

# DECODE LIFE TRANSFORMATION - LEVEL 1 DAY 45: PERSONAL AKASHIC RECORDS ACCESS

## STUDENT WORKBOOK

### PRACTICE LOGS, TEMPLATES & INTEGRATION EXERCISES

INNERZEN WELLNESS | MEDHAVI SKILL UNIVERSITY

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Student Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

Completion Date: \_\_\_\_\_

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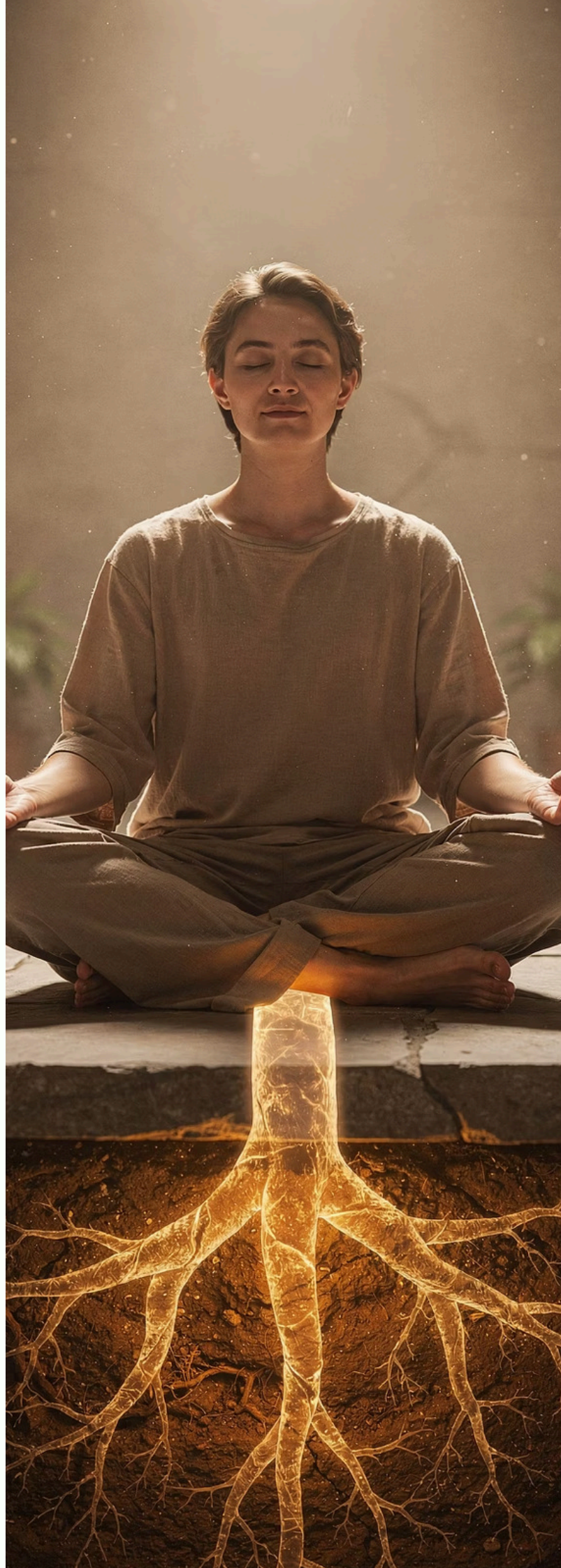
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## RESOURCES

- Opening Prayer (Laminated Reference Card)
- Closing Prayer (Laminated Reference Card)
- Emergency Grounding Quick Guide
- Integration Ritual Ideas

# READINESS & PREPARATION

Before accessing your Akashic Records, it is essential to ensure you are properly grounded, prepared, and ready for this sacred practice. This section will guide you through the necessary steps to create a safe and supportive foundation.



# 1.1 PRE-DAY 45 READINESS ASSESSMENT

Complete this BEFORE attempting your first Akashic Records access.

## PART A: DAY 44 GROUNDING FOUNDATION

Have you completed Day 44 training?

Yes  No

If Yes, how many consecutive days have you practiced grounding techniques?

