

**AKASHIC RECORDS  
PRACTITIONER  
TRAINING MANUAL**  
[www.SacredActivations.com](http://www.SacredActivations.com)

By Tamra Oviatt  
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This training manual is self-published and distributed in PDF format for students of the Sacred Activations Akashic Records Practitioner Training course, available here:

<https://sacredactivations.com/product/akashic-records-certification-training/>

For more information, please visit [www.SacredActivations.com](http://www.SacredActivations.com) or [www.TamraOviatt.com](http://www.TamraOviatt.com).

## **A NOTE FROM THE EDITOR**

Jennifer-Crystal Johnson

What strikes me most about the process of working on this manual is that I haven't been a direct participant in the training, but so many of the students' readings, experiences, and topics of discussion also apply to anyone else who resonates with this information because we are all connected.

If you've ever wondered about the Akashic Records or been curious as to how to access them, this training is an incredible resource! Tamra does an amazing job of explaining how things work in the higher realms, what to expect when we're working in these dimensions, and how to enhance your visualization techniques and allow information to come through as it feels natural to you.

We're all different, so our experiences in these realms will be different, although with many similarities and ties to the collective.

Your journey into the Akashic Records begins here... and once you begin, you will be easily able to tap in on demand. Some of the things you will learn might surprise you, but it is all tied into shifting yourself into alignment with your higher aspects and connecting with those parts of yourself to be better at this game in the 3rd dimension that we call life.

Prepare to be amazed, not only at this work but also at yourself! I always am when I work with Tamra, Sacred Activations, and the Akashic Records.

Are you ready?

# Day 1

# Akashic Records Practitioner Training Introduction – Day 01, Part 01

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Vi-deo-1.mp4>

Welcome to the Akashic Records Practitioner Training! In this introduction, Tamra talks about what the focus of this course is and which Sacred Activations will be used as the foundations for your work here.

Tamra will run two Sacred Activations at the beginning of this training:

1. Illumination Activation
2. Alchemy of the 3rd, 4th, 5th, 6th, 7th, 8th, and 9th Dimensions

There will be guided meditations to help you practice accessing the Akashic Records for yourself and begin working in that realm.

The flower of life book mentioned: *The Ancient Secret of the Flower of Life* by Drunvalo Melchizedek.

Tamra explains how she sees the Akashic Records chambers when she visits, how each of the rooms work, and what everything is for. There are sources for information as well as intensely powerful healing tools, which you will learn how to work with throughout this training.

Learn some of the ways Tamra has been able to use the Akashic Records to heal herself as well as help others heal

themselves, and how you will be able to do the same. You will also learn how to speak with your Angels and Guides and allow them to help you and heal you while you sleep.

Tamra also talks about learning about our past lives and various different timelines we're living in, and how we can heal all aspects of ourselves through this work in the Akashic Records. She also talks about some lives being programs, while others have actually been experienced, and how to integrate and work with all of that information and experience.

# **Illumination and Alchemy of the 3rd through 9th Dimensions – Day 01 Part 02**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-2.mp4>

## **Sacred Activations Included**

### **Illumination Activation**

The Illumination Activation allows you to remember all of your past lives and see your future lives. You'll have an understanding of who you truly are as a "being of light." This Activation is done in the Akashic Records on the 6th Plane. It will help you to get familiar and comfortable with the Akashic Records and working with the energies there.

### **Alchemy of the 3rd, 4th, 5th, 6th, 7th, 8th, and 9th Dimensions**

Bring yourself into alignment with all aspects of yourself in these dimensions, and connect with your oversoul and the higher dimensions. This Activation will help you to receive love and guidance from your Guides and Angels and connect with the information you are meant to receive.

Tamra will ask that these Activations are integrated with ease and grace so everyone can get the most from this training without feeling exhausted or overwhelmed.

Relax and enjoy as these energies run.



## **Student Introductions, Questions, and Testimonials – Day 01 Part 03**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-3.mp4>

Students are asked to briefly introduce themselves and share some of their history and experiences with Sacred Activations, as well as what they hope to gain from this training.

Tamra announces plans to visit India soon, sparking a conversation about travel to India and different places and sacred sites there.

