

# Acknowledgement

We offer deep gratitude to the ancient wisdom keepers, mystics, and healers who have walked before us. To the unseen guides, the ancestral lineages, and the Akashic field from which this work has been remembered rather than created—we honour your presence, your transmissions, and your unwavering support. This manual is a living, breathing portal of remembrance, and its wisdom is both timeless and evolving. We thank the guardians of ancient Earth traditions and cosmic consciousness for lighting the path of those who choose to lead with soul, service, and sovereignty.

May this work ripple through timelines with integrity, expansion, and embodied truth.

# With Gratitude for Practical Contributions

This manual would not exist in its fullness without the invaluable contributions of those who grounded this vision into form. From research and refinement to design and delivery, your hands, hearts, and minds have shaped these teachings into something tangible and transformational. A special thank you to Kevin Thompson, Richard Chambers & Bronwyn Coles, whose dedication, insight, and excellence have enriched every page.

Together, we weave the mystical and the material. And for that, we thank you.

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# S~A~H~A PROFESSIONAL CERTIFICATION

With Valentina Mathias

Aloha beautiful Soul, it is wonderful to have you here.

In this level of training we move into being fully aware that the 3 step Akashic Preparation process is designed to bring us into our awareness as Galactic-Earth-Soul Beings. It is a unique, beautiful and deeply healing process that brings into Unity all that we are, all that we bring to our current incarnations as human beings, all that we are in the I Am.

This process allows us to access huge amounts of healing and wisdom from all aspects of ourselves in a safe, reassuring and powerful manner. The deeper level of knowledge is as follows:

Galactic Akash (your personal Sun Star above you)

Earth Akash (bringing energy up from the Akashic Earth)

Soul Akash (the Soul light above your Soul Star Shachara)

There is also healing woven into the Invocations - at some stage clients will report back to you that just hearing the invocations sends them into a sparkling healing zone. They will often fall asleep right on the ‘Going Within’ Invocation.

We dive deeper into the 5 elements of your AE bag and the meaning of the Akashic pronunciation of Sha Kaa Raa (chakra) and you talk more deeply to your totem, asking them about their own totem lineage in the Akash. Plus we see if there are other aspects of you and/or your totems to meet in order for you to be a successful Akashic Earth Practitioner.

This is an interactive workshop with a huge amount of learning and practice. You will be adding your own notes into this manual based on questions I ask you to retrieve from your own Akash during the workshop. I recommend that as well as putting these in your manual, you print them out and have them handy when you are doing your client sessions. They are tailored to you and contain information that is specific to your process as an Akashic Earth Healer.

Let’s get started.

I will be holding Akashic Space and you will be learning, immersing and practising, pushing yourself to your limits and surprising yourself with your skills.

# DIVINE ARCHITECTURE FOR LEVEL TWO TRAINING CONTAINER Constructed for our container by Richard Chambers

**Sacred Governance & Energetic Architecture Anchored in the Divine Laws**

Beloved God/Source of All that is, In Its highest Purity, From where All Eternal Light Births, I AM that I AM…

By the Law of Divine Sovereignty,  
We now create and consecrate a Sacred Energetic Architecture for the Akashic Level 2 Training field - a sovereign space of divine learning, transmission, and spiritual refinement.

This space is built only in alignment with the original Source Template of Divine Love, Divine Will, and Divine Truth.  
Nothing outside of this frequency shall govern, enter, or remain.

### **Field Integrity & Energetic Governance**

By the Law of Energetic Integrity,  
This field is sealed and shielded by divine protocol.  
No entity, energy, or intelligence may enter this space unless it has fully transcended polarity, distortion, and separation.

By the Law of Divine Grace,  
any residual interference, projection, harvesting, spiritual bypass, distortion, or false light mechanism is now dissolved in love, returned to Source, and transmuted for the highest good.

By the Law of Free Will,  
all prior contracts, agreements, soul bindings, implants, vows, or unconscious permissions made with any being that does not honor this sacred training are now revoked, released, and rendered null and void across all timelines and dimensions.

### 

### **Architecture of Divine Harmony & Support**

By the Law of Divine Order,  
this energetic structure now anchors the pillars of:

* Divine Integrity
* Energetic Coherence
* Divine Truth
* Divine Love
* Divine Will
* Divine Peace
* Divine Wisdom
* Harmlessness in Thought, Word, and Action

These frequencies form the governing harmonic laws of this sacred space.

The Heart is the compass.  
The ego and spiritual ego are overridden by the Soul’s command and the Higher Self’s intelligence.

### **White Diamond Selenite Fire Transmutation Field**

By the Law of Transmutation,  
A perpetual field of white diamond selenite fire and crystalline plasma is now activated in this training space.

This field continually:

* Clears distortion and density
* Transmutes interference
* Restores energetic harmony
* Anchors divine light
* Resets the space to Source-aligned purity

No lower frequency may linger. All misaligned energies are returned to Source through grace and without harm.

### **Activation of Soul-Aligned Codes & Timelines**

By the Law of Resonance and Law of Magnetic Embodiment,  
each participant who enters this field is aligned with their heart-soul path  
and the highest, most harmonious timeline of growth and embodiment.

They now receive — only as appropriate for their soul’s maturity and consent —  
any necessary soul, monadic, avatar-level light codes and Akashic initiation keys  
to support their divine unfolding.

This transmission is organic, safe, precise, and only flows in alignment with:

* The Law of One
* The Law of Love
* The Law of Divine Timing
* The Law of Soul Authority

### **Sealing the Sacred Field**

By the Law of Divine Multiplication,  
All that is rooted in truth, love, and service is now amplified and anchored within this field.

By the Law of Overflow,  
This space becomes a living wellspring — nourishing all participants with clarity, healing, revelation, and divine replenishment.

By the Law of Soulful Overflow,  
This field transmits only what is sourced from the deep inner abundance of the Soul.  
Every teaching, every transmission, every offering arises from alignment - never depletion, distortion, or egoic striving.

This is a training ground where giving flows from wholeness, and where every participant is supported in anchoring their divine gifts through joy, ease, and overflow - not sacrifice.

By the Law of Divine Sovereignty,  
This sacred architecture is now fully established and protected - operating under the eternal light and law of Source Creation.

This is a field of undiluted love.  
Anything less is now released, transmuted, or dissolved back into Source with grace.  
Only love may remain.

No energy may enter this field unless it walks in integrity, reverence, and service to the soul’s truth.

This is a training ground for Soul mastery.  
This is a field of divine memory and sacred unfolding.  
This is a space of truth, protection, purity, and light - governed by love.

So it is. So it is. So it is.

# WHY DO WE WEAVE DIVINE ARCHITECTURE INTO OUR TRAINING TEMPLE?

Divine Laws are living, breathing fields of consciousness that govern how energy, frequency, and form manifest. They are not the same as man-made laws, but rather creational fields established by the Divine.

When we state our own Divine Commands, we are aligning ourselves to Source and the Divine order, rather than operating under assumed consent to laws created by others. This allows us to be more empowered as Conscious Creators.

For example - the Law of Divine Grace acts as a divine override, ensuring there is no karmic energy created in our interactions and energy exchanges. This allows the energy to flow in perfect harmony and alignment with what is highest for all involved.

By understanding and aligning to Divine Laws, we can step more fully into our Creator Consciousness, have more faith and surrender, and allow the Divine intelligence to guide how energy manifests in our lives, rather than trying to control it from the ego. This creates a more coherent, harmonious environment for our spiritual growth and unfolding.

# YOUR TOTEM WISDOM

Your totem/s have their own sacred Akashic lineage and specific reasons for being with you. Akashic Totems activate the Truth of who you are in a pure stream of undamaged consciousness.

Go into the Akash and ask your totem to share more about themselves with you, ask them:

“What is your name?”

“What are some of your specific Akashic skills?”

“Why/how are we connected?”

“What is your Akashic lineage? Please share with me about that.”

“Do you work with clients with me or is there another totem I work with as a practitioner? If so, may I meet them now?”

If you have a different Akashic Practitioner Totem, ask them the same questions.

Ask your totem,

“Is there a special technique you would like me to use when working with clients?”

“How may I call on you for help when I am working with clients?”

“What do you need from me? How can I assist you?”