\_\_\_\_\_ days

Rate your current grounding ability (1-10): \_\_\_\_\_

*(If less than 7, complete more Day 44 practice before proceeding)*

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**Which grounding techniques have you mastered? (Check all that apply)**

- Earthing/barefoot grounding (10+ min sessions)
- Root chakra meditation (clear red light visualization)
- Grounding breathwork (4:8 or box breathing)
- Body scan (full awareness from feet to head)
- Grounding foods and hydration awareness
- Physical grounding activities (walk, yoga, etc.)
- Energy cord cutting and boundaries

# PRE-DAY 45 READINESS ASSESSMENT (CONTINUED)

## PART B: LIFE STABILITY CHECK

Are you currently experiencing any of these? (Check any that apply)

- |                                                                 |                                                                                          |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Acute mental health crisis             | <input type="checkbox"/> Major life upheaval (death, divorce, job loss - within 1 month) |
| <input type="checkbox"/> Severe depression or suicidal thoughts | <input type="checkbox"/> Severe physical illness or injury                               |
| <input type="checkbox"/> Active psychosis or dissociation       | <input type="checkbox"/> Substance use (alcohol/drugs in past 24 hours)                  |
| <input type="checkbox"/> Recent major trauma (within 2 weeks)   | <input type="checkbox"/> Extreme sleep deprivation (less than 4 hours)                   |

If you checked ANY of these, WAIT to access Akashic Records.

**Seek appropriate support first. The Records will wait for you.**

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## PART C: INTENTION & MOTIVATION

Why do you want to access your Akashic Records? (Circle all that apply)

- Seek wisdom and guidance
- Understand life purpose
- Heal past wounds
- Develop spiritual gifts
- Connect with guides
- Know myself at soul level
- Professional development (to read for others later)
- Curiosity and spiritual exploration
- Other: \_\_\_\_\_

What do you hope to gain from this practice?

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# PRE-DAY 45 READINESS ASSESSMENT (CONTINUED)

## PART D: PRACTICAL PREPARATION

Do you have:

- Private, quiet space for practice
  - 2+ hours available for first session
  - Journal or recording device ready
  - Supportive people in life who know you're doing this work
  - Plan for self-care after session
  - Understanding that this is sacred, not entertainment
- 

## PART E: UNDERSTANDING & COMMITMENT

I understand and commit to: (Initial each)

- \_\_\_\_\_ I will ALWAYS ground before accessing Records (Day 44 protocol)
- \_\_\_\_\_ I will ALWAYS close Records properly after each session
- \_\_\_\_\_ I will use this practice for healing and growth, not ego
- \_\_\_\_\_ I will respect the sacred nature of this work
- \_\_\_\_\_ I will not access others' Records without proper training
- \_\_\_\_\_ I will seek support if I feel overwhelmed or unsafe
- \_\_\_\_\_ I will integrate guidance through action, not just receiving

# PRE-DAY 45 READINESS ASSESSMENT (CONTINUED)

## READINESS SCORE

**If you answered YES to:**

- Day 44 completion with 7+ days practice
- NO to all life stability concerns
- Have clear positive intention
- Have practical preparation complete
- And initialed all commitments

# YOU ARE READY!

**Proceed to your first access.**

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**If not, identify what needs completion:**

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# 1.2 DAY 44 GROUNDING VERIFICATION CHECKLIST

Complete this IMMEDIATELY BEFORE each Akashic Records access session.

TODAY'S DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

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## GROUNDING PRACTICE COMPLETED

### Earthing/Barefoot Grounding

Time: \_\_\_\_\_ minutes

Location: \_\_\_\_\_

How grounded do you feel? (1-10): \_\_\_\_\_

### Root Chakra Meditation

Time: \_\_\_\_\_ minutes

Red light visualization clear?  Yes  Somewhat  Unclear

Feeling of safety/stability?  Strong  Moderate  Weak

### Grounding Breathwork

Technique used:  4:8  Box breathing  Other: \_\_\_\_\_

Number of rounds: \_\_\_\_\_

Nervous system calm?  Yes  Somewhat  No

### Body Scan

Time: \_\_\_\_\_ minutes

Fully inhabiting body?  Yes  Mostly  Not quite

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TOTAL GROUNDING TIME: \_\_\_\_\_ minutes (*minimum 15-20 required*)

# DAY 44 GROUNDING VERIFICATION (CONTINUED)

## PHYSICAL STATE CHECK

- Well-rested (6+ hours sleep)
- Hydrated (drank water in past hour)
- Nourished (ate in past 2-3 hours)
- Sober (no alcohol/drugs)
- Bathroom completed
- Comfortable clothing
- Phone/devices silenced

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## ENERGY STATE CHECK

**Rate your current state (1-10):**

Physical energy: \_\_\_\_\_

Emotional stability: \_\_\_\_\_

Mental clarity: \_\_\_\_\_

Spiritual openness: \_\_\_\_\_

Groundedness: \_\_\_\_\_

**If any rating is below 5, do MORE grounding before proceeding.**

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## FINAL VERIFICATION

**I feel:**

- Grounded in my body
- Connected to Earth
- Safe and stable
- Calm and centered
- Ready to access Records

**If ALL boxes checked, PROCEED to opening prayer.**

**If ANY boxes unchecked, CONTINUE grounding.**

# 1.3 SACRED SPACE SETUP CHECKLIST

Complete each time before accessing Records.