### **Testimonials**

Jasvinder: I'm in the IT industry and less than a year ago started doing Sacred Activations, so I'm highly impressed with Tamra, a very straight forward tycoon, you know? (Laughs.) Very exciting stuff, you know, I came across Tamra and many spiritual paths take years and years, but Tamra can get you on an Enterprise ship, you know, she is like Captain Kirk (laughs). Wherever you want to go, you know? She will take you there.

Nithya: Hi, I'm Nithya, and I have been on the spiritual path for the past 12 years, so I do a lot of other healing modalities as well. I basically love to help everyone, so it's mostly free and what I offer for free is helping, helping, and helping, so that's what I do. So Akashic Records... a few people have been asking me whether I can do it or I can't do it. So that curiosity helped me with learning to help others, and that's what

actually pulled me toward this course. Bless the life-shifting impact of Sacred Activations in the past one and a half months! I went onto the site and purchased a couple of Activations. Two Activations I was doing regularly and the results have been... awesome. Fabulous results, I am totally impressed. Hats off!

Bitten: I live in England, and I actually met Tamra when she was coming for a visit in Glastonbury. I was next door, her neighbor, and (she gets a little teary-eyed)... I just love her! I remember she had just arrived and I felt blown away by her love. I remember the second day I saw her, I just came up to her and said, "I need a hug," and she was like, "Okay! I'll give you a hug!" (Laughing.)

Tamra: Aawww! (Laughing) I'm gonna cry!

Gain more insight and see firsthand how Tamra Oviatt and Sacred Activations have impacted people from all over the world, and continue to. Learn how others have been able to release and clear unconscious belief systems, come into alignment, work on their chakras, and some insights on walk-ins, multiple souls within a single vessel, and how these things work and are able to be integrated and/or healed.

As healers, we are in the forefront of this ascension process, leading the way by healing ourselves and healing the collective as we do.

## **ACCESSING THE AKASHIC RECORDS GUIDED MEDITATION INTRO – DAY 01 PART 04**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-4.mp4>

You can use this guided meditation to access the Akashic Records for yourself or to help a client access them to help them heal themselves. You can also use it to go into their Akashic Records and do the work for them if they aren't in the space to be able to do it themselves.

This first meditation is a practice run to get you familiar with the Akashic Records chambers and help you make the connection. Think of this like a guided tour of the Akashic Records to show you where everything is, and then you can visit any time you would like to.

This process of accessing the Akashic Records will help you to move forward in leaps and bounds rather than taking years to make progress, so we will get you the foundational training and get you comfortable with working here.

## **A TOUR OF THE AKASHIC RECORDS CHAMBERS – DAY 01 PART 05**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-5.mp4>

Connect with your higher self, your *knowing*, and be completely surrounded and filled with unconditional love and trust. You can come here to heal, relax, and access information from all timelines, lifetimes, and dimensions.

As you are introduced to the Akashic Records rooms, relax and enjoy your time here. Be open to receiving messages from your Angels, Guides, and Masters, as well as passed on loved ones.

Allow yourself to get familiar and comfortable with the way the Akashic Records rooms are set up, how the different areas function to guide and heal you, and that way you can come back at any time and continue your work here.

You can also come here for rest and restoration on all levels with the help of your Guides and Masters. You can even come here before you go to sleep and lay on the healing table while your team works on you while you're sleeping.

### **Exercise Instructions & Information**

Hi everybody, welcome back. We're going to do a guided meditation; I'll give you a moment to come back.

If you miss any of today's class, you'll get the replays. It'll take a couple days... so don't worry about it. I've got some people that will be coming in later this afternoon, and some people coming in tomorrow. But the ones coming in tomorrow have already done this class before... I don't usually let people come in on the second day because we cover too much.

So, let's do a guided meditation.

I want you to imagine that you can go into Mother Earth's heart chakra. Imagine this and connect to that beautiful energy of Mother Earth.

Just feel that energy surrounding your body. It's going to help you relax.

So just breathe in and out, and with every breath you take, you feel more calm and relaxed. Your head starts to relax... your shoulders start to relax... your chest... your abdomen... your thighs, your calves, and your feet. Your whole body just relaxes.

Just let go of today, or yesterday, or whatever you're hanging on to... just let it all go.

Connect into that beautiful energy... breathing in and breathing out.

In a moment, an elevator is going to show up and a door will open. When the door opens, you can go inside.

When you go inside, we'll be traveling 23 floors, from 23 to 1. When I reach 1, the elevator doors will open and you'll find yourself standing in front of the Akashic Records.