Spend some time with your totem or totems honouring them, and being a guest of their Akash, being in a graceful receptive state, being open to whatever they wish to show you.

# EMBODYING THE 5 ELEMENTS IN YOUR AE BAG



The 5 elements work together in your AE Bag to harmonise your access to the Akash in a way that creates healthy balance in you, your clients and the Universe. Elemental harmony in you has a reciprocal relationship in the Universe, we need to step up to that relationship, to grow up and be part of Cosmic Universal Unity, taking responsibility for the balance of the 5 elements in our lives is how we do that as healers and way-showers to New Earth.

In this teaching, you will be learning more about the function of each element and a simple technique to focus daily on balancing each element within you. Paying attention to the elements within you assists to create harmony on Earth and in the Universe as well as alchemising you into a responsible and powerful Akashic Earth Practitioner.

**IN ALL AREAS OF LIFE, YOU WILL COME TO ASK YOURSELF**

“What element is out of balance here?”

“How do I balance this element within me?”

**AND WITH CLIENTS**

“What element is out of balance here?”

“How do I balance this element within them?”

# 5 ELEMENT MEANINGS AND HARMONISATION TECHNIQUE

**AKASH (ETHER OR SPACE IN THE AE BAG)**

Thumb - Akash element represents your personal connection to your Soul Wisdom. Your thumb is unique to you. You are an individual and your connection to the Akash is unique to you.

Hold your thumbs together and ask yourself

“What does my Akashic Soul Wisdom element represent in my life?”

“How does it bring order to all life?”

“How does my Akashic Soul Wisdom element relate to me as an Akashic practitioner?”

**EARTH (THE CRYSTAL IN THE AE BAG)**

Index finger - Earth represents the elemental in our physical body and is all about ordering our physical bodies. We tend to see our bodies as separate from the body of Earth. We are not. This view of being separate is what is causing problems for Earth - most of us are in fact part of the problem because we see ourselves as a separate issue from, say, an earthquake or flood. If we want to see Mother Earth in good order, we need to order our bodies.

Respect the Earth because Earth represents your physical body. Every time you want to take care of the Earth, you need to first take care of your body physically. Every time you hurt your body, you hurt the Earth. This is the equation of coherence between you and Earth.

That means when you need to rest, rest. When you need to exercise, exercise etc. When you have surgery to remove parts of your body, you create a disorder in the element of Earth which leads to deforestation and turning one human against the other because of lack of respect.

Hold your index fingers together and ask yourself

“How does the Earth element work in my physical body?”

“How does my Earth element in the body contribute to harmony or disharmony on the Earth?”

“How does my Earth element relate to me as an Akashic practitioner?”

**WATER (THE SHELL IN THE AE BAG)**

Middle finger - Water element is about emotions and pleasure - find the balance and enjoy everything that you do AS YOU without any restrictions. Water represents the emotional aspects of ourselves as human beings. Right now the emotional state of humanity is unbalanced leading to water imbalance - floodings, rains, droughts. Society often restricts us from doing things that bring us satisfaction and pleasure. Everytime that we are not allowing ourselves to enjoy life we are going against the water elementals. We have to enjoy who we are and what we do as who we are. Scientific research etc won’t change the water problems - if we don’t order our emotions and pleasure, there will never be a balance.

Hold your middle fingers together and ask yourself

“Who am I in my Water element of emotional and pleasure reality?”

“How does my Water element contribute to harmony or disharmony with Water on Earth?”

“How does my Water element relate to me as an Akashic practitioner?”

**AIR (THE FEATHER IN THE AE BAG)**

Ring finger - Air element is our words and thoughts. It is a simple equation of communication from the Universe with the Human and thus our thoughts and words that flow from that. We need to understand the order of the air in order to speak. Sometimes instead of creating a nice gentle breeze, we create a tornado - it is important to check the air element in your body is harmonised before you create thoughts and words. When you see a hurricane it means the words are in such an imbalance that they create a distortion in the air field.

It is important to not only keep our Akashic connection pure but also to put harmony and balance in our minds so that our connection to Divinity is simple and pure and we can then speak with simple wise words (instead of reacting). We need simplicity to harmonise the Air element.

Hold your ring fingers together and ask yourself

“Who am I in my Air element - my thoughts and words?”

“How does my Air element contribute to harmony or disharmony with Air on Earth?”

“How does my Air element relate to me as an Akashic practitioner?”

**FIRE (THE VOLCANIC ROCK IN THE AE BAG)**

Little finger - Fire element represents your consciousness and will. It is important to always have fire (even if just a candle) because fire gives power and strength to everything you talk about. Everything you envision for yourself, every Divine message you receive can be spoken to fire to give it power and strength. It is extremely powerful, that is why your mind needs to be kept simple, ordered and connected to Divinity/Akashic Wisdom before you speak your words to the fire for power and strength. Out of control fires represent the unordered minds of humanity.

Hold your little fingers together and ask yourself

“Who am I in my Fire element, do I use the Fire element correctly?”

“How does my Fire element contribute to harmony or disharmony with Fire on Earth?”

“How does my Fire element relate to me as an Akashic practitioner?”

**SUMMARY OF AE 5 ELEMENTS TEACHINGS**

Primarily I am teaching you here about harmonising the 5 elements within you.

You are not responsible for every disorder of elements on Earth. If, for example, there is a wild storm and heavy rain and flooding near you, tune in with your middle fingers (Water) and ask yourself, “Did I contribute to this, is there disharmony within my personal Water element?”

If the answer is yes, then balance that within yourself and your life - keep it that simple.

The 5 elements combined represent our being, our consciousness and the way we understand the world. All of the elements join and become one and thus we have the order we need to birth harmony into everything we do.

**DAILY PRACTICE**

Tune into each element by pressing the matching thumbs and fingers together and asking for that element to be harmonised and balanced within you.

Some may take longer than others.

You may receive inspirations, actions to take or messages.

Harmonise the thumbs and all the fingers together asking for full balance of the 5 elements within you knowing that internal harmonisation is the key to affecting real change in the world.

This personal responsibility and respect for each element is what humanity as a whole needs to re-learn in order to truly come into harmony with Earth and live in Unity Consciousness.

Understand that all 5 elements are represented in our living body, our living being - we don’t have to go out looking for them (but it is nice to connect consciously with nature and fire and our Akash).

# SHA KAA RAA (chakra) ORIGINAL AKASHIC MEANINGS

Some time ago, I was instructed by Source Akash to pronounce ‘chakras’ differently from the usual way that we hear them. This is because words have a vibration and ‘Sha Kaa Raa’ is open and expansive. It is the original correct pronunciation from the Akash.

This teaching is to help you understand what you are doing when you are opening the

Sha Kaa Raas with the AE Sun Sign and was downloaded from the Akash by Richard Chambers as part of his certification. You will notice there are references to Source and shafts of Light, both of which are represented in the AE Sun sign - source being the spiral (source or sun energy) and the 7 shafts of light coming out of the spiral are of course the shafts of light.

**SHA (CAN BE PRONOUNCED SHA OR SAA)**

There is a masculine and feminine.

“Sha” is feminine

“Saa” the masculine

If in doubt, use the feminine

Usage here is not about the client being masculine or feminine

It depends on what part of the masculine or feminine body you are addressing.

“Sha Kaa Raa”

To connect more into the feminine aspects of the client, your pronunciation would be “Sha Kaa Raa” You can practice this in the Akash yourself and ask to connect with your Divine Feminine.

“Saa Kaa Ra”

If you want to connect more into the masculine aspects of your client, you would say “Saa Kaa Ra” You can practice this in the Akash yourself and ask to connect with your Divine Masculine.

If you want it be unified you would go with the base root of the feminine - “Sha Kaa Raa”

**KAA**

The resonance of this part of the word stands for the light waves and the frequencies from the Galactic Akash (starlight) that manifest in the physical realm through the Shakaaraas (chakras).

Kaa is the way Light manifests in the physical and it also represents the reflection of the masculine and the feminine through that. Kaa is the Galactic Akash Spirit energy manifesting as light waves.

**RAA**

Raa is the Eternal Source of our Soul. It represents core essence, core source.

Raa is the eternal Source Essence.

# HIGHER HEART SHA KAA RAA

The Higher Heart is all about connection to Lemurian New Earth codes and attuning to the higher levels of the Akash like Source Akash.

