



## Sacred Activations - Galactic Akashic Records Practitioner Training

### Day One

**Tamra begins class with a brief opening, then moves right into running two activations for the students: Heart Grid, and Galactic Freeflow.**

Hi everybody. I got goose bumps all over just now when I turned on my mic, or started the recording. I'm really excited about this weekend. As you know, when I do new classes like this, I'm not really aware of what's going to come through until it comes through. And then when I've taught it, I know. But then, like the Mastering the Masters class, it's always changing. I mean now it's not a repeated class. And that's what this is going to be. And the next time I teach this it'll be, you know, there'll be some similarity, but it will be more advanced than it is today. And trust me, today will be very advanced.

I'm going to completely claim this. I'm Arcturian, you guys. And I am from the healing counsel of Arcturians... and I'm here and I'm ready to freakin' play, and I'm ready to play full out. And I'm ready to play with you guys and teach you and connect to a lot of things that you had no idea were even available to you, but they are. And the more you realize it, the more they're available to you, and you'll just keep up-leveling, as I am up-leveling.

I mean since my transfer, you know, it's what, six months now, and I just up-leveled hugely the other day again, actually laying on Dr. Sankey's table receiving some esoteric acupuncture that I teach you guys in the Medical Intuitive training. And if you're not using it, start! It's really helpful for your clients no matter what they're working on.

Anyway, so we're going to play full out today and the first thing I was told to do was to do the Heart Grid for you, because you're going to need it to do this work. The work is through the heart. And I was also told to do another huge connection for you guys. These are two things I've never offered before. So we're going to do the Heart Grid, and then we're going to do... you know how your gut has its own brain? You've got your brain, you've got your heart, you have your body, you have your soul, you have your over soul. We're going to get those flowing. It's beyond what they call kundalini. Kundalini is really just all of your chakras lined up, and we do that in the Fruit of Life. This is another level above that... I don't know how else to explain it.

But we're going to do that and it's really going to help you to be in the flow. You know, we're going into the Akashic records and we're going to be connecting to our brothers and sisters from other galaxies. And their vibration is so high that in order to really maintain this, connect to this, without it knocking you sideways, we've got to do these up-levelings, even before we get started with any more work.

And last week I know a couple of people signed in and didn't do last week, but were supposed to do the replays. And I certainly hope you listen today, too, because that was very important for today. I turned a couple people down for this class... they were trying to sign up last minute, and they didn't do the other ones. I'm all, "Nope. Sorry. Next time."

Are you ready? And that's for their safety, you now, and being able to not have to catch them up.

We're going to do the Heart Grid, and then we're going to do this... why that?... for today we're going to call it Galactic Freeflow. I didn't like the name, but I guess that's what it is.

I want you to connect into your heart. We're starting with the Heart Grid activation. The 3-D model of the Flower of Life... or 5-D. It's just... (makes an explosion sound). (long pause of several minutes as Tamra runs the Heart Grid activation)

Okay, we're going to do the Galactic Freeflow. (another long pause of a few minutes as Tamra runs the Galactic Freeflow activation).

Okay, integrate. Go into Mother Earth. Connect into that beautiful energy. Ground and connect.

### **Tamra continues with another guided meditation.**

So I invite everybody to go into Mother Earth's heart chakra. (pause) Connect into that beautiful, beautiful energy of Mother Earth. (pause as each one connects into Mother Earth) Feel that energy going through every single cell of your body. (pause) And while you're in Mother Earth, an elevator door shows up and opens. Find yourself inside the elevator, and I'm going to be counting from 21 to 1. And when I say 1 the door will open in you'll find yourself inside the Galactic Akashic records.

The door closes. And with every number I speak, you'll go deeper and deeper into this connection... of vibration, of love, and openness, and flow. 23. As you breathe in and out, just releasing, relaxing....

20, 17, 15, 12, 10... breathing in and breathing out... 9, 8, 7, 6, 5, 4, 3, 2, 1. The elevator doors open.

It's a new door... go inside.

Feel that connection to the gemstones, to the floor, to the walls. If you would like to sit down, or lie down, a sofa, a chair, or a bed appears to you. Whatever it is you desire shows up. This is magic land. See... you're capable of snapping your fingers and creating something instantly. And in this room you can do that.