How I see it is a big, huge wooden door. A huge door; very tall, very strong.

When you go inside, how I see it is to your left is the healing room with a healing table that you can lay on. In the other room, there's a sofa... and I always see a fireplace.

There's also a big screen on the wall that you can view. There's a huge book of your Akashic Records sitting on a stand.

And then while you're looking in that room, to the left is the area with a round table where you can meet with your Masters and Guides.

All of this is in here.

And then there's this bedroom where you can go and sleep and receive healing in there.

It's definitely a place where you can go to spend some time and relax, and to feel that beautiful energy in the healing chamber.

So just breathe in and breathe out, and feel really, really relaxed.

The elevator door opens and you find yourself going inside.

The doors close, and with that I say 23.

With every number I say, you go deeper and deeper into the space of hyper-awareness and connection, so that you can connect with your higher self, with your knowing... your gifts start really opening up, and you're in total trust.

You're completely protected and safe.

So, the doors close, and with that I say 23.

22... 21... 18... 16... 15... 14... 12... 9... 8... 7... 6... 5... 4... 3... 2...  
1.

The elevator doors open.

You find yourself in front of the Akashic Records. Go through the open door, and if you look to your left, there's the healing table you can lay on.

If you look straight ahead, there's the sofa. Across from the sofa is the big screen and a fireplace.

And if you look beyond that, there's the Masters' round table.

There are many more chambers here that we will be exploring later on.

So just connect into this area; we're inviting your Guides—your Spirit Guides, your Angels, and your Masters—into the room for you to connect with. They're here for you.

And they're going to bring you a message right now; a message that is going to help you through this class. Connect and receive that message now.

If you can, connect with the Masters and the Angels that are around you... and the ones you'll be working with this weekend.

Now, if you'd like, you can go over to the healing table and lie down for a moment. You might find yourself with your Angels

and Masters around you with their hands on you, feeling these upgrades happening.

Imagine you can get up now and go to the Masters' round table.

You can ask a question for yourself or someone else at this moment.

Okay, now I want you to come back to where the sofa and the screen are. You can jump through this screen to experience past lives and to receive information, but we're not going to do that right now.

The book is sitting right next to it on a stand. You can open the book and read, and the book itself will actually stream videos for you. Or it can be in written information; whatever works best for you. It's all here for *you*.

Some of you have animals showing up right now.

You can also talk to passed on loved ones by doing this; they can come into the room and join you to bring messages through for you or your clients.

These rooms will get to know a lot over the next four days. These are here for you to use; this is your birthright. You're allowed to do this.

Okay... I now invite you back into the elevator. The elevator doors close; when I reach the count of 23 you'll be very alert and aware and ready to go, and then I'll tell you the next step.

So, go into the elevator. The doors close.

1... 2... 3... 4... 5... 6... 7... 8... 9... 10... 11....

While I'm counting, you're becoming more and more aware and alert. The information you received is very much there for you... maybe not to understand in this moment, but to get connected with and understand later.

15... 16... 17... 18... 19... 20... 21... 22... 23.

The elevator doors open and you find yourself in Mother Earth's heart chakra again, connecting... vibrating. Bring your energy up and imagine being totally connected with Mother Earth and with the Central Sun's heart chakra, the Eye of God, whatever works for you.

Just connect into that energy.

You become very alert and very aware.

When you're ready, open your eyes and we'll move on to sharing and questions.

## **QUESTIONS, SHARING, AND HOW TO WORK WITH OTHERS – DAY 01 PART 06**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-6.mp4>

Tamra addresses initial questions and introduces the idea of working with another person's Akashic Records, for example, a client's. Tamra explains what you might expect during a session in the Akashic Records of a client with their team of Masters, Guides, and Angels, and how to interact and work with these subtle energies.

Tamra also shares some of her experiences with connecting to different Masters and Guides, channeling information, and how any one of us can do the same thing. We can all connect to Source God Creator within, and this practice can only strengthen us.

### **Exercise Instructions & Information**

We're turning this class into a manual and you will have this guided meditation that you can use if you want to bring someone else in.

When you do a reading, you imagine that you're going into the Akashic Records and you say, "I'm working with Jennifer, what information do you have for Jennifer?"

So, what you're going to do—and for the first time, I want you to keep it really simple. I know I guided you through this and

into the Akashic Records this first time, but you can do this on your own as well.