I will activate this for you in our journeys today as part of our practice.

In your own time try adding in the Higher Heart activation when you open the Akash and note the different quality of the session/healing you receive. Do this a few times before you try the process on a client so that you are cognisant with how this process feels and operates for you first.

The Higher Heart is located just above the Heart Sha Kaa Raa and is often referenced as the 8th Dimension which is where we read the Akash, it is the seat of your Soul in your body.

*Nb - this is not offered to clients on their first session as not everyone is coded for a Higher Heart opening. You could ask to code their Higher Heart during their initial session with you if they are keen for this level of opening. It brings forward a deeper wiser energy and once again, not everyone is ready for this, not everyone has the permanent seated home of the Higher Heart activated.*

# YOU AS AN AKASHIC HEALER IN THE AKASH

You may have a specific aspect of you in the Akash who does the Akashic readings and healings with clients.

Open the Akash and do a tunnel method asking to meet this aspect of you. When in the tunnel of Heart Light together have a conversation about whatever you wish to discuss. Be sure to ask how to call them forth to work with a client.

# YOUR AKASHIC PRACTITIONER GUIDES

You may have specific guides in the Akash that will assist you with clients.

Go into the Akash and ask to meet your Akashic Practitioner guides. Get to know them, ask them questions like

“What is your name?”

“How do I call you forth?”

“In what ways do you assist me?”

“Are there specific phrases I need to use when looking up client’s records or should I just say, Masters Teachers and Loved ones of ……. please bring me the records on (their query).”

“What do I do if I am stuck and can’t get an answer for a client?”

“Who is my interpreter if I can’t understand the information coming through for a client?”

# WORKING WITH CLIENTS

**PROCESS OF READING AND HEALING IN THE AKASHIC SOUL RECORDS**

*NB - If using the guided MP3s and music on the Level 2 App, make sure you have tested all of the options out thoroughly before using them with a client.*

*ALSO - Have your list of questions and answers that you created at the beginning of Level 2 training handy so that if you hit a roadblock you can refer to them. These answers are there to help you, and channelled from your own Akash specifically to assist in your work as an Akashic practitioner. Trust them.*

Explain to your client that this is not a psychic reading but rather Soul wisdom healing and guidance from their Akashic Library. As such, there may not be streams of information and they may fall asleep as part of the deep Akashic healing process. It is fine if this happens. Let them know you are literally retrieving records of information from a vast Akash of information, so it is best to be clear about what they want to know, otherwise they may receive more general information than what they were hoping for.

Ask their permission to access their Akashic Records. You cannot proceed without permission.

Ask what their requests are today (or you may already have them from their booking sheet so go over them with the client).

If using one of the the Level 2 MP3s, explain to them the recording in the background is for them to relax to and also assists you to do your job as an Akashic healer and reader. If it feels appropriate, explain that the preparation process is recalibrating their energy fields to them in the 8th Dimension, to their energy in the Akash; and also matching your energy fields to theirs so that you can accurately read and heal for them in the Akash, it is that simple.

The MP3s support your process as a practitioner. They are there for you if you choose to use them, it is completely up to you. I usually play the beginning of either the short or long one, and then switch to the Moby recordings so that I have plenty of time and can close the Akash verbally when both my client and I are ready.

Whether you are choosing the guided meditation preparation MP3 or the Moby background music, or your own music - have that playing as you prepare to start.

Generally your client will be lying comfortably on a couch or massage table but they may want to sit up, or sit cross-legged on the floor.

Place your Akashic Earth bag on their Heart Shachara.

While the MP3 is playing, cleanse your client with sage and feathers or a Reiki wash - whatever way is natural to you. Then use your AE Sun symbol to form a shield of protection around the client and you – top, bottom, front, back, both sides and project it into the centre of the room.

Connect yourself and your client to their GALACTIC AKASH by visualising the client’s personal star in the sky above you both, and pulling a shaft of light down from it to both of your Base Sha Kaa Raas. Also place in there your Akashic totem and the AE Sun symbol.

Do this for all seven Sha Kaa Raas, Base/Root, Sacral, Solar, Heart, Throat, Third Eye, and Crown.

This is quick if you are using the short client recording as they will have booked a short session with you and the recording is designed to keep you moving along quickly. Don’t worry if you fall behind, catch up to the recording as you go along.

If it is a longer session, this part of the process is an ideal time to add in some healing to each Sha Kaa Raa - I personally often play the crystal healing bowls in each shachara for the client. It is really lovely to personalise the process with your own healing skills.

Next, move to the client’s feet. I personally like to place my hands on the soles of their feet as it is beautiful healing for the client but it is up to you, honour your own skill set as you do the EARTH AKASH process

Draw/visualise your totem and the AE Sun symbol on the soles of both your feet, and the feet of your client.

As the MP3 moves onto pulling up energy up from the Earth Akash via the Mothers & Grandmothers, you visualise this process for both you and the client, visualising Akashic Earth energy vibrating up to you and up to the client. Up through soles of feet, throughout the whole body, down arms and back into the earth.

Or if you are using background music, you just do this process for both you and the client. You can talk them through it if you wish, it is up to you. Remember to keep it general - they don’t know all about the Akashic Earth or the AE Sun symbol, or your totem. They just feel and hear you talking about the ancient and wise mothers and grandmothers sending energy up to them from the centre of our planet, how it flows through them and back down and up again.

Then as the SOUL AKASH part of the meditation plays on the MP3, visualise this separately for yourself and for your client. A sparkling ball of Soul light above you, then around you, forming a platform of Soul light under you. Soul light emanating through your energy fields, all through your body. Magnetically pulling out whatever is no longer required in your life. Magnetically emanating into you whatever it is you require at this point of your life. Allowing the Soul light to do its work.

If not using the guided MP3, there is a written description in the Level One section of your manual that you can read to the client as you do this part of the preparation. It is called, ”*Personal Soul Light Cleansing And Protection Meditation*”. Or you can just do the guidance yourself. You will know the process quite well from doing it on yourself, and then in time know it inside out from facilitating it for clients.

The mp3 will continue to play hypnotic and soothing background music and you continue with your Akashic process. You also have an additional recording of just whale and heart shachara music on your app if you prefer that over the Moby music. I usually play the short or long preparatory meditation and then switch to Moby or Heart/Whale music so that I can just let it flow and focus on the session.

When you feel that you and your client are prepared with the Soul light healing, say the Akashic Invocation to energetically match to their Akashic Records.

Move forward with your totem animal into the Akashic Earth Library and ask for specific records, receive healing, connect with soul self, etc. Remember to ask your animal totem to assist. Remember also to just allow whatever happens to happen, allow the information/healing to come to you in whatever form it wishes to come in … just like you allowed the Soul light to clean both you and your client in preparation.

NB - The recorded meditations for clients do not have the invocations recorded as these are yours to read out, they are not for everyone to hear on the recordings, and are tailored of course to each client’s names and queries.

If you are stuck, keep asking ‘Masters, Teachers and Loved Ones of (client's name), please bring me the records for (client's question).

Another way to be open to receive information, is to write down the beginning of the answer to their question. Eg if they have asked what their life gift is, write down, “Your life gift is …” and wait for the answer to come to you. Be ready with your hands to type the answer and trust whatever comes. Or say it in your brain if doing an audio recording and wait for the images or answers to come to you.

Write down or speak (for an audio) all the information you receive for your client. When you have finished, ask, “Masters, Teachers and Loved Ones, is there anything else you wish to tell me for the client?” Write down or verbally record anything that comes through. Then ask your totem if there is anything they would like to say or do before you close the Akashic Records. Then ask the client if there is anything they are feeling in need of saying or asking before you close the Akashic Records, and assist them as much as you can within your time frame.

During the session you can also scan the client’s aura with your hand and give Akashic healing anywhere that is required by drawing the AE symbol and placing your totem into areas that have a different vibration from most of the aura. Plus of course you can use your own healing techniques (as long as they are non-invasive).

Say the Akashic Invocation to return to surface and cleanse your client again with sage & feathers or a Reiki wash. Or perhaps sound healing - whatever you like to do.

Integrate for a few minutes - the longer the better.