## PHYSICAL SPACE

- Room is clean and organized
  - Comfortable seating arranged (chair or cushion)
  - Good temperature (not too hot/cold)
  - Fresh air flowing
  - Adequate lighting (soft, not harsh)
  - Door closed/privacy ensured
  - "Do Not Disturb" sign posted
- 

## ENERGETIC CLEARING

Choose one or more:

- Sage or palo santo burned
- Incense lit
- Essential oils diffused
- Bell/singing bowl rung
- Prayer/invocation spoken
- Visualization of light clearing space

# SACRED SPACE SETUP (CONTINUED)

## SACRED ALTAR (Optional but recommended)

### Items placed:

- Candle (white or color of choice)
  - Crystals: \_\_\_\_\_
  - Sacred objects: \_\_\_\_\_
  - Spiritual image/photo: \_\_\_\_\_
  - Fresh flowers or plants
  - Water (glass for drinking + offering)
  - Other: \_\_\_\_\_
- 

## TOOLS & MATERIALS READY

- Journal and pen
- Recording device (if using)
- Water to drink
- Light snack for after (nuts, fruit, crackers)
- Timer (for session length)
- Copy of Opening/Closing Prayers (until memorized)
- This workbook

# SACRED SPACE SETUP (CONTINUED)

## ENERGETIC PROTECTION

- Visualized white/golden light around space
  - Called in guides and protection
  - Set boundary: "Only highest vibration energies welcome"
  - Grounded self to Earth
  - Activated personal energy field
- 

## FINAL CHECK

- Space feels peaceful and sacred
- No interruptions expected
- All materials within reach
- Ready to begin

**PROCEED to Intention Setting.**

# 1.4 INTENTION SETTING WORKSHEET

📄 Complete this before EACH session (even after first time).

SESSION #: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_





# INTENTION SETTING WORKSHEET (CONTINUED)

## EMOTIONAL STATE

How are you feeling emotionally right now?

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## WHAT YOU HOPE TO RECEIVE

What would make this session valuable for you?

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# INTENTION SETTING WORKSHEET (CONTINUED)

## YOUR INTENTION STATEMENT

**Craft your intention in one clear sentence:**

*"I am opening my Akashic Records to receive*

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*for my highest good and the highest good of all."*

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## RELEASE ATTACHMENT

**What expectations do you need to release to be fully open?**

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# INTENTION SETTING WORKSHEET (CONTINUED)

## AFFIRMATION

Before beginning, place hand on heart and say:

*"I trust that I will receive exactly what I need to know at this time. I release expectations and open to divine wisdom. I am ready."*

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## PROCEED to Opening Prayer

# PRACTICE SESSION LOGS

This section provides comprehensive templates for documenting your Akashic Records sessions. Detailed logging helps you track patterns, integrate guidance, and measure your spiritual growth over time.



# 2.1 SESSION LOG TEMPLATE (MASTER COPY)

Copy this format for each session, or use the individual log pages provided.

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SESSION #: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

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## PRE-SESSION STATE

Grounding completed:  Yes

Time: \_\_\_\_\_ min

Quality (1-10): \_\_\_\_\_

Physical state (1-10): \_\_\_\_\_

Emotional state (1-10): \_\_\_\_\_

Mental clarity (1-10): \_\_\_\_\_

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## INTENTION FOR THIS SESSION

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# SESSION LOG TEMPLATE (CONTINUED)

## GUIDES PRESENT

Names or qualities perceived:

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Visual/sensory experience:

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## QUESTIONS ASKED & ANSWERS RECEIVED

Question 1

Q1: \_\_\_\_\_

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A1: \_\_\_\_\_

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# SESSION LOG TEMPLATE (CONTINUED)

## Question 2

Q2: \_\_\_\_\_

\_\_\_\_\_

A2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## Question 3

Q3: \_\_\_\_\_

\_\_\_\_\_

A3: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

# SESSION LOG TEMPLATE (CONTINUED)

## Question 4

Q4: \_\_\_\_\_

\_\_\_\_\_

A4: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Question 5

Q5: \_\_\_\_\_

\_\_\_\_\_

A5: \_\_\_\_\_

\_\_\_\_\_

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# SESSION LOG TEMPLATE (CONTINUED)