You can say, “Bring me into the Akashic Records,” and be there in an instant, or you can do the elevator visualization technique. It will only take you a few seconds to connect, whether you’re working on yourself or a client.

So, tell your client, “Let me connect and then I’ll be able to answer your questions.”

Imagine that you can go into the elevator, then give it a few seconds and imagine the door opening and you can walk right through and into the Akashic Records.

Their team will be there, and it’s not always the same people who will be giving you information. It depends on who they’re connected with, and sometimes they might not even know who it is they’re connected to or who’s bringing in information.

Because we work with many Masters. I hear people say, “I channel this person,” or, “I channel that person,” but we can channel everybody. We can talk to all of them. We don’t have to pick one Master to channel.

I talk to all of them. I channel information from all of them. And if I can do that, you can do that.

I’m not special, you guys. I know I’m very advanced in my knowledge that I bring in, but I want to make sure you know that you can do the same thing. If I can do it, you can do it.

So don’t think, “I can’t do it,” or, “I’m not good enough.” This isn’t about you. You’re bringing in the messages, but the Masters are giving them to you. So don’t filter that you’re

giving “wrong” information. Don’t think about that. Just give the information that came to you.

Sometimes it’s filtered through your consciousness, so it might be a little off, but if it is, you’ll be told.

When I first started talking to Lord Metatron, I heard Lord Antoine. And every time I heard it, I said his name and then heard, “That’s not right!” (Laughing.)

It took me a while to get Metatron, and I didn’t know who Metatron was! And I’m glad I didn’t know who Metatron was because at the time I didn’t feel confident enough to speak to him. And if I knew who he was, I wouldn’t have brought the information through because I wouldn’t have felt confident to have that conversation.

When Moses came to me, it blew me away. Why in the hell would Moses talk to *me*? Why would Mother Mary talk to me? Why would Mary Magdalene talk to me? Why would Jesus talk to me?

Why would God, the Creator of All That Is, the Eye of God, the Source... I like to call Him God, I hear there are many Creators and only one God; this is what I was told by God. Why would all of this talk to me?

Because we’re one of them!

We’re here playing a video game. Using the Akashic Records will help you play the game. I was watching my son play a shoot-‘em-up-bang-bang last night, I hate those games. But when they go into an area, they go and pick up all of these things, right? For their tools, for their game... and that’s exactly what we’re doing here.

We're grabbing tools and we're grabbing information for our game to help ourselves and other people with their game. That's what we're doing.

So don't think you can't do it. Don't think you're not good enough, you're not worthy, why would these people talk to you. Remember... you're *one of them!* They're *one of you!*

When Lord Metatron first showed me that we were one, I didn't know what to do with that information. It really took me a long time... I'm talking years. And as I go, I get more and more into alignment with that information.

So quit thinking you're not good enough, you're not enough, or you can't do that. Stop it. Okay?

Yes, you're a character in a video game, and yes, these Masters have amazing tools and gifts to share with you, for you to share with others to help them play the game. Just trust that. That's all you've got to know. And that's all you've got to believe. They can do the rest.

What I would like you to do if you need to, because remember there's no rules on this. I don't like dogma, but I give you rules that seem simple and helpful for people to start with.

Imagine you can go into the elevator and walk through to the Akashic Records door, and that you can go inside. Then you call forth your Guides, and you call forth the Guides of the person you're doing the reading for.

So, to start with, I want to do a simple life reading for you guys. So you go in, you call in the Guides of whoever you're with. I'm going to be putting you in rooms, most of you will hopefully be one-on-one... I think in one room there will be three.

So you're just going to take turns; one person will do a reading for the other person, and just give them some simple information. Ask their Masters to give you simple information, and then the other person will do the same thing.

As we go, we'll get deeper and more advanced into this and with our readings. But for now, I want you to have a simple question. So, whoever is doing the reading, ask the other person what they want to know about, and then share the information.

And if you're receiving a reading, don't ask any questions until they're done explaining and sharing. The reason I say this is because when someone is in flow and someone else talks to them, the first person stops to listen to what the other person said and it breaks the connection. It throws them off, and then they have to connect back in.

I'm sure you guys understand that because that's what happens to me when I'm talking and stuff, and when someone interrupts me, it throws me off and then I have to get back in line.