You are connected here. You are here for a reason. You have many in your galactic family. One or two, or more, will be showing up this weekend for you to connect with. They are a new guide to you... ready to assist you... as in angels we also command that you requested us. And in your command we show up. In your command we help you create. But you are the creator. We are here to assist you, and you are waking up to who you truly are. (pause)

If you wish, and only if you wish, we may step into a spaceship... we have one here for you... or you can sit on the sofa... whichever you desire. Just like us, there's many different spaceships. Many of us don't even use spaceships anymore. They're more for you destiny and used more for you and your understanding like your airplanes. Most of us can appear and unappear instantly... just like an angel. We can even show up in human form. There's many of us here, living on this planet. (pause) Many of you know you're connected to us, that we are your family.

Some of you resonate with Pleadians, some of you resonate with Mars. Some are Arcturians... whatever it is. But remember on a higher level you're connected to all of it. It's like just saying you're connected to your immediate family when in truth you're connected to everything. (pause)

Your vibration is opening, connecting, widening, being upgraded even more than we started this call. Just breathe into it. this is allowing you to open up to the gifts you truly hold within. Quit thinking you have to reinvent the wheel. There's so many tools already available for you.

So look around the room. Connect to the room. If you're in the spaceship you can hang out in there, and you can do your readings in there, or you can do them right in the Akashic records. Get to know the room. In my room there's a fireplace. And I said, "Why is there a fireplace and they said, "Because you like them." (pause) If you would like you can ask someone to step forward for you, who you're connected with, and who you're going to be working with. It could be a dragon, and it could be a unicorn. It could be someone from a planet that you're not even aware exists. Or it could be someone very familiar to you. (pause)

And when you're ready and you're done, connect into Mother Earth. And when you're ready and you're done, go take a quick break. We'll start again at the top of the hour.

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

Okay... so please go into Mother Earth and connect that beautiful energy that Mother earth is. (pause as everyone connects)

Just connect into that beautiful energy. (pause once again)



An elevator shows up, the elevator door opens, so you go inside. With every number I speak you go deeper and deeper... more and more aware, more and more expanded. As you breathe in and you breathe out you connect, you vibrate... more and more expanded with awareness.

And when I reach one, you'll reach the door of the Galactic Akashic records. When you go inside you will find your Galactic Over Soul Council to assist you. They're not just all from your home planet, but you can start with your home planet if you wish. Expand... whatever's comfortable for you.

The doors close.

23, 24, 19, 16, 12, 8, 7, 6, 5, 4, 3, 2, 1

The doors open.

You see the Akashic records. Go inside. The room is set up in what best suits you. And you are now connected to your Galactic Over Soul Council. Just allow them to speak and introduce themselves. (pause for several minutes as each one further connects with their Galactic Over Soul Council)

Okay, there's more information coming in.

Okay... when you're ready, tell them you'll talk to them later and thank them. Finish up any gifts you're receiving. (pause)

Go into Mother Earth's heart chakra. (pause)

And when you're ready, open your eyes.

### **From there Tamra takes the class on another guided meditation.**

So let's do our guided meditation. So connect into Mother Earth. (pause as everyone connects)

Connect into Mother Earth... beautiful energy. (pause once more)

The elevator door opens and you go inside. Every number I say, you're more and more expanded... your higher senses... your expanded self.

23, 20, 18, 12, 8, 7, 6, 5, 4, 3, 2, 1.



The doors open. You go inside the Akashic records. You're met by someone amazing... or a magic carpet... a fairy, a master, an alien... whoever... a colorful bird like Charlie... Lord Metatron... whoever shows up. Go with them. You might see it like a wormhole, or a spinning hole that you're going through. Just go for it. (pause as each one takes their own journey)

Okay, whatever planet or place you're going to, you could just cruise around with them and they can show you around. Or you can talk to somebody if you'd like... whatever works for you. (pause as each one continues their own journey)

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**End of Day 1 training**



## Day Two

**To begin day two, Tamra takes the students into a guided meditation... a self-reading that shows them what they chose to do this time around.**

Okay... so let's play. Go into Mother Earth. On this guided meditation we're going to bring you into the Galactic Akashic records or, actually, the Akashic records. And your galactic friends and the Masters and everybody can join you. And we're just going to watch a little video. I'll tell you what it is when we get there.

So breathe in and out. Feel that calmness, and that opening, over your whole body.

Breathing in and out. Feeling calm and relaxed.

Go inside the elevator. The elevator door closes.

I'll be counting down from 23 to 1. When I say one, you'll be at the Akashic records doors. You can go into the Galactic, or the Akashic, whichever you're more comfortable at for this.