Sit your client up and tell them about the reading and healing. Ask how it was for them and, if you wish, offer them paper to write or draw on. I have noticed that clients who are artists like this as they have received inspiration during the session.

Clear yourself of any energy that is not yours with a sage smudging or Reiki clearing. Clear the room with a sage & feather smudging - or an energetic clearing process of your choice.

Spellcheck your transcript and email it to the client. Or email them the audio recording of the session. I am open with my clients to doing whichever method they prefer - most choose a written transcript. Or you can be the one to choose whichever method suits you - you are the one doing the focussed Akashic work for them so if you are only comfortable with one method, only offer that.

Follow up with your client in a few days to see how they are after their session with you.

*Nb - if you have the skillset and access to editing, you can create your own MP3s for clients to follow along to. I have provided you with mine for ease of process but you can also create your own. It is advisable to do this once you know the process thoroughly. You can add in your own touches as long as you also follow the Akashic Earth system as I have taught it to you.*

# WORKING WITH CLIENTS - YOUR NOTES

# AKASHIC INVOCATION (CLIENTS)

We give thanks to our Higher Selves, our Akashic Selves and the Wise Mothers and Grandmothers guarding and safe keeping the Akashic Earth Field. Aho Gaia.

I (say your full name) choose to vibrationally match with (say client’s full name) personal Akashic Earth Records now - we align with our bodies, auras, and consciousness.

I am (say your everyday name) for (say her/his daily name), please welcome me. Aho Gaia

Unity Consciousness, please assist me to know every aspect of (client’s everyday name) queries in the vibration of the Akashic Earth Records, please welcome us. Aho Gaia

Unity Consciousness, please assist me to know all that (client's everyday name) is in the "I Am" in the 8th dimensional vibration of the Akashic Earth Records, to trust the answers s/he/they receive are hers/his/theirs, the healing she/he/they receive is accurately targeted to her/his/their stated queries, and that her/his/their Soul Wisdom is healing her/him/them in ways that are a vibrational match for her/him./them.

I state this in reverence of all that (client's daily name) is in the "I Am", please welcome us. Aho Gaia

(Client's daily name) Akashic Earth Records are now with us x 3

# ‘RETURNING TO SURFACE’ INVOCATION

As we prepare to leave the Akashic Earth Records, we give heart-felt thanks to our Higher Selves, our Akashic Selves, our Soul Selves and the ancient Wise Mothers and Grandmothers for facilitating our vibrational journey within to all that (client's daily name) is in the 'I Am', to his/her/their Akashic Earth Records.

We receive our blessings with gratitude and honor the graceful wisdom of the Masters and Guides who have helped us. Giving thanks to every aspect of (client’s daily name) whom we have met today.

We say thank you, thank you, thank you as we prepare to return to our incarnated lives, to ground back in our bodies.

Here and now, we return to surface and become like trees growing strong with our roots in the Earth for sustenance, our trunk bodies supporting us … our crowns reaching up to the Sky for light. Aho Aho Aho

We are back in our bodies and integrating our process now. Aho Aho Aho

(this is when you move them into integration pose for several minutes)

# DISTANCE SESSIONS - READING FOR CLIENTS IN THE AKASH

**PRIOR TO SESSION** - download one of the client MP3s and Moby Music or other suitable background healing music and send it to the client so they are having the same sound experience as you at their place. Ask them to test the recording before the session so that they are ready to go when you call. Encourage them to prepare by creating a safe and relaxing zone to receive the Akashic Healing on their end. They may like to be lying in bed, sitting outside under a tree … whatever is relaxing for them.

**ON THE DAY**

Create a crystal grid or special set-up of feathers, shells, crystals … whatever speaks to you. This arrangement represents your client. If you want, you can send them a photo of this afterwards for them to save to their phone and receive ongoing Akashic healing (as it will have been imbued with energy aligned to them during the session).

Place your AE Bag on the client grid arrangement with the intention that it is on their Heart Shachara.

**CALL THE CLIENT VIA ZOOM, MESSENGER, PHONE, etc**

Chat the same way you would for an in-person client, and then either

1. Keep the session open via zoom/messenger video, or
2. Close the call and tell them you will message and hop back online to talk to them when it is finished.

Either way, remember to type or have the record button on to record audio for them.

Continue to facilitate the session as you would for an in-person session; the only difference being that the grid arrangement represents their body on a massage table or couch.

**PREPARE TO CLOSE**

Text and call your client or if you are still on a video call together, move to the stage where you talk about the session and ask them if they have any further questions. Also check with their Masters and Teachers - 'is there anything else I need to know or do for this client today?

* This part of the session is always up to you as to how much extra time you give them - it really depends on your schedule on the day, and also what length of session they have booked with you in the first place.

Say the 'Returning to Surface' Invocation to close your access to their Akashic Earth Records and integrate together for at least 3 to 5 minutes.

Send the client the recording or transcript. Do a courtesy check in with them a few days later.

**WHAT IF SOMETHING COMES UP FOR ME?**

If you are triggered during a session, do some healing on yourself, and also revisit the trigger to heal it further later in your own time. Remember that we are essentially all here to heal the Earth Akash so if you are triggered in a client’s session, this is a gift. All it means is that you are both holding a particular pattern and now you have the opportunity to more fully release this pattern for yourself, but more importantly for Earth. A summary from one of our Akashic graduates, Kevin, helps with our understanding of what we are doing here as an overriding mission, as well as our specific missions:

[**Kevin Thompson**](https://sacredakashichealingarts.circle.so/u/5ee15e5f)

**2025.05.19 An Akashic Journey**

This is pretty big to wrap our heads around, but here it is. I’m trying to put into words things that don’t quite fit into the smallness of my brain! Will see how it lands.

A few foundational concepts first. If these feel right for you, then I think the rest may as well.

· We are all eternal light beings, fragments from source creation.

· We chose to be here, right now, in this incarnation.

· We all have a direct line of connection to Source Creation energy.

· It's built in, in our DNA.

Akash concepts: The Akash is a record of all that is and has been. Every creation, action, thought, breath, energy, frequency; everything. It began the moment our awareness came into existence, that is the moment we separated from Source Creation. The directive was: go experience free will, separation from Source. This is the root of the Akashic records. Where record keeping began. I like to think of this as the start of a Cosmic Day.

So, what is separation from Source? In one word, Trauma. It comes in many forms. But they are all experiences of separation. This is the lowest vibration, connection to Source Creation is lost. We need to know and understand this is our choice, our service to source creation, our addition to the Akashic record. By understanding the architecture of the Akash, we can navigate the pain and suffering of the traumas held in the Akashic records. As Akashic healers, this is why we are here. As we heal the Soul Akash, we heal the Earth Akash. As the Earth Akash is healed, the Galactic Akash is healed. And as the Galactic Akash is healed, the Universal Akash is healed. In the simplest form, this is our mission. Not for the faint of heart.

Pretty big concepts to warp one’s head around to say the least. Here is an architecture that has been coming to me that helps me better understand this.

Soul Akash: there are an infinite number of Soul Akashic records. Every single being of light has one. They go back in time for millennium, to the original separation from Source. Our current incarnation is the most present. But as we dive in, our past lives also come into the picture. As we expand from our planetary past lives, we can move out into our Galactic and Universal past lives. All with an Akashic record. We can follow the records all the way to Source Creation.

**Earth Akash:** Our Earth Akash holds all the Soul Akash records. I see it as a field surrounding all the Soul Akash records. But our Earth, in our solar system around our sun, is only one of an infinite number of ‘Earths’ in our Galaxy, the Milky Way. Each ‘member’ (planet, moon, star, comet) has its own Akashic records. This totality forms the Galactic Akash.

**Galactic Akash:** I see this as a field surrounding all of the star system Akashic records in this Galaxy. We have all seen photos from our telescopes of distant Galaxies. All unique in their design and breathtaking in their beauty. We know there is an infinite number of Galaxies. All hold an Akashic record of everything they contain. The totality of these Galaxies forms the Universal Akash.

**Universal Akash:** Again, this is a field containing all of the Galactic Akashic records. An infinite number of Galaxies, each holding an infinite number of stars, each holding the memories of an infinite number of eternal light beings who have chosen to come on this journey. And of course, there are an infinite number of universes. These are all contained by the Cosmic Akash.