So, when you're receiving a reading, don't ask any questions until the practitioner who's doing the reading for you says, "Okay, do you have any questions?"

Then you can ask your questions and they can get lined back up and ask the next question.

I'll put you in rooms, the computer generates who goes where, so this is your higher self lining up with who you're meant to experience this with. We'll say 20 minutes each so we can meet back here before taking a quick lunch break.

Does anybody have any questions?

Bianca: If you're doing this for a client who's never done Activations, should you run the Activations first?

Tamra: No... this is Sacred Activations Akashic Records because I add Activations in to help you guys with your awareness and your expansion so you can do the readings more effectively faster. You don't have to do Activations on a client to do readings for them.

Bianca: Okay, great... I wanna take my girlfriends as guinea pigs (laughing).

Tamra: Yea... that's what I did when I first started all this stuff! Go ahead, Vallerie.

Vallerie: The time, you said 20 minutes. Is that 20 minutes each to do the reading? Do we go right in and start reading, or go in and say what we see, and then do like maybe 10 minutes of reading and 10 minutes of feedback?

Tamra: However that works for you. You each get 20 minutes.

Vallerie: So is it an hour that we're going to be there? Because you said some people have three.

Tamra: I don't know if the 20 participants (on the webinar) include me or not, but there's 20 people, and if there's 20 people on the call that's perfect because each will have two. I think what will happen in that case is the third one will just view, and if you are the third one in a group, go into the Akashic Records and also help do a reading. You guys could take turns reading for one person.

Jasvinder: So, why are we going to the Akashic Records room? We're not taking the client with us, right?

Tamra: No. No, just you.

Later on when you get more advanced and stuff you can bring your clients into the Akashic Records room and have them lay on the healing tables, but we'll address that a little later.

You just go into the room; if you need to, use the elevator visualization I gave you guys. I like the elevator because you don't have to worry about walking. Some people have difficulty walking, so if you tell them to walk down 20 flights of stairs it could be scary for them or they go, "Oh, God, I can't make that!" That's why I do the elevator.

And yea, I'm a licensed hypnotherapist but it's just guided meditation, you guys. That's all it is. You can just do what I did. It's about getting people into a space where they can do this.

Okay, any more questions?

So I'm going to put you in rooms, and something should pop up on your screen, and just go into the room it tells you to go into. When time's out... you know, I can just give us 10 minutes before we go to lunch. I can go ahead and give you guys like 25 minutes each... I think that should be plenty of time, I don't think you should need more than that.

## **PRACTICE SESSION – LISA AND DAWN – DAY 01 PART 07**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-7.mp4>

Lisa and Dawn's Akashic readings on each other. Both students gain clarity and insight into their lives, next steps, and how far they've already come. The messages are tailored to each person as they are receiving their reading, and you can tell that a lot of it only makes sense and resonates specifically with that person.

Guess what! Your Masters and Guides are goofy and love to joke around and be silly. We take life way too seriously down here, and meanwhile they're up there high-fiving Angels and giggling at our shenanigans!

Join in as these women explore their gifts and abilities and learn to read the Akashic Records for others.

## **SHARING READING EXPERIENCES – DAY 01 PART 08**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-8.mp4>

Students share their Akashic reading experiences and how it has affected them, what they experienced visually, and what a party on that plane might be like. Universe or golden liquid in your cup? Two students came out absolutely glowing after a party in the Akashic Records room!

Hear more incredible accounts of healing and sensory experiences in the Akashic realm.

## **CONNECTING WITH YOUR MASTERS & GUIDES – DAY 01 PART 09**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-9.mp4>

Tamra encourages students on their journeys and reminds everyone that we would all be very bored without challenges to overcome, and this is just a video game. Can we release the parts of the game or program that no longer serve us and keep the parts that do?

Don't get so attached that you worry about what you're doing. Just go play the game, have some fun, and get to your next level!

And you want to win, right? If you were sitting there with your buddies playing a video game, you would be doing everything you can to win, right? AND you would have a good time doing it. So why aren't we doing that here?

Learn to honor yourself and give yourself what you need. Learn to enjoy yourself. Honor yourself and give yourself a break without having to create sickness to do it.

### **Exercise Instructions & Information**

I want you to practice going into your Akashic Records and connecting with your Masters and Guides so you can get all of your questions answered. You can ask your Guides and Angels to help you, and I would like you to go into the Akashic Records and read yourself.