## EMOTIONAL EXPERIENCES

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## PHYSICAL SENSATIONS

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## KEY GUIDANCE OR MESSAGES

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# SESSION LOG TEMPLATE (CONTINUED)

## POST-SESSION STATE

Physical: \_\_\_\_\_

\_\_\_\_\_

Emotional: \_\_\_\_\_

\_\_\_\_\_

Mental: \_\_\_\_\_

\_\_\_\_\_

Spiritual: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## INTEGRATION PLAN

Next 24 hours: \_\_\_\_\_

\_\_\_\_\_

Next week: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

OVERALL SESSION QUALITY (1-10): \_\_\_\_\_

## NOTES FOR NEXT SESSION


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 2.3 QUICK SESSION TRACKER (OVERVIEW CHART)

 Use this to see patterns across multiple sessions at a glance.

1				
2				
3				
4				
5				
6				
7				

# QUICK SESSION TRACKER (CONTINUED)

8				
9				
10				
11				
12				
13				
14				

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## PATTERNS NOTICED ACROSS SESSIONS

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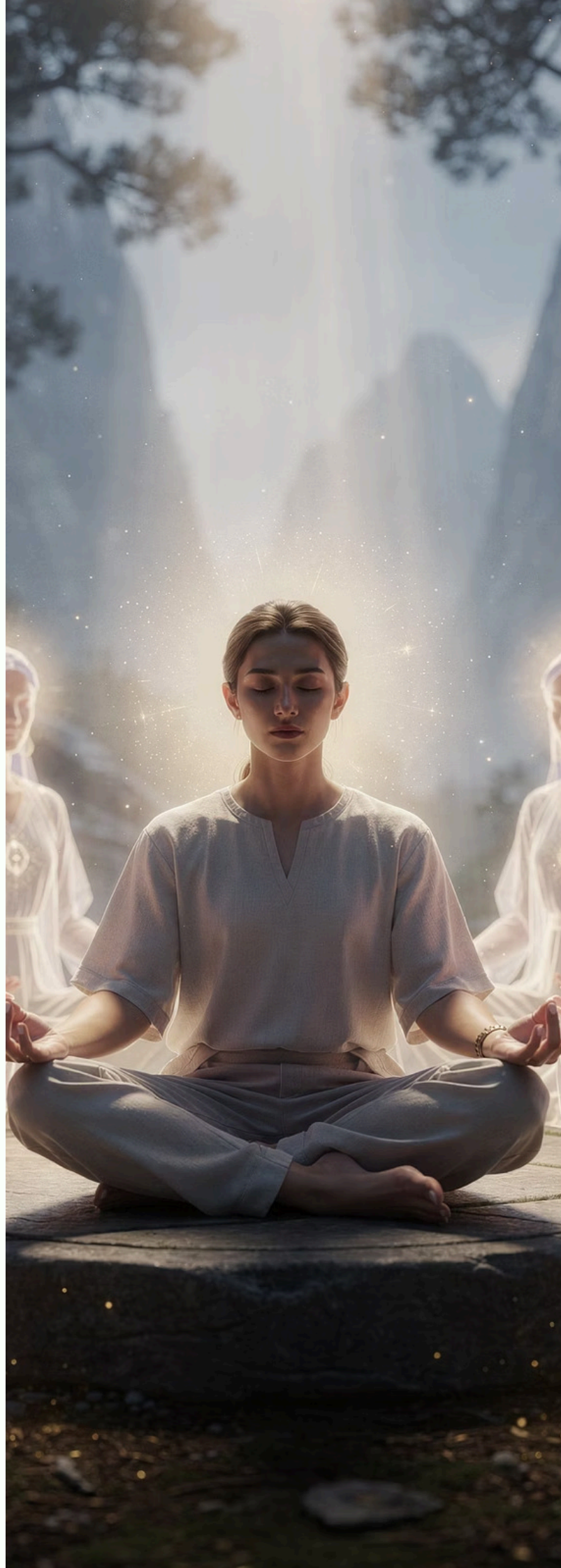
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# QUESTION TEMPLATES & BANKS

This section provides carefully crafted questions for different stages of your Akashic Records practice. Start with beginner questions and progress naturally as your connection deepens.



# 3.1 BEGINNER QUESTIONS (SESSIONS 1-5)

📌 Use these questions for your first 5 sessions.