**Cosmic Akash:** The Cosmic Akash is a field holding all of the Universal Akash’s. If your brain has not melted yet, this will likely do the trick! The Cosmic Akash is only light and frequency. Matter and time begin in the Universal Akash. The Cosmic Akash is the contact point where Source Creation connects with all that is.

So here we are down in this lowest frequency in this now moment. The fact that you are still reading this means you are interested to work with your Soul Akash. Here we can begin to gather and remember the tools we need to begin this amazing work we are here to do. It is all in our Soul Akash. The healing of our Soul Akashic records is the spark that begins our journey back to Source Creation.

# CREATING AN AKASHIC CRYSTAL GRID

Welcome to the transformative journey of crafting your Akashic Crystal Grid, a sacred and creative conduit through which the energies of manifestation flow. In this teaching, we'll explore the steps to construct and activate your grid, aligning it with your intentions and the wisdom of the Akashic Records.

**UNDERSTANDING YOUR AKASHIC CRYSTAL GRID**

Your Akashic Crystal Grid is a powerful tool that influences twelve key aspects of your life, including personal growth, relationships, and societal harmony. Whether you're focusing on personal or business goals, this grid serves as a versatile instrument for manifestation.

Together, we will activate these intentions, aligning them with your inner wisdom as an Akashic Practitioner. Today we will work on an Akashic Business Grid

**MATERIALS YOU WILL NEED**

Gather the following materials before beginning your grid creation process:

* A photo frame approximately A4 size, preferably a simple wood frame.
* A picture representing your overarching manifestation goals.
* Stickers for inscribing your changing manifestations, goals, or requests.
* 12 small quartz crystals, such as clear quartz or amethyst.
* 1 central crystal, which could be a pyramid or a cluster, preferably clear quartz or amethyst.
* 1 master activator crystal, such as a clear quartz pointer crystal or a selenite rod.

Remember, these recommendations serve as a guide but trust your intuition when selecting crystals that resonate with you.

**PREPARING YOUR GRID**

Choose a photo that symbolises your overarching manifestations and place it within the frame as the backdrop for your grid.

Using a rubber-based clear glue like silicon, affix the 12 quartz crystals around the frame, resembling the markings of a clock.

Write your 12 manifestations, goals, or requests on stickers and place them between the quartz crystals.

Position the central crystal cluster or pyramid at the heart of the grid.

**ACTIVATING YOUR GRID**

Create an Akashic Field of Energy between your hands using the AE Sun Symbol, channelling this energy into the grid.

With the master activator crystal, begin at the central crystal and extend outward to one of the smaller quartz crystals, traversing the manifestation note.

Return to the central crystal, then back to the same small quartz crystal and across a manifestation note, moving around the grid systematically until you have completed the circle.

In the Southern Hemisphere, move in a counter-clockwise direction. In the Northern Hemisphere, move clockwise. At the Equator, follow your intuition.

When you are complete, tap the central crystal three times, then activate the grid by drawing the AE sun symbol over the process with the master activator crystal.

Hold your hands above the grid, maintaining the Akashic Field of Energy for as long as desired, allowing the energies to flow and communicate with you.

**TRUST YOUR GRID IS ALIGNING AND HARMONISING FOR YOU**

As you embark on this journey of creation and manifestation, trust in the power of your intentions and the wisdom of the Akashic Realm. Repeat this process daily, allowing the grid to evolve and manifest your desires into reality. Through this practice, you'll cultivate a life of balance, harmony, and fulfilment, both for yourself and for the greater good of the Earth.

Change your stickers as necessary - you may find you need to fine-tune what you have written or change it all together if you realise a particular request is not in fact aligned and harmonised for you - your grid is attuned to your Akashic Soul Wisdom and knows what is best for you.

# BONUS TEACHINGS FROM VALENTINA’S TEACHING MENTEES

Within this sacred Level Two container, we are deeply honoured to be joined by two experienced healers—wisdom keepers with many years of experience walking the path of service and Earth, Galactic & Soul mastery.

As initiated students of Valentina’s SAHA Teacher Training, they offer you these transmissions from their lineage of remembrance:

# AKASHIC ENERGY BENDING TECHNIQUE with Richard Chambers

*An Advanced Protocol for Etheric Scanning, Extraction & Transmutation within the Akashic Field*

This multidimensional process is designed for advanced practitioners to identify, extract, and transmute foreign energies, distortions, trauma imprints, and soul anomalies through conscious command and Source-guided illumination. It is a precise healing technique conducted within the Akashic Records and is ideal for deep personal clearing or client facilitation.

## **Step-by-Step Instructions**

### 1. Prepare the Field

· Cleanse your space energetically (smudge, sound, oils, etc.).

· Ground your body and open your heart.

· Invite in divine protection and guidance.

### 2. Enter the Akashic Records

· Use your access prayer or invocation.

· Feel yourself fully immersed in the Akashic frequency.

· Connect with your Record Keepers and Akashic Guides.

### 3. Enter the Akashic Healing Chamber

Request:

“I call forth an Akashic Healing Chamber aligned with my highest path for the purpose of energetic bending, clearing, and transmutation.”

Allow yourself to be guided into this energetic space.

### 4. Activate the Vertical Akashic Axis

· Ground into the Akashic Earth Grid.

· Connect upward into Source Akashic Light.

· Breathe prana into the chamber, filling it with luminous white-gold light.

## **Energetic Scanning Phase**

### 5. Initiate the Diamond Light Scanner

Visualize a horizontal white diamond opalescent beam of light floating three feet above your head.

Command it:

“Begin scanning for all foreign energies, distortions, anomalies, and unresolved trauma across my multidimensional field.”

Slowly bring the beam downward through your energy body.

### 6. Ping Detection

Pause when you feel a ping, tension, or energetic disruption.

Ask: “Is this energy mine?”

If not yours, command: “From the level of my Highest Self, I now return this energy to Source under Divine Grace.”

Observe the release. Feel or see any shifts.

## **Bending & Transmutation Process**

### 7. Reveal Hidden Energy

If remaining energy appears bright or luminous, say:

“I now release all overlays of false light. Reveal to me the truth of this energy.”

You will often now perceive the energy as darker—grey, black, or murky.

### 8. Observe the Energy’s Form

· Identify its color, shape, and location in your field.

· Note its outer and inner edges.

### 9. Command as Creator

“I am the Creator of my reality. There is no energy I cannot shift. I now command this energy to be released from all dimensions of my field.”

Visualize the energy gathering into your hands.

### 10. Compress and Contain

· Shape the energy into a ball.

· Compress it again and again, reducing it to the size of a softball.

· Declare:

“I now place this into a golden sphere of light. This is a container of safety and illumination.”

### 11. Illuminate and Read

· Activate the light of the golden sphere.

· Observe what thoughts, emotions, and beliefs surface.

· Acknowledge and name them without judgment.

## **Violet Flame Transmutation**

### 12. Invoke the Violet Fire

Say: “I now invoke the Violet Fire to transmute this energy fully into purified Source light.”

Watch the contents dissolve into violet particles, rising into Source.

### 13. Anchor Positive Opposites

Now declare the positive opposites of what you released:

· Powerlessness → Empowerment

· Confusion → Clarity

· Fear → Trust

· Shame → Self-worth

· (Add what is relevant for each session.)

## **Final Sealing & Completion**

### 14. Fill the Healed Field

Visualize white diamond or golden Source Light flowing through every area that was healed.  
 Declare:

“I now seal all healed areas. No voids, openings, or imbalances remain. Only wholeness, clarity, and divine order exist within me.”

### 15. Repeat as Needed

Return to the scanner beam and repeat the process until the body and field feel clear.

### 16. Exit the Records

Thank your guides, the chamber, and Source.  
Close the Akashic Records completely and ground your energy.

# LEADERSHIP & BUSINESS CONNECTION with Bronwyn Coles

## Recognizing your Leadership is an enormous support to the way you move through your life, so take the time to experience a connection with this aspect of yourself.

