

AKASHIC SOUL GAZING

through Eyes of Wonder

Overview

Akashic Soul Gazing is an advanced technique within the Sacred Akashic Healing Arts. It opens the gateway to multidimensional perception through the third eye, enabling the practitioner to enter heightened states of consciousness, observe reality as pure light code, and offer profound healing to the self by simply witnessing with reverence, by seeing this other being or thing or energy as their highest potential, it is a great affirmation to add in, 'I see you in your highest potential'.

This method weaves elemental balance, Soul and Creator communion, and shachara-based ascension into the 12th dimension — activating a Divine Gateway from which true perception flows.

Opening the Records

Before beginning the Akashic Star Gaze technique, it is essential to open your Akashic Records using the **SAHA Method** (Sacred Akashic Healing Arts Method). This ensures you are safely anchored within the trilogy of Akashic fields and attuned to your Soul's full architecture.

With your Records open, you are ready to proceed into the Five Element Harmonization.

Preparation: Five Element Harmonization

Begin by harmonizing the five elements within the body. This connects you to your Akashic channel and stabilizes your energy body. Affirm each of the following statements after placing the indicated fingers together:

1. **Thumbs together** — "I am connected to my Akashic channel."
2. **Index fingers together** — "My Earth element is harmonized and balanced."
3. **Middle fingers together** — "My Water element is harmonized and balanced."
4. **Ring fingers together** — "My Air element is harmonized and balanced."
5. **Little fingers together** — "My Fire element is harmonized and balanced."
6. **All five fingers joined** — "All five elements within me are harmonized, balanced, and connected."

Repeat this process twice:

- First to connect with **Soul Energy**
- Then to commune with your **Creator Within**

Visualize your soul or creator essence as light entering your field. It may appear as a white dome, capsule, crystal pyramid, or a fluid geometric space. Step into it.

Activate the Wisdom Heart-Star

While inside your soul or creator capsule, call upon your **Wisdom Heart-Star** — the energetic convergence point of your heart's knowing, soul's wisdom, and creator force.

Breathe through each shachara, invoking activation:

1. **Heart Shachara**
2. **Higher Heart Shachara**
3. **Throat Shachara**
4. **Third Eye Shachara**
5. **Crown Shachara**
6. **Causal Shachara** (behind the head)
7. **Soul Star Shachara** (above the crown)

As each shachara activates, sacred geometries, spirals, funnels, or light-streams may emerge. Stay open to your own unique visuals and sensations.

Opening the Divine Gateway

Once multiple upper shacharas are harmonized through the Wisdom Heart-Star, a crystalline geometry forms — this is your **Divine Gateway**. It links your energy body to higher planes.

Affirm: "I now open my Divine Gateway through the activation of my Wisdom Heart-Star across my energy body."

Begin rising dimensionally — first to the 8th (Akashic Field), then to the 12th (Unity Perception).

Akashic Soul Gaze Practice

From the 12th dimension, gaze through your third eye with gentle reverence. Choose something to observe. Eg:

- Your physical body
- A life situation
- A person or place
- Your Twin Flame connection

You are not trying to *fix* or *analyze*. You are observing with sacred neutrality — allowing the quantum field to show you the essence in light codes, archetypes, or symbolic geometry.

Stay with the image. Let it transform. Let it heal.

Closing the Practice

When the witnessing feels complete:

1. Give thanks to your Soul, Creator, and Wisdom Heart-Star.
 2. Ask to slowly return — down through the 12D to 8D to 3D.
 3. Gently separate from your Soul/Creator capsule.
 4. Check in with your physical body. Note any tingles, warmth, shifts.
 5. Rest. Integrate. Journal.
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Reminders

- Everyone perceives differently — some see, some feel, some hear.
- You may encounter symbolic language (e.g., crystal petals, golden funnels, codes and ancient looking language).
- Trust your imagery and allow your Soul to guide.

Akashic Soul Gaze is not just a method — it is a Sacred Invitation to perceive your life, and the lives of others through the Gaze of Divinity.

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