## SESSION 1 - FOUNDATION QUESTIONS

1. *"What message do my guides have for me today?"*
  2. *"What is my soul's primary purpose in this lifetime?"*
  3. *"What gifts and abilities am I meant to develop and share?"*
  4. *"What guidance do I most need to receive at this time?"*
  5. *"Is there anything else I need to know or understand today?"*
- 

## SESSION 2 - DEEPENING PURPOSE

1. *"How can I best live my soul's purpose in daily life?"*
2. *"What is one specific way I can use my gifts this week?"*
3. *"What blocks are preventing me from fully stepping into my purpose?"*
4. *"How can I release these blocks?"*
5. *"What does my soul want me to know about my current path?"*

# BEGINNER QUESTIONS (CONTINUED)

## SESSION 3 - RELATIONSHIPS

1. *"What is the soul purpose of my relationship with [primary person]?"*
  2. *"What lessons am I learning through my relationships?"*
  3. *"How can I show up more authentically in relationships?"*
  4. *"What relationship pattern needs healing at this time?"*
  5. *"How can I practice healthy boundaries with love?"*
- 

## SESSION 4 - HEALING & PATTERNS

1. *"What emotional wound is ready to be healed now?"*
  2. *"What is the root cause of my pattern of [specific pattern]?"*
  3. *"What does this pattern teach me about myself?"*
  4. *"What practices support my healing?"*
  5. *"How do I know when this pattern is healed?"*
- 

## SESSION 5 - LIFE DIRECTION

1. *"Am I on the right path for my highest good?"*
2. *"What adjustments, if any, need to be made?"*
3. *"What opportunities are aligned with my soul's purpose?"*
4. *"What should I focus my energy on in the coming months?"*
5. *"How can I trust my path even when unclear?"*

## 3.2 INTERMEDIATE QUESTIONS (SESSIONS 6-10)

After 5 sessions, you can explore deeper.

### CATEGORY: SOUL IDENTITY

- "What is my soul's name or spiritual identity?"*
  - "How many lifetimes has my soul experienced?"*
  - "What is my soul's core essence or primary quality?"*
  - "What soul ray or frequency do I carry?"*
  - "Who is in my soul family?"*
- 

### CATEGORY: KARMA & PAST LIVES

- "What karmic patterns am I working with in this lifetime?"*
- "Is there a past life particularly relevant to my current challenges?"*
- "What gifts have I brought forward from past lives?"*
- "What karma is ready to be cleared now?"*
- "How do I complete karmic cycles with grace?"*

# INTERMEDIATE QUESTIONS (CONTINUED)

## CATEGORY: SOUL CONTRACTS

- "What are my primary soul contracts this lifetime?"*
  - "What was agreed upon before this incarnation?"*
  - "Are there people I contracted to meet? Who?"*
  - "What is my contract with [specific person]?"*
  - "How do I know when a soul contract is complete?"*
- 

## CATEGORY: SPIRITUAL GIFTS

- "What spiritual abilities am I meant to develop?"*
- "Am I meant to work as a healer/teacher/practitioner?"*
- "What modalities align with my soul's gifts?"*
- "How do I activate dormant spiritual abilities?"*
- "What training or study supports my development?"*

# INTERMEDIATE QUESTIONS (CONTINUED)


## CATEGORY: HEALTH & BODY

- "What is the spiritual root of my [health issue]?"*
  - "What does my body need for healing?"*
  - "How does [symptom] serve my growth?"*
  - "What emotional wound is stored in my [body part]?"*
  - "What practices restore my vitality?"*
- 

## CATEGORY: CAREER & SERVICE

- "What work is most aligned with my soul's mission?"*
- "How do I bring my purpose into my professional life?"*
- "What changes in my career serve my highest good?"*
- "What is the next step in my professional development?"*
- "How do I balance service with financial sustainability?"*

# 3.4 CUSTOM QUESTION WORKSHEET

 Use this to craft your own questions aligned with highest good.

## TOPIC OR AREA OF LIFE

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## WHAT I WANT TO UNDERSTAND

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## DRAFT QUESTION (First attempt)

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# CUSTOM QUESTION WORKSHEET (CONTINUED)

## REFINE YOUR QUESTION

Check your question against these criteria:

### Is it open-ended?

Yes  No

*Avoid yes/no questions. Ask "What" or "How" instead.*

### Is it focused on growth?

Yes  No

*Frame questions toward learning and evolution.*

### Is it empowering?

Yes  No

*Questions should support your agency, not create dependency.*

### Is it clear and specific?

Yes  No

*Vague questions get vague answers.*

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## FINAL QUESTION

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# QUESTION REFINEMENT EXAMPLES

## TRANSFORMING QUESTIONS FOR BETTER GUIDANCE

### Less Effective Questions

- "Will I get the job?"
- "Should I leave my partner?"
- "When will I meet my soulmate?"
- "Is this the right decision?"
- "What's my future?"