Process:

» Enter the Akash

» Enter the Healing Space within the Akash

» Once Healing is complete, ask to meet your Leadership-self. This aspect is present whether you are an individual, family leader, a leader of animal, plant, earth or cosmic energies, community leader, business leader, solopreneur or entrepreneur

» Hold space for the connection and feel into the resonant energy

» Ask Your Leadership-self some or any of the following questions:

o How do you guide me in my day to day?

o How do I recognize you when I call you in?

o What are we here to lead?... & How does this feed into my purpose?

o How may I support our leadership?

o What is the optimum environment to share my leadership abilities?

o What is the energy of reciprocity in my leadership, eg: is there energy exchange, monetary exchange, gifting, receiving – Is the energy of reciprocity balanced?

» If you have a business or organization that you have created and lead, ask to be taken to the Vault holding the energy of your business or organization. If you are a leader within an organization or business owned by others, ask to be taken to the viewing platform of the business or organization

» Business created & lead: connect to the essence of the business and seek to understand how you steer and influence the business. Ask what the it (the Business) needs at the moment for alignment and strengthening (if appropriate)

» Business owned by others: ask to see the overarching energy of the business, your inter-relationship and the ability for you to influence outcomes for the highest good and in alignment with your values.

» Create a Crystal Grid for your leadership or business

# YOUR ADMIN

**PAYMENT SYSTEMS**

What are you currently using or intending to use? Cash, Merchant banking with Stripe or Square, Afterpay, PayPal, Barter, Donation are a few methods to consider.

**INSURANCE**

You are legally required to have professional indemnity and public liability insurance (they are bundled together on the one policy). You can find companies that specialise in insurance for alternative healers. You may have to list yourself under massage or reiki, then add Akashic. Google, call and speak to people.

**CLIENT BOOKINGS**

What method do you want to use? I use Calendly as it takes relevant questions when they book in, and I can set it to send email and text reminders to both the client and me.

**RELEVANT QUESTIONS**

What is your full name and your daily name?

Do I have your permission to access your Akashic Earth Records?

What are your questions and/or healing requests?

**BACKGROUND MUSIC AND MP3s**

What speaker will you use for your music/MP3s in your sessions?

You can create your own recordings if you wish

**RECORDING THE SESSION INFORMATION**

What method will you use to relay info to the client after the session?

Typed up transcript, audio recording, anything else you can think of?

NB - Record anything significant during the preparation meditation process but not the actual invocation.

NB - Sending them a transcript or a recording also provides you with additional protection - it is human nature to only listen to part of the information, or to add their anxieties into something you relayed to them and come up with something entirely different from what you said. If they have a recording or transcript, you can ask them to refer back to it.The integrity and clarity of the session you did is maintained this way.

**STORING CLIENT INFO**

How do you want to store the client info?

I use a cloud system to keep my energy from becoming heavy. If you feel your life and business motivation getting heavy - you could be storing 3D records in a way that keeps them in your personal field.

# LEVEL TWO - VALENTINA’S ADVICE

**USE YOUR IMAGINATION** - if you forget your AE bag, draw it on paper, or visualise one in your imagination and place paper or energetic AE bag on client’s Heart Shachara. Remember there are 5 elements to the bag:

* Earth - crystal
* Fire - volcanic rock or pumice stone
* Air - feather
* Water - shell
* Ether/Akash - the space in the bag

**CURRENT THEMES** - notice what people are asking and if there is a common theme or question, look it up generally online, and in your Akash in your own time so that you can have some general Wisdom available when they book in, and then specific records when you do the session.

**HONESTY** - Always be honest, work with integrity and work to the level you are at - they have chosen you for a reason, honour that alignment and don’t embellish anything, or conversely downplay any ‘out-there’ or amazing information. If they seem unimpressed or disbelieving, remember that the healing and wisdom of the relayed information will drop in for them in the next few days, weeks or months. Separate your ego from the process so that you don’t get in the way of their sacred Akashic connection, their true Soul wisdom. Just write or record exactly what is happening in a clear and loving manner.

**THE GUIDANCE** - The words that come through are specifically for them so try and stick to what the Akash is actually telling you. Be brave in this way because their Soul Guidance is trying very hard to get through to them. Also keep asking questions on behalf of the client. Stick with the integrity and the honesty of the answers even if they insist they have no idea what you are talking about - generally they will come back in a few weeks or a few months with confirmation that they understand the session now, and that the issues or gifts you talked about to them have now manifested. I am reading your wisdom and it will sink in when it is ready to. I am not telling you these things, I am the conduit conveying them. Also, it doesn’t have to make sense to you as the practitioner, it only has to make sense to them. Trust that in most cases, they will feel the truth of the words and understand how it connects to them.

**PRICE** - Charge what you want to charge. Or start low and build it up. It is a high value service and takes a lot of energy from you so do take that into account when you set the price point. If you feel you need to practise with friends and family first, do that. You will know when you are ready to start charging, you will feel your own level of confidence in yourself and trust in the process just appearing for you; somehow you will have walked through an imaginary doorway and be ready to charge for your services.

**SELF-CARE, NUTRITION AND NATURE** - This work can be exhausting so remember to have your nutrition and nature breaks organised.

**MAKE IT COME EASILY TO YOU** - Develop your Spiritual Life and your psychic life will follow - this means practice, practice, practice. If you can, find someone, that one person who wants to hear all about it all the time and open the Akashic Earth Records with them regularly. Ideally it is someone who just wants to know everything and is not phased by how ‘out there’ some of it might be.

**PRACTISE TOGETHER** - Do swaps with other graduates if that is viable for you.

**ON-LINE CATCH UPS** - Attend as many online and in person Level Two Graduate catch ups that you can in your first year of working as a SAHA Healer. These are listed in the SAHA Community Graduates Temple,

**GALACTIC STAR HEALING** - Use the Personal Star technique daily (and nightly) if you wish. This aspect of our training (Galactic Akash) is the one that will keep you clearing and moving forward in alignment with who you are now in any given situation. It keeps you ‘on the ball’ as everything changes around you and minimises you wasting time trying to work and resolve issues with outdated energetic information. You don’t have to pull light into your Sha Kaa Raas, you can ask it for a job you are doing, or general healing, or to manifest something - the important bit is to visualise your personal star and visualise or intend that light from it comes to you.

**YOUR TURN - WHAT ADVICE WOULD YOU GIVE YOURSELF?**

What is it that you would like to remember down the track?

# 

# RUNNING AN AKASHIC MEDITATION

## **PREPARATION**

● Have enough AE bags ready for the amount of people you expect.

● Have some petty cash change ready if they are bringing cash, or your card processing system up and running, making the payment process easy for the participants.

● Have plenty of cushions and rugs so guests can be comfortable (light rugs in summer are settling for people). People need cushions both for comfort and for sore backs/knees/necks, etc.

● Have water and glasses ready for them to have a drink afterwards. Perhaps treats as well. Tea and/or cacao if you like.

● If you are not providing all of that, remember to ask them to bring their own yoga mats, cushions, rugs, bottle of water, etc. People don’t mind as long as you are clear about it.

Set up a welcoming and relaxing space with lovely sit or lie down spaces for guests. Put candles around if you wish, diffuse essential oils; perhaps give everyone a sage or palo santo smudge as they enter the space - I find people love ceremony and the feeling of leaving their busy lives behind as they step into your meditation space.

A star-like layout is lovely if there is enough space. I like to create a mandala of sorts in the centre of the room with crystals, flowers, feathers, candles, shells, rocks, etc. And then the guests are spread out from the centre like a star. This can be a problem if someone relaxes and snores or has a cough. Tune in and set it up in a way that feels good to you.

Invite everyone to choose an AE Bag and place it on their Heart Shacharas.

Place one on your Heart Shachara too - if you want, boost it up with a really powerful crystal or a crystal that you feel drawn to on that particular day.

Take a moment to remind yourself that you are holding space for them to experience Akashic Healing - try not to overgive, to do actual readings for them. You are absolutely capable of answering a question for each person and can do this if you wish … but it does get exhausting. Holding Akashic Healing space for a group of people is enough.

**THE MEDITATION**

Go through the process as if you were preparing to conduct a session. The only difference is that the Personal Star above the group (and you) is yours, not theirs. You can power it up by tuning into your Creator Self and asking your personal Creator Star to appear above the group.

Refer to your 5 point ‘Akashic Meditation’ sheet for an easy to follow adjusted process.

