

Mining The Akash

The 'Akash' in short is your personal quantum field that circles around your being in this lifetime, and all lifetimes past; in this reality and all alternative realities. It's kind of like your 'souls blueprint' (Akashic Records), a record of everything that has ever happened to you, and any and all associated realities that are available to you to draw upon. Through the power of the mind, you can essentially change your physical reality, by insisting it is as you would like and using powerful reinforcement through spoken affirmations (vibrational force) and positive intention. This is best done first thing in the morning while you are still in Alpha state.

Why It Works

There are many well known authors and skilled therapists that have researched Quantum healing such as Deepak Chopra, Dr. Joe Dispenza and Althea S. Hawk providing results for themselves, and a number of clients. Whilst Hawk's experience stems from her own critical health journey, Dr. Joe Dispenza has worked with a number of clients in clinical trials proving the worth of positive self talk teamed with the belief and intention that healing can truly take place when applied consistently. This, combined with energy healing therapy or self-reiki, can truly allow the person to deeply relax in the knowledge that change is taking place beneath the surface and wonderful, REAL results can occur - I've even managed to heal my own Endometriosis, symptoms of Fibromyalgia, and finally recover from chronic hip pain!

Best Practise Tips

- 1) Practise at the same time every day, and make it consistent. First thing in the morning works best as you are still likely in Alpha state where your mind is clear for reprogramming.
- 2) To get into Alpha state, lie down, close your eye and look up at a 20 degree incline towards your third eye, then count backward from 100 to 0 at a pace of about 2 seconds per number.
- 3) Avoid caffeine, alcohol, drugs, sugar, dairy and gluten where possible.
- 4) Think positively and BELIEVE that you can change. About 330 billion cells are replaced daily, equivalent to about 1 percent of all our cells. In 80 to 100 days, 30 trillion will have replenished—the equivalent of a new you!
- 5) Trust the process, just because it's simple, doesn't mean it's either easy, nor too good to be true.

Repeat This Each Morning:

"I call upon Spirit {name or acknowledge any other specific guides, angels, or spiritual entities that may be applicable here}, my Higher Self, and Innate Self to guide, support, and assist me in this meditation session and with my innermost held intention today.

Through Spirit, I give permission to my Innate Self to mine my Akash, making whatever substitutions in energy that are appropriate or necessary in response to my intention to {state intention here - mental, emotional, physical or spiritual - e.g. to heal my illness, to have a productive business, to lead an authentic existence, to enhance my intuition etc.}

Through my Innate Self, I ask that any past energies associated with negative beliefs, experiences, or trauma that do not serve me or my highest good be voided and and my records rewritten with those that do. I choose to erase all the energy of any detrimental effects and influence held in the Akash that has led to my current situation {please state e.g. my illness and disease in this life}, ----- as well as any negative outcomes that I no longer desire. I choose to void any energies and entities that I have inherited that have contributed to my current outcome {please state applicable outcomes e.g. including ill health, poor business, poverty, abandonment, etc.}

I ask my Innate Self to access any energies from my Akash during times in which I existed without {please state what you would like to be rid of e.g. physical abnormalities, dysfunction, impairments, fear, low self esteem, poverty, weight gain.)

----- and bring these forward, applying them to my DNA. I ask my Innate Self to bring forward and apply positive attributes that will serve me in my growth and healing, maintaining my health and vitality now and in the future including {insert your own list e.g. courage, strength, vigour, confidence, perseverance, self love, vitality, true health}

I ask my Innate Self to integrate and embody the energies that have been brought forward, enhancing and activating my DNA with this new information, promoting perfect form and function in my body.

I acknowledge the divinity that I am and my inseparable connection with the All and to Source. I express my desire and intent to {express in your own words e.g. manifest my highest potential, heal and whole, attract my true love etc.}

by changing my DNA. I remind myself that the skills to manifest my own reality in my body and my life at will are an inherent part of my life at will as a co-creator. I express gratitude to Spirit, my Higher Self, and my Innate Self for their support in facilitating whatever changes in my Akash that are for my best and highest good at this time.