



Sacred Activations - Galactic Akashic Records Training

Audio/Video File Guide

Day One:

Day1-Audio/Video-1

Tamra begins class with brief opening then moves into running two activations: Heart Grid and Galactic Freeflow.

Day1- Audio/Video-2

Tamra talks with class about material for the class.

Day1- Audio/Video-3

Tamra continues with another guided meditation about being able to create immediately.

Day1- Audio/Video-4

Tamra shares with class after break, then takes questions from the group.

Day1- Audio/Video-5

Breakout session for students to practice going into the Akashic records, while the person they're working on stays, instead of accompanying them.

Day1- Audio/Video-6

Tamra takes questions from the previous breakout session and teaches a bit more.

Day1- Audio/Video-7

Class returns from lunch break. A few questions and then explanation about next guided meditation.

Day1- Audio/Video-8

Tamra continues with another guided meditation to connect you with your Galactic Over Soul Council.

Day1- Audio/Video-9

Tamra takes questions about the previous meditation, then explains next exercise.

Day1- Audio/Video-10

Breakout session.

Day1- Audio/Video-11

Discussion about breakout session.

Day1- Audio/Video-12

Tamra takes the class on another guided meditation through a wormhole into another planet. (Audio ends before the session is complete.)

Day1- Audio/Video-13

Tamra opens to shares after the guided meditation.

Day1- Audio/Video-14

Breakout session during which students pair off, go to one another's planet and give each other a reading.



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Day Two:

Day2- Audio/Video-1

Tamra asks students for questions and discussion. Describes next exercise.

Day2- Audio/Video-2

Tamra takes the class into a guided meditation for a self-reading that shows them what they chose to do this time around.

Day2- Audio/Video-3

Tamra asks for shares and questions about the exercise. Describes next exercise... a reading for whoever they are paired with to give them some future information concerning the path they're on now.

Day2- Audio/Video-4

Breakout session exercise recorded.

Day2- Audio/Video-5

Class returns from breakout session. Tamra asks for input from students. Questions answered.

Day2- Audio/Video-6

Class members give testimonials.

Day2- Audio/Video-7

Tamra describes the next exercise... a self-exercise in which each student to meet their galactic council, learning more about their journey this time around.

Day2- Audio/Video-8

Return from lunch, asking for students to share about the previous exercise. Tamra continues with more teaching. Tamra then runs the activation, Spiritual Ego on the class. Then she describes the next exercise.

Day2- Audio/Video-9

In this exercise the class practices doing a reading on one another, however they choose to do it.

Day2- Audio/Video-10

Tamra asks the class to share about their experience in the reading.

Day2- Audio/Video-11

Discussion and questions, plus a group picture of the class.

Day2- Audio/Video-12

In this guided meditation Tamra takes the students to their home planet to see their gifts.

Day2- Audio/Video-13

In this exercise Tamra takes the class into the Akashic records where they connect with the dragon.