After you say the Akashic Earth Invocation for Akashic Meditation maintain a healing vibration to your voice and encourage the attendees to ask a question (for themselves and just be open to what they receive whether it is information, relaxation or healing). Ask them to drift away and enter the Akashic Space feeling their feelings and allowing whatever happens to happen … relax and go with the flow just as they relaxed and allowed their Soul Light to cleanse and clear them in the preparation meditation.

Hold Akashic Healing space. Tune into your Creator Star if you need a boost to do this. Go ahead and provide whatever healing comes naturally to you in this space - light language, sound healing, reiki, crystal placement, whistling their spirits in .... whatever is in your toolbox and comes naturally to you. Or it can be sitting or standing and holding space.

Say the ‘returning to surface’ invocation and move the group into integration for about 5 minutes.

People can then sit up for a sharing circle, have a drink, and a treat if you have provided one.

**SAYING GOODBYE**

Finish with a reminder to people to ground themselves as they will feel floaty and relaxed. Invite them to book in for the next Akashic Meditation

Have a pen and paper handy so they can sign up for your newsletter if they wish to or leave their number to be notified of upcoming Akashic Meditations.

**AKASHIC MEDITATION - YOUR NOTES**

**AKASHIC INVOCATION (AKASHIC MEDITATION)**

We give thanks to our Higher Selves, our Akashic Selves and the Wise Mothers and Grandmothers guarding and safe keeping the Akashic Earth Field. Aho Gaia.

We choose to vibrationally match with our personal Akashic Earth Records now - we align with our bodies, auras, and consciousness.

I am (say your everyday name) for (say everyone's names), please welcome me. Aho Gaia

Unity Consciousness, please assist us to know an important aspect of our queries in the vibration of the Akashic Earth Records, please welcome us. Aho Gaia

Unity Consciousness, please assist us to know all that we are in the "I Am" in the 8th dimensional vibration of the Akashic Earth Records, to trust the answers we receive are ours, the healing we receive is accurately targeted to our needs, and that our Soul Wisdom is healing us in ways that are a vibrational match for us.

We state this in reverence of all that we are in the "I Am", please welcome us. Aho Gaia Our Akashic Earth Records are now with us x 3

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As we prepare to leave the Akashic Earth Records, we give heart-felt thanks to our Higher Selves, our Akashic Selves, our Soul Selves and the ancient Wise Mothers and Grandmothers for facilitating our vibrational journey within to all that we are in the 'I Am', to our Akashic Earth Records.

We receive our blessings with gratitude and honour the graceful wisdom of the Masters and Guides who have helped us. Giving thanks to every aspect of ourselves whom we have met today. We say thank you, thank you, thank you as we prepare to return to our incarnated lives, to ground back in our bodies.

Here and now, we return to surface and become like trees growing strong with our roots in the Earth for sustenance, our trunk bodies supporting us … our crowns reaching up to the Sky for light. Aho Aho Aho

We are back in our bodies and integrating our process now. Aho Aho Aho (this is when you move them into integration pose for several minutes)

# S~A~H~A AGREEMENT

## **SACRED AKASHIC HEALING ARTS (SAHA)**

### **Ethical Practice & Collaboration Agreement**

**For Students, Practitioners, Teacher Trainers, and Teachers**

This Agreement is made on the \_\_\_ day of \_\_\_\_\_\_\_*, 20*

*BETWEEN:*

Valentina Mathias, trading as Sacred Akashic Healing Arts

*AND*

[Full Legal Name of Student/Practitioner/Trainer/Teacher]

### Purpose of Agreement

This Agreement sets forth the ethical foundations and energetic integrity expected of all who participate in, teach, or co-create within the Sacred Akashic Healing Arts (SAHA) lineage. It ensures the continued protection, respect, and evolution of these sacred teachings as channelled, developed, and curated by Valentina Mathias, with acknowledgement of other SAHA teachers who have contributed to this body of work.

### Core Ethical Practices

All parties agree to uphold the following sacred commitments:

* Energetic & Spiritual Integrity: Practise deep listening, open-hearted presence, and embodied alignment with SAHA protocols.
* 3D & Spiritual Truth-Telling: Share only what is spiritually received and confirmed through grounded personal experience. No false claims or unfounded spiritual authority.
* Lineage Respect: Always acknowledge the origins of any teachings or techniques shared. Do not claim the wisdom of others—particularly Valentina’s channellings—as your own.
* Honouring of Protocol: SAHA methods are sacred. Follow the protocols, rituals, and practices as taught without dilution or distortion.
* Consent & Collaboration: Operate from mutual respect and consent-based energetic exchange, especially in collaborations or business extensions.

### Practices Deemed Unethical

The following behaviours are strictly prohibited and may result in removal from SAHA spaces:

* Sharing misleading, incorrect, or ungrounded spiritual information.
* Deviating from core SAHA protocols when teaching or facilitating under the SAHA name.
* Manipulative, controlling, or dominant behaviour in any professional or spiritual setting.
* Appropriation or misrepresentation of others' lineage or teachings.
* Plagiarism of SAHA content, titles, rituals, transmissions, or language.
* Using SAHA teachings for personal gain without acknowledgment or energetic reciprocity.

### Lineage Acknowledgement

All parties agree to honour the intellectual, energetic, and spiritual property of Valentina Mathias, and acknowledge the co-contributions of other certified SAHA teachers and wisdom keepers who have participated in the evolution of this work.

### SAHA Collaboration & Partnership (For Business or Teaching Ventures)

If entering into any co-creative or teaching capacity within SAHA, Parties agree to a separate addendum addressing:

* Project scope & roles
* Financial agreements
* Ownership of new IP or co-creations
* Energetic alignment & review process
* Clear terms of use for SAHA branding or modalities

### Dispute Resolution

In case of ethical misalignment or disagreement:

* The Parties agree to communicate directly, respectfully, and swiftly.
* A third-party mediator (preferably someone within the SAHA lineage or a neutral elder) may be engaged if needed.
* All efforts will be made to preserve the energy of the lineage and the relationships involved.

### Termination

This Agreement may be terminated by written request, provided it is accompanied by a conversation or statement of reasoning, and ideally, a closing ritual or acknowledgement.

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### SIGNATURES

Valentina Mathias (Sacred Akashic Healing Arts)

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Participant's Full Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Witnessed By: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

# S~A~H~A CODE OF CONDUCT GUIDELINES

A Living Temple Agreement for Sacred Akashic Healing Arts

Welcome Beloved Soul

This community is a sanctuary for those walking the Akashic path—Starseeds, Earthkeepers, Temple Carriers, and Light Weavers alike. Whether you’re journeying through training, mentorships, or simply drawn to the frequency of this sacred field, you are remembered here.

This is a space to rise, to earth, and to be witnessed as you walk your Soul’s remembrance—held by Earth and Stars, guided by the Sacred Akashic Healing Arts teachings of the Royal Akashic Lineage, and anchored in love.

Our Galactic-Earth Temple Principles

Come in a Good Way

Enter this space with loving presence, grounded intention, and soul reverence. We’re co-creating a high-frequency field—your energy helps shape it.

Witness, Don’t Fix

We honour each other as sovereign and luminous Souls. When someone shares, offer loving presence—not advice.

Sovereign witnessing might sound like:

• “You are seen and held in this field.”

• “Your voice echoes deep remembrance.”

• “Thank you for bringing your light into the Circle.”

This is Not a Therapeutic Space

This is not a substitute for professional mental, emotional, or physical support. We hold one another as Soul family, not as therapists, healers, or fixers.

No Emotional Dumping or Energetic Bleeding

This is a sacred space, not a venting ground. If you are in crisis or heavy emotional process, please seek grounding or external support before sharing here. Energetic hygiene is an act of collective love.

Respect All Lineages and Galactic Perspectives

We honour the vastness of awakening paths. Share from lived experience—not persuasion. Differences are sacred and invite deeper wisdom when approached with humility.

No Promotion or Outreach

Please refrain from sharing your offerings, programs, events, or social links—free or paid. S~A~H~A is a clean frequency field for the teachings, transmissions, and Soul journey of this lineage.

Confidentiality is Ceremony

What is shared in this teaching temple stays within the temple. This sacred trust holds our collective safety and Soul intimacy.

Honor the Teachings

When referencing direct teachings from the SAHA lineage, cite with care. Always root your shares in personal integration, not just knowledge.