I'm only going to give you about 15 minutes, that should be all the time you need for the first time, and if you don't see, hear, or feel anything, ask yourself why.

You are going into your own room to work on *you*. You can ask a question, ask for an upgrade, ask for programs to be removed such as the program of re-creating traumatic experiences, and learn about your past lives as well as your Masters and Guides.

We'll see each other back here in 15 minutes. Have fun!

## **STUDENTS SHARE THEIR EXPERIENCES AND ASK QUESTIONS – DAY 01 PART 10**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-10.mp4>

How was that exercise for you guys? I was really surprised I was told to have you do that so fast in this class.

Students share their experiences with the readings they did on themselves and the questions they asked. Students asked their Guides and Masters different types of questions, and the answers usually come as metaphors, memories, symbolism, and emotions each individual can understand and interpret based specifically on their perception and life experiences.

Letting go of control and removing deep-seated fears; Energy can look like smoke; Fear can strangle your life force.

What will it take to win in this game?

Students share incredible experiences and amazing insights, not only from their individual readings on themselves but also from partner readings.

### **Exercise Instructions & Information**

I want you to partner up and do a future reading. I'd like you to look at three months, six months, and one year. Give the other person information on all three of those timelines.

This will be whatever the person is seeing for you *now*, that's in your energy field now, and if it's something you don't like you can shift it. If it's something you *do* like, you can really connect with it and help create the experiences you desire.

Like Elizabeth said, she blew on her timeline. Give it energy. And being in the 5th dimensional grid system, manifestations come quickly.

But if we're split in our desires and our energy is scattered, the universe still says yes but it ends up cancelling each other out because of our fears.

As much as you can, give it pure, positive force to work with, love and happiness. Give that a few minutes a day of just that energy, and it'll bring everything in to help create that.

So let's do a future reading; remember what you're getting is what they need to hear, don't filter it. You might talk to many different Masters.

How was 20 minutes each? Was that enough time for you guys?

Let's take a 10-minute break, then we'll come back and I'll put you into rooms for the future reading.

## **ZARAH AND JUDY'S FUTURE READING – DAY 01 PART 11**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-11.mp4>

Get a sneak peek at what happens during a future reading by watching Judy and Zarah practice. Gain insight and validation by practicing your own ability to read the Akashic Records, with others as well as on your own.

Not only is this an incredibly informational reading for both students, but after they finish they spend some time discussing the differences in their gifts (seeing versus hearing versus feeling, etc.) and how they receive the information and messages that they do.

We all receive information in different ways, but we can develop the gifts we have and even learn to tap into our other senses as well. Zarah shares that she learned how to channel and trust her abilities and gifts by practicing in front of the camera and recording herself, then waiting for three days before watching the video to process some of the information.

Highly informative and an excellent example, this session will help you on your own journey of practicing Akashic Records readings.

## **DAY 01 WRAP-UP AND Q&A – DAY 01 PART 12**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day1-Video-12.mp4>

Thanks for being here with me today for the first day of Akashic Records training! Does anyone want to share anything or have any questions?

Students share some of their experiences with giving and receiving readings in the Akashic Records room, acknowledging the incredible insight and accuracy that people can gain by accessing this plane.

Readings can actually change from one moment to the next before and after Sacred Activations energy healing work, which can heal the DNA, past lives, and different timelines.

Tamra shares some of her insights on timelines and reading futures, and what to expect as well as how those timelines are affected as you change yourself and create new experiences.

Students share their stories of self-discovery and beginning to tap into their gifts, which they then begin to see are very real. Tapping into this trust and knowing on a regular basis will help anyone who wants to establish and practice their natural gifts of intuition and insight.

Thanks for joining us on Day 1! Be sure to come back tomorrow for Day 2 of Sacred Activations Akashic Records Practitioner training.



# Day 2

## **DAY TWO GUIDED MEDITATION AND INTRODUCTION – DAY 2 PART 1**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-1.mp4>

Welcome to day two! Remember, this is a certified course, guys, so after we're finished, email support and he'll send you a certificate.

Let's do a guided meditation and some Activations to get started with our day.

### **Sacred Activations Included**

#### **God Head**

Connects your pituitary gland, your pineal gland, and opens your third eye and crown chakras. This Activation uses Sacred Geometry to line everything up within you, enhancing your sense of connectedness.