The doors close. Breathing in and out.

22... Feeling totally relaxed...

21... Feeling calm... breathing in and out.

Now you're going to have an absolutely amazing experience.

19, 18...

16...

5, 4, 3, 2, 1.

The elevator doors open. Find yourself inside the elevator doors. Breathe, go inside.

I'd like you to have a seat and look at a screen in front of you. And on the screen... everybody's gathering around you... it's your guides from all levels. They're with you, holding this vibration to make the seeing, knowing, hearing, and understanding very clear and easy for you.

Now on the screen, is you before you came here. Look at this. Look how you chose to be here. (pause as each one views their screen)

Look what you chose to do and who you chose to be. (pause again)



Now really look at the world while you're there. See that you're walking into a video game. See all the programs you could play into, these programs that you were not supposed to plug into, but you did... and the ones you chose to experience. Look how it's all perfect and beautiful, designed by you... by your guides... for the experiences you wish to have... knowing there's no mistakes. (pause again)

See how it is just a video game. You chose to be here. You chose these experiences. See how everything is perfect in the world. (pause)

See how everything is perfect in the world. See how it's supporting you and waking up in humanity... to love, and support, and connect with each other like the roots of a tree system. See how we're all connected and how we're all teaching each other... and how it's all perfect just the way it is, as it is, where it is. See that there's nothing to fear. See your light and how amazing you are. (pause)

See all the support you have around you. Look at them... look how amazing they are.

Breathe... and know that you're a part of this... that you are this perfect, beautiful being of light coming here in this video game to sparkle. To know that some background players are just that... background players, like in the background of a movie. And then there's some main characters, and there's supporting actors... but they're all helping you play your video game. They're all in support of you because you are amazing and you wanted all of these experiences. So they said, "Okay, I'll help." See that. Know that. Feel that. Understand that. And understand that you're a character in this video game.

Yes, we have a choice in this video game on how things turn out because it's our video game as a collective consciousness. I hate to ruin the ending for you... we win! So quit worrying about anything... there's nothing to worry about. Shine your light. Be the beautiful being you are in whatever capacity you do that. But just shine, shine, shine.

When you're ready, give whoever's there a hug... a kiss. Tell them "thank you." And go into Mother Earth and connect.

**In this guided meditation Tamra takes the students to meet the members of their council.**

Okay guys welcome back to class. So are you guys ready to do the next exercise? Okay this is a self-exercise. I'm going to put you in all different rooms... you're going to be by yourself.

And what you're going to do is you're going to go up and meet with your council and they are going to tell you things that are reflecting back to you and things you need to work on.



We'll give you 20 minutes for this exercise and then we'll come back. So you're going to go up. I don't know... do we need 20 minutes? Maybe even 15. I think 15 minutes would be good. No let's just go ahead and do 20 because that way you can take a little break if you need to, so you'll be back at a half hour after the hour.

You are going to connect with your council and they are going to share with you things about you. So you're going to do a self-reading, and it also could include a self-healing. You'll find out when you get there, when you connect with them, whatever works for you, what is ever needed for you. But go talk to your council because I want you to really feel this energy and get connected with this energy that you can do this for you, too.

It's much easier when you're going in and doing a reading for someone else than it is for yourself. So go connect with yourself. So it's much easier to go work on somebody else and give somebody else a reading than it is for yourself. And it's very, very important that you guys can connect with your group, for you. So they might show you a mirror. They might (show you) the screen on the wall, or they could just tell you things, or they might show you things. For me it's easier when they show me things... well sometimes they tell me things, too... so whatever works for you. But go connect to them... it might be somebody different for you. You've got a lot of guides around you assisting you... and those ones you've been working with this weekend already are going to be the same ones showing up for this exercise... okay. So it's going to be somebody you're already familiar with. And you don't have to go to their planet to talk to them, but we will be going to your home planet later. But right now I want you to stay in the Akashic records with them.

Okay... so let's come back at 9:30. Go ahead, Bianca.

Bianca: Just a quick question. Do you suggest we do this as if we were reading somebody else, or just....?

Tamra: No... it's up to you. It's you, so you know, so you're going up there and they're going to tell you, or show you things about you.

Bianca: Because so far it's been clear... much clearer when I do... I've tried doing readings on myself during the week. I get a visual but it wasn't that clear.