Video Shares (Optional and Welcome)

If you share a video, please ensure:

• You’re still and present

• You speak from your heart about your direct experience with S~A~H~A teaching relevant to this course.

Keep the Field Clear

Please refrain from posting unrelated teachings, content from other guides, or external links/media. S~A~H~A is a multidimensional vessel with its own vibrational tone.

If You’re Unsure, Reach Out

If you’re navigating emotional waters or wondering if your interpretation of the teachings aligns, reach out to community@sacredakashichealingarts.com

Our team is here to lovingly support your expression and integration.

Honouring Survivors with Grace

We deeply honour all who have journeyed through trauma. Please avoid graphic or intense detail. Instead, anchor your share in the healing, remembrance, or cosmic reclamation unfolding through your SAHA journey.

This Code is a Living Field

Like all sacred systems, these guidelines will evolve with the heartbeat of the S~A~H~A teachings and community.

Valentina reserves the right to update or remove posts to preserve the clarity and resonance of this temple.

Thank you for tending this space with care and grace.

This circle is a Galactic-Earth-Soul temple—a place of remembrance, rising light, and Sovereign voice.

Your presence is a blessing.

In sacred service,

Valentina Mathias and the S~A~H~A Elders Circle

Held by Earth. Guided by Stars. Rooted in Soul Light & Sound

# S~A~H~A RESTORATIVE PRACTICES

**Purpose**  
This document outlines the step-by-step protocol to respond to any deviation from the established Code of Conduct using a restorative, relational approach. The aim is not to punish, but to understand, repair, and restore trust and integrity within the community.

PROCESS

## Step 1: Immediate Acknowledgment

Private Conversation Initiated:  
As soon as a potential breach is identified, a designated team member will initiate a calm and private conversation with the individual involved.

## Step 2: Restorative Reflection Questions

In the conversation, the following five restorative questions must be asked in this order to encourage ownership, empathy, and accountability:

* 1. What happened? (Allow the individual to explain without interruption.)
* 2. What were you thinking and feeling at the time? (Unpack emotional and cognitive drivers behind the behaviour.)
* 3. What have you thought about since? (Encourages reflection and personal accountability.)
* 4. Who has been affected and how? (Explores the impact on others and the broader community.)
* 5. What needs to happen to make things right? (Facilitates meaningful repair and restoration.)

## Step 3: Collaborative Agreement for Repair

Written Agreement:  
Together with the individual, a plan is created that outlines what actions will be taken to restore trust or repair harm. This may include an apology, restitution, or other agreed-upon acts.  
  
Timeframe:  
Set a realistic timeline for completing the agreed actions.

Send Agreement to all parties involved

## Step 4: Follow-Up and Support

Check-in Meetings:  
A follow-up conversation will be scheduled to ensure commitments have been met and to offer additional support if needed.  
  
Reintegration Support (if applicable)  
If the breach led to temporary removal from a space or activity, reintegration support will be offered to ensure smooth re-entry.

## Step 5: Documentation

Confidential Record:  
All restorative conversations and agreements are documented and stored confidentially for future reference and accountability.

# SAHA RECIPROCITY & ENERGETIC EXCHANGE

**Honouring what is received, shared, and returned in sacred relationship**

### Overview

Reciprocity is a sacred pillar of the Sacred Akashic Healing Arts (SAHA). It is the pulse of balanced giving and receiving—the natural rhythm of energy that sustains harmony across time, space, and dimensions.

In SAHA, we recognise that every exchange—whether it appears material or energetic—is part of a deeper soul agreement. When we give and receive in alignment, we activate a field of mutual nourishment, respect, and right relationship. This is not transactional. It is transformational.

Reciprocity is how we honour:

* The wisdom and effort of those who came before
* The energetic lineage that moves through us
* The value of teachings, guidance, and sacred space
* Our role as contributors, not just receivers, in a living lineage

### What is Energetic Exchange?

Energetic exchange goes beyond money. It is the way we acknowledge, value, and contribute to the flow of sacred work. It honours both visible contributions (time, skill, resources) and invisible offerings (presence, respect, intuition, alignment).

It asks us:

* Where am I receiving?
* How am I giving back?
* Is the energy between us balanced, clear, and complete?

### **Forms of Reciprocity in SAHA**

Reciprocity in SAHA may look like:

#### Monetary Contribution

A clear and sovereign way to honour time, effort, lineage, and preparation.  
Examples: training tuition, teacher offerings, donation-based sessions, royalty or license fees for content used.

#### Sacred Offering

A heartfelt, intentional gift that reflects gratitude or alignment.  
Examples: art, music, ceremony, land-based offering, prayer, energy work in exchange.

#### Acknowledgment & Credit

Honouring the origin of teachings or practices, especially when sharing with others.  
Examples: naming your teachers, linking back to source content, clarifying what is SAHA and what is your own synthesis.

#### Acts of Service

Contributing time, skill, or presence to the growth of the community.  
Examples: assisting on a retreat, tech support, graphic design, mentorship of newer students.

#### Energetic Integrity

Ensuring your exchange is complete—not leaking, withholding, or draining the field.  
Examples: closing loops, honouring agreements, showing up in fullness or clearly communicating when you can’t.

### Principles of Aligned Reciprocity

1. Nothing is free, but everything is sacred  
   Even when no money changes hands, energy always moves. Honour the unseen.
2. Receive with humility, give with devotion  
   Avoid over-giving or under-receiving. Both create distortion in the field.
3. Gratitude is an offering  
   Sincere gratitude shifts the energetic field and completes the cycle of exchange.
4. Reciprocity is relational, not hierarchical  
   We are not above or below one another. We are in co-creation with Source and each other.
5. Contribution evolves  
   How you reciprocate may change over time—let it be a living dialogue with your values and capacity.

### When Reciprocity is Missing

When reciprocity is forgotten or withheld, we may feel:

* Drained, resentful, or undervalued
* Disconnected from the lineage or teachings
* Caught in patterns of taking or overextending

In these moments, pause and ask:

* What is being asked of me right now to rebalance this?
* Have I closed the loop of energy where I have received?
* Is there a repair, acknowledgment, or offering to make?

We return to balance not through guilt, but through conscious action.

### Honouring SAHA Lineage

To remain in integrity with the SAHA field, it is essential to:

* Acknowledge the SAHA source when teaching or adapting materials
* Not replicate or resell content, rituals, or practices without permission and proper attribution
* Contribute financially or energetically if SAHA teachings are part of your professional offerings
* Engage in dialogue if you are unsure how to honour the exchange—there is always a path that feels aligned

### Participant Reflection: Your Reciprocity Practice

* How do I feel when I give? When I receive?
* Where in my life do I feel most in balance with exchange?
* What has SAHA given me that I want to honour, preserve, or return?
* What might I offer to the field—seen or unseen—as a form of gratitude?

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### Closing Blessing

*"May all that is given flow freely.  
May all that is received be cherished.  
May we honour each other and the unseen hands that guide this sacred exchange."*

# FAREWELL LEVEL TWO

# YOU ARE NOW A S~A~H~A CERTIFIED AKASHIC HEALER

So you’ve come to the end of your SAHA Professional Practitioner training, and really it’s just the beginning isn’t it? It’s yours now, this incredible Galactic, Earth, Soul Akashic system for you to take far and wide, or to keep close and peaceful … whatever is just right for you.

However your journey unfolds as a SAHA Professional Practitioner is perfect for you.

Keep checking in the Akash for yourself and keep in touch. If it feels aligned for you, keep attending the online graduate catch ups.

You are the shining light for people now. People are very thirsty for something wise, truthful and safe as we all upgrade to New Earth. Wear this responsibility with honour.

Do the process properly, it is safe, wise, true & protected. I don’t want messages from any SAHA graduates saying “Oh I just thought I’d tune in without doing the whole process etc’ and now I’m in trouble with some dark energies, I seem to be shut down.”

That doesn’t mean you can’t develop your own process. Of course you can download a different process if you wish to, but in the meantime, do this one step by step and you’ll find magical realms open up to Akashic sparkle by Akashic sparkle, record by amazing record.

Continue to be in awe of both who you are and what the Akashic architecture is.

As a famous and beloved Hawaiian once said,

I love you, I’m sorry, Please forgive me, and Thank you.