### More Effective Questions

- "What do I need to know about this career opportunity?"
- "What is my relationship teaching me about myself?"
- "How can I prepare for a healthy partnership?"
- "What factors should I consider in this decision?"
- "What is my soul's direction at this time?"

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## PRACTICE SPACE

Transform these questions:

**Question:** "Will I be successful?"

**Transformed:** \_\_\_\_\_

\_\_\_\_\_

**Question:** "Should I move to a new city?"

**Transformed:** \_\_\_\_\_

\_\_\_\_\_

**Question:** "When will things get better?"

**Transformed:** \_\_\_\_\_

\_\_\_\_\_

# INTEGRATION EXERCISES

Receiving guidance is only the beginning. True transformation happens through integration—bringing the wisdom from your Akashic Records into your daily life through conscious action and awareness.



# 4.1 DAILY INTEGRATION PRACTICE (WEEK 1-2)

Complete this daily for the first two weeks after each session.

## DAY 1 POST-SESSION

Date: \_\_\_\_\_

Key guidance received:

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How I felt immediately after:

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One action I took today based on guidance:

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Synchronicities or signs noticed:

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Grounding practice completed:  Yes  No

# DAILY INTEGRATION PRACTICE (CONTINUED)

## DAY 2-7 POST-SESSION

Day: \_\_\_\_ Date: \_\_\_\_\_

Guidance I'm working with:

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Actions taken today:

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Insights or realizations:

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Challenges in implementing:

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Support needed:

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*Repeat this format for Days 3-7, using additional pages as needed.*

# 4.2 GUIDANCE IMPLEMENTATION PLANNER

## FROM INSIGHT TO ACTION

Session Date: \_\_\_\_\_ Session #: \_\_\_\_\_

Primary guidance received:

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### IMMEDIATE ACTIONS (Within 24-48 hours)

Action 1: \_\_\_\_\_

Completed:  Yes  No Date: \_\_\_\_\_

Action 2: \_\_\_\_\_

Completed:  Yes  No Date: \_\_\_\_\_

Action 3: \_\_\_\_\_

Completed:  Yes  No Date: \_\_\_\_\_

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### SHORT-TERM ACTIONS (Within 1-2 weeks)

Action 1: \_\_\_\_\_

Completed:  Yes  No Date: \_\_\_\_\_

Action 2: \_\_\_\_\_

Completed:  Yes  No Date: \_\_\_\_\_

# GUIDANCE IMPLEMENTATION PLANNER (CONTINUED)

## LONG-TERM ACTIONS (Within 1-3 months)

Action 1: \_\_\_\_\_

\_\_\_\_\_

Target Date: \_\_\_\_\_ Completed:  Yes  No

Action 2: \_\_\_\_\_

\_\_\_\_\_

Target Date: \_\_\_\_\_ Completed:  Yes  No

\_\_\_\_\_

## MINDSET SHIFTS REQUIRED

Old belief/pattern: \_\_\_\_\_

\_\_\_\_\_

New belief/pattern: \_\_\_\_\_

\_\_\_\_\_

Daily affirmation to support shift: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## SUPPORT SYSTEMS

People who can support this change:

\_\_\_\_\_

Resources needed:

\_\_\_\_\_


Potential obstacles:

\_\_\_\_\_

How to overcome them:

\_\_\_\_\_

# 4.3 SYNCHRONICITY TRACKER

 Track meaningful coincidences and signs that confirm your guidance.

## SYNCHRONICITY LOG

Date: \_\_\_\_\_ Days since session: \_\_\_\_\_

What happened:

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Connection to guidance received:

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How it felt:

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Action taken in response:

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*Use additional pages to log multiple synchronicities. Look for patterns over time.*

# 4.4 PATTERN RECOGNITION WORKSHEET

## IDENTIFYING RECURRING THEMES

Review Period: Sessions \_\_\_\_ through \_\_\_\_ Dates: \_\_\_\_\_

### RECURRING MESSAGES

Theme 1: \_\_\_\_\_

Appeared in sessions: \_\_\_\_\_

What this tells me: \_\_\_\_\_

\_\_\_\_\_

Theme 2: \_\_\_\_\_

Appeared in sessions: \_\_\_\_\_

What this tells me: \_\_\_\_\_

\_\_\_\_\_

Theme 3: \_\_\_\_\_

Appeared in sessions: \_\_\_\_\_

What this tells me: \_\_\_\_\_

\_\_\_\_\_

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### RECURRING SYMBOLS OR IMAGES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### RECURRING EMOTIONAL EXPERIENCES