Tamra: I understand. That's why you're practicing this now. And you're doing it now in the energy because we're holding an energy right now so it'll be easier for you in the class than it will be on your own.

Bianca: That makes sense.

Tamra: So I want you to do this now in the class and then that way you'll be able to get into that space easier alone.

Bianca: Okay.

Tamra: Alright you guys, so come back at half-hour after the hour.



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

I invite you to connect into Mother Earth. (pause)

Just breathe in and breathe out. (pause)

Breathing in and breathing out. (pause)

An elevator shows up. The doors open. And you find yourself inside.

I will be counting from 23 to 1. And when I say 1 you will find yourself in the Galactic Akashic records. And there you will be met by a guide that will be going with you. And you'll be gone through a portal to your home planet... and there you be able to really touch down and really feel the atmosphere and look around... look at what's there and who's there. There might be people you recognize that are in your life here, also, that are also with you there... were with you there.

So I am now going to count from 23 to 1. When I say 1 you are ready to go. So here we go.

23...

28...

20...

16...

12...

9...

8, 7, 6, 5, 4, 3, 2, 1.

The doors open. You find yourself in front of the Akashic records. Go inside. You are met by a guide that you know... and you're comfortable. When I count to three and snap my fingers, you're going to find yourself inside the portal traveling with your guide to your home planet. 1, 2, 3. (Snap!)

Allow the journey, look around. No land... your guide can be right next to you. Who do you see? What do you see? What do you smell.. feel... hear? Just allow all this unfold for you. All your senses awake just like you're there... you're standing there... you're right there. Feel the atmosphere. Look around... what are things like? What are the colors like? What are the people like? Are they beings? Are they pure light moving around? Or do they have form? (pause for several minutes as each one wanders around their home planet)



Ask you friends or guides from that planet to come forward. (pause again for a moment) Why did you choose her? What gifts can they give you, or gift, to help support you or just to remember them and connect with them at any time? It's a gift they have for you. Accept that. (pause as each accepts their gift)

Maybe the gift is just a memory which totally and completely empowers you. Whatever that is, accept it, integrate it. (pause again)

Good. What messages are you to take back to yourself? What else are you supposed to see? Do that now. (pause again)

It is time to come back to your spaceship or however you'd like to come back to the Akashic records with your guide, your magic carpet, your dolphin, your unicorn, your dragon.

Are you guys ready for another exercise? This is for Zahra. So come back.

**In this final exercise Tamra takes the students into the Akashic records where they connect with the dragon.**

We have time for another one, you guys. Okay so, next exercise... and again if you don't want to participate, hang up now, otherwise you're going into a room and you're committed.

I want you to go into the Akashic records and you are going to connect... you're going to take turns and you're going to connect with the dragon. And with this dragon you're going to request the dragon to use the dragon breath to clear debris... meaning just little thought forms and just like defragmenting, but you're going to use the dragon breath to do that with your client... and just to some clearing for them some like stuff they've been letting go over this weekend and it's just going to help. You know how fire, like when we go to Central Sun to do things, it just incinerates everything, so there's nothing left energetically? That's what this dragon breath's going to do.

Okay so that's what you're going to do. And you can use this on your land, and when are we going to get deeper into that? What am I teaching next weekend? We're not going to be teaching that next weekend.

I won't get deeper into this, it's just too much for today, you guys. I think I'm doing Magic Land the summer in July... a weekend. It's going to be in person or online for the training, and we're really going to play... not like we haven't already been. (laughs out loud) Just wait. (more laughter)



Okay you guys, so have fun. Thank you all so much for playing. Make sure you contact [support@sacredactivations.com](mailto:support@sacredactivations.com) to get your certificates and your manuals. And again, actually if you just wait a week or whatever, but if you want the first two manuals, I'll email them now and get your certificates and stuff, but the first certificate for this week, is wait a week to ask for the manual. So if you could request your certificate and manual at the same time, go ahead and send it in now. It might take them a week to get back to you with all that information so that he can attach the manual to it. How does that sound? That sounds good, right? That's reasonable. Right. So thanks for playing guys, thank you so much. It's been an absolutely beautiful weekend and I'm looking forward to seeing what happens next weekend. Thank you everybody.

You're going into breakout rooms now, but when you're done with your breakout room just hang up. I'm going to give you 40 minutes and then I'm going to come back and disconnect you guys if you're still on, but I'm not coming back on. Okay you guys... have fun. Thank you so much. It's been a blast!

## **End of Day Two and Training**