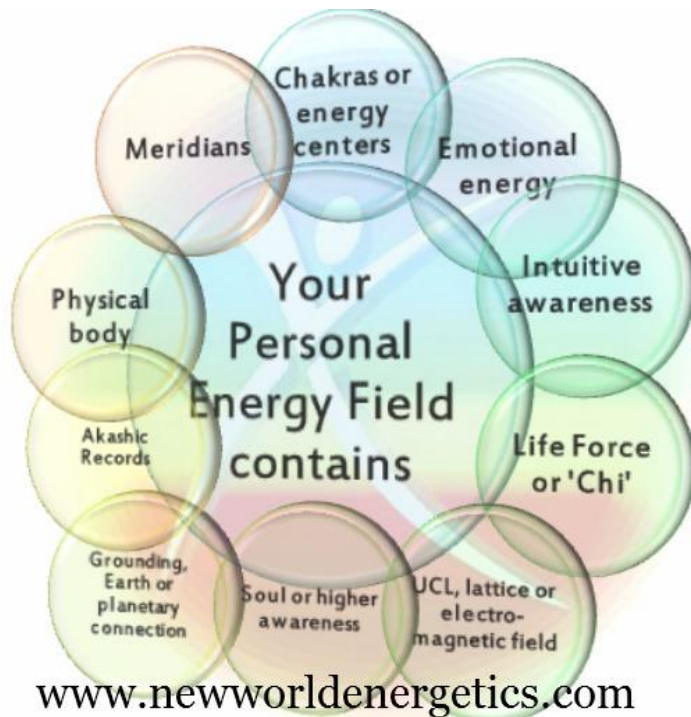


## Akashic Foundations Part I How to read your own Akashic Records with clarity and ease



After 19 years of work and study I have created an [Energetics Toolkit](#) that...

- Connects you with your [Personal Energy Field](#)
- Opens you to new [potentials and possibilities for wellness](#)
- Increases intuitive capacity and strengthens your connection to your [Inner Wisdom](#)
- Helps you to understand your [Soul Purpose](#) and Spiritual Journey
- Enables you to learn how to manage and balance your [Personal Energy](#)
- [Is great fun, rewarding and fascinating to work with!](#) ;-)

### Akashic Foundations Part I coaching course - who can take it?

**This online coaching course is for anyone over the age of 18 who is interested in accessing the Akashic Records for themselves as a regular spiritual practice.**

*(The 18 year age limit is a requirement for younger people - once you learn to access your Akashic Records you will become aware of your Karmic Energy and the Karmic Energy of others connected to you - something a younger person can wait a while to work on!).*

#### How it works

1. **There will be 3 online coaching sessions via Skype or phone** with Sarah, 1 hour per session, scheduled at our mutual convenience.
2. **Post-session homework sent as downloadable PDFs** for you to work with. This involves some writing (mainly journaling of experiences) and some suggested reading. Two books are suggested for your own personal development.
3. **15 minute follow-up sessions via Skype or phone between each coaching session** to check with progress and answer any questions that may arise - email contact as necessary (see my email address below).

# New World Energetics - Akashic Foundations Part I

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## Objectives of the Akashic Foundations Coaching course Part I.

### Coaching Session 1

**Learn to open your own Akashic Records** During this session you will be given guidance on how to use the Pathway Prayer Process to easily and effectively open and close your Akashic Records.

You will learn

- a) Entrance and exit - where ARE the Akashic Records?
- b) The Pathway Prayer Process and why it's important to read from the Prayer
- c) Create your own personal checklist for knowing that you ARE in the Records (sometimes we slip out - life happens!).
- d) How to grow your Akashic 'muscle' slowly to get used to the Akashic Energy
- e) Health and wellness - things you can do to support yourself physically with this type of spiritual practice
- f) Privacy guidelines - suggestions on what to share with friends and family - best practice inside and outside the Records.

You'll be learning to open and close your own Akashic Records several times during this session.

### Coaching Session 2

**Learn to meditate in your Akashic Records, formulate useful questions and establish your naturally preferred intuitive channels.** During this session you will be given guidance on how to meditate in the energy of your Records, create and collect useful questions and learn how you best interpret Akashic Energy.

You will experience and learn

- a) Points of Light meditation with Sarah
- b) How to start formulating questions and become a superb question collector!
- c) Abracadabra! The importance of language
- d) Ask and it shall change (the energy of the Records, that is)...
- e) Pick a subject, issue or circumstance to work with before your next coaching session and design some questions with Sarah's help.
- f) Pictures, sounds, music, words, writing? How do you experience the Records? Begin awareness of your intuitive channels.
- g) How often to go into the Records?

# New World Energetics - Akashic Foundations Part I

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## Coaching Session 3

### How to Access Your Past Lives and how to start working with Past Lives

There are many resources that become available to us as we progress as readers of our own Akashic Records...as you will find out! More Akashic Foundations Courses to come. <<Happy Dance!>>

Initially I have found that a great place to start is in the area of working with your Past Lives.

As you start to access your history of incarnation and reincarnation - patterns begin to form for observation and knotty questions or troubling circumstances can be clarified.

You will discover how to

- a) Travel to the Hall of Records
- b) Open the Column of Light to review Past Lives
- c) Interact with a Past Life
- d) Choose to integrate a Past Life into Now Time if you so choose
- e) Learn about the healings that may come from working with Past Lives
- f) Start to work with the Soul Matrix and Karmic Healing.

### Cost of Akashic Foundations part I Coaching Course

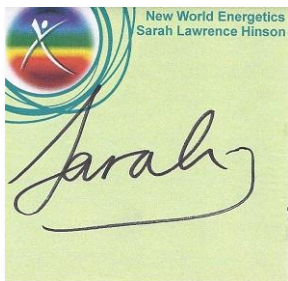
**Cost is \$300.00** including supply of course handouts as downloadable PDFS and all online support from Sarah as required.

It is recommended to schedule sessions at least one week apart to allow for energetic integration to occur and for your mind to process the information!

[Click here to schedule your coaching >>>](#)

[Click here to pay for your coaching via Paypal>>>](#)

Please note: *All Coaching Sessions are offered as a form of Personal Development. Should you realize you require therapeutic or medical support as a result of your work within the Records, please contact the appropriate professional.*



Feel free to [contact me](#) if you would like to arrange another [Online Session](#).

*To have an Akashic Records Session or coaching course, you must be over 18 years of age.*