibility to the Akashic Records
16. Personal Responsibility & Ethics
17. Reflect and Discuss

2.

DAY 2A - LESSON: Clarify your Focus

1. Clarify your Focus
2. Tools
3. Manage Your Expectations
4. Commit to Showing Up

DAY 2B - LESSON: Access the Akashic Records

5. Preparation
6. Meditation
7. Example: Petition to Open the Records
8. Example: Petition to Close the Records
9. Meditation Script
10. First Akashic Session
11. Second Akashic Session
12. Third and Future Akashic Sessions
13. Reflect and Discuss

DAY 2: DOWNLOADS

14. Downloads

3.

DAY 3A - WORKBOOK: Gifts, Talents

Goals

1. Cultivate a daily habit
2. Talents and Gifts
3. Goals
4. Reflect and Discuss

DAY 3B - WORKBOOK: Soul Purpose and Starseed Origination

5. Soul Purpose
6. Starseed Types
7. Starseed Origination
8. Reflect and Discuss

DAY 3C - BONUS CONTENT: 21-Day Journal Week 1 - Days 1-3

9. 21-Days of Akashic Record Journal Prompts
10. 21-Day Journal Process
11. Week 1 - Day 1
12. Week 1 - Day 2
13. Week 1 - Day 3
14. Alternative Journal Prompts

DAY 3: DOWNLOADS

15. Downloads

4.

DAY 4A: WORKBOOK: Past Lives & Karmic Lessons

1. Past Lives
2. Karmic Lessons
3. Soul Contracts
4. Reflect and Discuss

DAY 4B: WORKBOOK: Energetic Blocks and Healing

5. Energetic Blocks
6. Ancestral Patterns
7. Healing
8. Reflect and Discuss

DAY 4C: BONUS CONTENT: 21-Day Journal Week 1 - Days 4-7

9. Week 1 - Day 4
10. Week 1 - Day 5
11. Week 1 - Day 6
12. Week 1 - Day 7

DAY 4D- LESSON: Cultivate a daily habit

13. Moving Forward
14. Be Patient and Kind With Yourself

15. Reflect and Discuss

DAY 4: DOWNLOADS

16. Downloads

5.

DAY 5A: READING: Know Your Soul Journeys

1. Know Your Soul Journey Sessions
2. FAQ: What is a Know Your Soul Journey?
3. FAQ: What does the practice of Know Your Soul Journey involve?
4. FAQ: Why have a Know Your Soul Journey Reading?
5. FAQ: What happens in a Know Your Soul Journey Reading?
6. FAQ: How are these Readings different from Past Life Regression?
7. FAQ: What are soul blocks and restrictions?
8. FAQ: How did this practice come into being?

DAY 5B - BONUS CONTENT: 21-Day Journal Week 2 - Days 8-14

9. Week 2 - Day 8
10. Week 2 - Day 9
11. Week 2 - Day 10
12. Week 2 - Day 11
13. Week 2 - Day 12
14. Week 2 - Day 13
15. Week 2 - Day 14
16. Reflect and Discuss

DAY 5C - BONUS CONTENT: 21-Day Journal Week 3 - Days 15-21

17. Week 3 - Day 15
18. Week 3 - Day 16
19. Week 3 - Day 17
20. Week 3 - Day 18
21. Week 3 - Day 19
22. Week 3 - Day 20
23. Week 3 - Day 21
24. Akashic Records Tarot Spread
25. Reflect and Discuss
26. Thank you - COUPON CODES

DAY 5: DOWNLOADS

27. Downloads