

PREPARATION FOR AKASHIC CLEARING & RE-WRITING OF AKASHIC RECORDS

Make sure you are comfortable and able to fully relax as this will enable you to engage and receive more fully. You may like to wear earphones for a complete immersion. Have water or herbal tea to hand.

Here are 4 sections on how you can prepare yourself to gain the most benefit from this

1. Specific clearing

The clearing is designed to cover a very comprehensive list relating to almost every part of your soul and its intentions, but it is important to have your conscious intention to clear away specifics, as you will have an opportunity to request these from your Akashic Masters; like fears, old patterns or addictions that you are aware of in past or present lifetimes.

2. Question you have for your Akashic Master(s)

Anything you would like to gain more clarity on

3. Soul Contract

Think about a person that you have lo-vibed emotions with. We can request to clear the soul contract so you can move on without any restrictions, negative feelings or repeated patterns, whilst remaining in positive contact, or clearing any memory as you so wish.

4. Writing in your records

After all the clearing you will have time to write into your records your hearts true desire in alignment with your highest divine purpose. Tune in beyond the possible and include the miraculous too, and don't hold back, the universe likes big plans...

Write all these down so you have a clarity list to refer to during the session.

The session will last an hour and a half, after which you are encouraged to be in reflective meditative time, journaling on your experience, if that feels useful.

This link is available for as long as you wish, to repeat the session as many times as you feel drawn.

Some people suggest that to create new pathways, it is advisable to repeat things for 30 or 40 days, other say 100. I say give yourself a realistic target and tune in fully as and when you do.

This process has many layers and levels of expression, to respect your process is the most important thing, to honour your souls request to make a concerted effort to rid your energy field (and therefore life) of anything which is in the way of full soul expression for this lifetime.

Wishing you well on your journey of inner clearing.

Always kindness

Clara ☀️