

SAHA Technique: Accessing Your Sacred Tree Lineage in the Akashic Records

“To remember your Tree is to remember the Earth song written in your DNA.”

Introduction

This SAHA (Sacred Akashic Healing Arts) technique is a pathway into ancient Earth remembrance. Trees are living libraries—guardians of planetary wisdom. Within the Akash, your Soul holds a sacred connection to a specific Tree Lineage. This lineage may stretch across lifetimes, continents, and even dimensions.

By entering your Akashic Records and journeying into your personal sacred forest, you awaken the encoded memory of your Tree, its essence, its guardians, and the wisdom it holds for your incarnation.

Step 1: Opening Your Akashic Records

Begin by opening your Records using the SAHA method. Affirm your readiness to meet your Tree Lineage.

Step 2: Journey to the Sacred Forest

Let your breath become your guide as you walk (or float) into your Soul’s forest.

Feel the ground—pine needles, bark, soft earth. Let your senses awaken. You are entering the space of remembrance.

Let your Heart guide you to your Tree.

- What does your Tree look like?
- Does it have leaves, needles, fruit, or flowers?
- Where is it growing—beside water, in snow, on a mountain?

Step 3: Merge With Your Tree

Approach your Tree and place your hands or third eye upon its trunk. Listen.

Then, merge.

- Let your legs become roots
- Your spine the trunk
- Your arms the branches
- Your hair the flowing canopy

Let night fall. You and your Tree now exist as one.

Ask: “Who am I, as this Tree?”

Ask: “Where is my Tree in the world?”

Step 4: Water as Code Activator

Near your Tree, you may sense water—a lake, river, spring, or ocean.

This is no ordinary water. It carries the DNA of your Tree Lineage.

Bathe in it. Drink from it. Be infused.

Let the water activate memories, sensations, and unseen truths.

Step 5: Grounding as the Tree

Return to yourself, but stay rooted.

- Walk barefoot in your vision.
- Spiral energy downward like roots.
- Ask your Tree, “How can I live like you?”

Bring its essence into your daily life: colors, scents, essential oils, resins, resounding stillness.

You carry the Tree’s Wisdom with you now.

Step 6: Meet Your Animal Guardian

Every Tree Lineage has a guardian creature.

Ask: “What being protects my Tree Lineage?”

- How do they protect it?
- What message do they have for you?
- How will they appear in daily life?

You may see a wolf, a horse, a mythical sea creature—or something yet unknown.

Step 7: Witness the Grove

Once you are ready, widen your vision.

See the whole forest. You are not alone. There are ancestral trees, Soul kin, and fellow guardians.

Ask: “Who walks with me in this forest?”

Step 8: Living as Your Tree

- Root — Stand strong in your truth.
- Reach — Expand without disconnecting.
- Flow — Let wisdom move through you.
- Protect — Guard sacred spaces and energies.

Your Tree Lineage isn't just a vision. It's a template for living.

Closing Reflection

- What tree appeared to you?
- What did the water feel like?
- Did an animal or mythical guardian appear?
- What part of your life is asking to embody the tree more fully?

As the Akash continues to guide you, return often to your forest. Let it evolve. Let it speak.

Your Tree Lineage is returning. Let it root. Let it rise.

— Transmitted by Valentina Mathias, Akashic Elder of the Royal Line