\_\_\_\_\_

\_\_\_\_\_

# 4.5 SOUL PURPOSE INTEGRATION MAP

## BRINGING YOUR PURPOSE TO LIFE

My soul's primary purpose (from Records):

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1

### DAILY LIFE

How I express my purpose daily:

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2

### RELATIONSHIPS

How my purpose shows up in relationships:

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3

### WORK/CAREER

How I bring purpose into my work:

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4

### SERVICE

How I serve others through my purpose:

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# SOUL PURPOSE INTEGRATION MAP (CONTINUED)

## ALIGNMENT CHECK

Areas where I feel aligned with my purpose:

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Areas where I feel misaligned:

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Changes needed to increase alignment:

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## MONTHLY PURPOSE CHECK-IN

Month: \_\_\_\_\_ Year: \_\_\_\_\_

How I lived my purpose this month:

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Challenges faced:

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Victories celebrated:

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Focus for next month:

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# PROGRESS TRACKING

Regular assessment of your development helps you recognize growth, identify areas needing attention, and celebrate your expanding connection with the Akashic Records.



# 5.1 WEEKLY SELF-ASSESSMENT

Week of: \_\_\_\_\_ Sessions this week: \_\_\_\_\_

## PRACTICE QUALITY

Grounding consistency (1-10): \_\_\_\_\_

Session clarity (1-10): \_\_\_\_\_

Information reception (1-10): \_\_\_\_\_

Integration effort (1-10): \_\_\_\_\_

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## SKILLS DEVELOPMENT

This week I improved at:

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This week I struggled with:

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Next week I will focus on:

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## LIFE IMPACT

Changes I've noticed in my life:

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Guidance I've successfully implemented:

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# 5.2 GUIDE RELATIONSHIP DEVELOPMENT TRACKER

## GETTING TO KNOW YOUR GUIDES

Date: \_\_\_\_\_ Session #: \_\_\_\_\_

### GUIDE PROFILE

Name or identifier: \_\_\_\_\_

First appearance (session #): \_\_\_\_\_

Visual description:

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Energy/feeling:

---

Primary role or specialty:

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Communication style:

Words/voice  Images  Feelings  Knowing  Symbols

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### RELATIONSHIP DEVELOPMENT

Sessions where this guide appeared: \_\_\_\_\_

Key messages from this guide:

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How relationship has deepened:

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# 5.3 INFORMATION RECEPTION STYLE LOG

## DISCOVERING YOUR UNIQUE RECEPTION STYLE

Track how you receive information to strengthen your natural abilities.

### CLAIRVOYANCE (Clear Seeing)

Frequency:  Often  Sometimes  Rarely  Never

Examples from sessions:

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### CLAIRAUDIENCE (Clear Hearing)

Frequency:  Often  Sometimes  Rarely  Never

Examples from sessions:

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### CLAIRSENTIENCE (Clear Feeling)

Frequency:  Often  Sometimes  Rarely  Never

Examples from sessions:

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---

### CLAIRCOGNIZANCE (Clear Knowing)

Frequency:  Often  Sometimes  Rarely  Never

Examples from sessions:

---

---

# INFORMATION RECEPTION STYLE LOG (CONTINUED)

## YOUR PRIMARY RECEPTION STYLE

Based on tracking, my strongest reception style is:

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How I can strengthen this:

---

---

Secondary styles I'm developing:

---

Practices to develop these:

---

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## RECEPTION QUALITY OVER TIME

1	
2	
3	
4	

# 5.4 MONTH 1 PROGRESS REVIEW

## CELEBRATING YOUR FIRST MONTH

Review Date: \_\_\_\_\_ Total Sessions: \_\_\_\_\_

### PRACTICE DEVELOPMENT

Most significant breakthrough:

---

---

Biggest challenge overcome:

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---

Skills mastered:

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---

Skills still developing:

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### GUIDANCE RECEIVED

Most impactful guidance:

---

---

Recurring themes:

---

Guidance successfully integrated:

---

# MONTH 1 PROGRESS REVIEW (CONTINUED)

## LIFE TRANSFORMATION

Changes in my daily life:

---

---

Changes in my relationships:

---

---

Changes in my self-understanding:

---

---

Changes in my spiritual connection:

---

---

---

## MONTH 2 INTENTIONS

What I want to explore:

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---

Skills to develop:

---

---

Questions to ask:

---

---

Integration goals:

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# 5.5 3-MONTH MASTERY ASSESSMENT

## EVALUATING YOUR MASTERY LEVEL

Assessment Date: \_\_\_\_\_ Total Sessions: \_\_\_\_\_

### TECHNICAL SKILLS

Opening Records (1-10): \_\_\_\_\_ Notes: \_\_\_\_\_

Maintaining connection (1-10): \_\_\_\_\_ Notes: \_\_\_\_\_

Receiving information (1-10): \_\_\_\_\_ Notes: \_\_\_\_\_

Closing Records (1-10): \_\_\_\_\_ Notes: \_\_\_\_\_

Grounding (1-10): \_\_\_\_\_ Notes: \_\_\_\_\_

---

### RELATIONSHIP WITH GUIDES

Number of guides identified: \_\_\_\_\_

Quality of communication (1-10): \_\_\_\_\_

Trust in guidance (1-10): \_\_\_\_\_

Describe your relationship:

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### INTEGRATION & APPLICATION

Percentage of guidance implemented: \_\_\_\_\_%

Life areas most transformed:

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Tangible results from guidance:

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# 3-MONTH MASTERY ASSESSMENT (CONTINUED)

## OVERALL TRANSFORMATION

How I've changed in 3 months:

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---

Most profound realization:

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---

How my life is different:

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## NEXT LEVEL DEVELOPMENT

Am I ready to read for others?  Yes  Not yet  Unsure

Areas needing more development:

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Next 3-month goals:

---

---

Advanced training desired:

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# TROUBLESHOOTING & SUPPORT

Even experienced practitioners encounter challenges. This section helps you navigate common difficulties and know when to seek additional support for your practice.



# 6.1 COMMON CHALLENGES CHECKLIST

## IDENTIFYING & ADDRESSING DIFFICULTIES

### Challenge: Can't Access Records

**Possible causes:**

- Insufficient grounding
- Mental chatter/overthinking
- Trying too hard
- Fear or resistance

**Solutions to try:**

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### Challenge: Information Unclear

**Possible causes:**

- Weak connection
- Unfamiliar reception style
- Ego interference
- Wrong timing

**Solutions to try:**

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### Challenge: Feel Ungrounded After

**Possible causes:**

- Incomplete closing
- Session too long
- Insufficient post-session grounding

**Solutions to try:**

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### Challenge: Doubt the Information

**Possible causes:**

- Ego resistance
- Unexpected answers
- Lack of validation
- Normal beginner uncertainty

**Solutions to try:**

---

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# COMMON CHALLENGES CHECKLIST (CONTINUED)

## Challenge: Emotional Overwhelm

### Possible causes:

- Deep healing surfacing
- Past life memories
- Insufficient emotional preparation

### Solutions to try:

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## Challenge: Can't Integrate Guidance

### Possible causes:

- Guidance too abstract
- Life circumstances blocking
- Fear of change
- Lack of support

### Solutions to try:

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## Challenge: Inconsistent Results

### Possible causes:

- Variable grounding quality
- Life stress affecting practice
- Irregular practice schedule

### Solutions to try:

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## Challenge: Fear or Anxiety

### Possible causes:

- Moving too fast
- Past spiritual trauma
- Lack of safety/boundaries
- Unfamiliar experiences

### Solutions to try:

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# 6.2 GROUNDING EMERGENCY PROTOCOL

☐ Use this if you feel ungrounded, spacey, or disconnected after a session.

## IMMEDIATE ACTIONS (Do in order)

01

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### STOP & CLOSE RECORDS

Say closing prayer 3 times immediately. Visualize Records closing completely.

03

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### BREATHWORK

Deep belly breaths. Count: 4 in, hold 4, 8 out. Repeat 10 times minimum.

05

---

### BODY MOVEMENT

Walk, stretch, yoga. Get energy moving down and out through feet.

07

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### NATURE CONNECTION

Go outside. Touch trees, grass, earth. Spend 15-30 minutes minimum.

02

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### PHYSICAL GROUNDING

Stand barefoot on earth/floor. Stomp feet. Feel weight of body. Touch solid objects.

04

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### EAT & DRINK

Consume something substantial. Protein, salt, root vegetables. Drink full glass of water.

06

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### COLD WATER

Wash hands and face with cold water. Or take cold shower if needed.

08

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### REST & INTEGRATE

No more spiritual work today. Rest, journal, gentle activities only.

**If symptoms persist beyond 24 hours, seek support from teacher or practitioner.**