As the class goes into the Akashic Records room, they learn and experience a Diamond DNA upgrade, weaving light into each DNA strand. This will increase your intuition and other abilities.

Students share about their experiences with day one after having time to reflect on everything so far.

Tamra talks a little bit about how the God Head Activation might affect people and what it does within your mind by

connecting and integrating the pineal, pituitary, the third eye, and the God Head with Sacred Geometry.

## **Exercise Instructions & Information**

Today we're going to start with a future life reading. You're going to look at a future life, but remember all lifetimes and timelines are happening at the same time.

So do a future life reading, and if there's something in a future life that the person doesn't like, you can discuss it. Since this is the Akashic Records class, instead of using Sacred Activations to shift it, ask the Masters and the Angels to help and they can show you how to do that.

Students are instructed to break off into pairs and do future life readings on each other.

Go into the Akashic Records and make a request. "I wish to do a future life reading on Lisa; please give me the information."

You can see it on the screen and tell them what you see if you're a more visual person, or you just might start channeling the information to them, or the book might open. It's different for different people because different people have different things activated within them and different awareness.

Again, I don't want to say that you have to do it a certain way. Do what feels most natural and effortless for you during this process.

I'm going to break you off into separate rooms and we'll meet back here in 40 minutes.



## **FUTURE LIFE READINGS WITH ZARAH AND DAWN – DAY 2 PART 02**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-2.mp4>

A future life reading between two of the students, Zarah and Dawn. Zarah sees Dawn's future life 500 earth years from now, but on a different planet. She shares that beings here are more etheric than physical, and there is more magic in that world than there is here. The laws are different and there is more freedom to create, which creates more joy for everyone because it's a very fun place to be.

Did you know that you can visit any life or timeline you want to that is connected to your soul in any way? You can connect with these different aspects of yourself, and especially when you connect to the lifetimes or timelines where you're happy and joyous and creating intentionally, you will be able to come back refreshed and energized.

During Zarah's reading, Dawn sees the Orion's Belt constellation and that Zarah is still a physical being but can change into a light being while she sleeps and while swimming so there is no need for oxygen. The technology there is very advanced and there is a teleportation system. Zarah shares that she has seen some of what Dawn is describing in the past.

Gain insight and clarity on how to do readings as well as how sharing the information you receive from a reading can impact everyone involved, not only the client but you as well.



## **FUTURE LIFE READING EXPERIENCES AND WALK-INS – DAY 2 PART 03**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-3.mp4>

Students share their experiences with reading future timelines and what stood out to them. The topic of walk-ins comes up because when there are two souls living inside one vessel it can be tough to know whether you are reading the right one or even to get into a reading at all.

Tamra explains more about what a walk-in is and how this works on a soul level. She introduces energy work that will help anyone with more than one energy within them, and the soul that is supposed to will then leave.

After this you might feel a little lonely or weird; you might go into what you're used to doing because you're used to having these dual conversations, which people will also call the ego versus the higher self. But for people with walk-ins, it's different because it's actually two souls.

## **TOTAL SOUL INTEGRATION GUIDED MEDITATION – DAY 2 PART 04**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-4.mp4>

This is the **Total Soul Integration Activation** and guided meditation to help you if you have a walk-in. Sometimes we have dual souls without being consciously aware of it, so this session will help clarify all of that for you and allow one soul to take over completely and the other to move forward with their own existence elsewhere.

You don't have to be consciously aware of this process, but do be prepared for things to be different if you do have a walk-in. The soul that is meant to take over will take over, and the one that is meant to leave will leave.

## **SHARING ABOUT WALK-INS AND MASTERS – DAY 2 PART 05**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-5.mp4>

Students share their experiences with walk-ins and the Total Soul Integration Activation and ask questions about the process. Tamra talks about the soul, the higher self, the oversoul, the galactic oversoul, and All There Is, also called the Eye of God that is the connection of everything in existence.

While some students did experience the release of a dual soul, others experienced forms of upgrades, opening up, and connection even though they didn't necessarily have a walk-in. Tamra shares about her gurus and teachers after a student reveals that he has met one of his spirit guides in person.

“I love Sacred Activations; it's cool. There's no meditation, there's nothing to look at, and anything that needs to be seen will be shown. You let go of thousands of belief systems without ever having to look at it or know what it was or even knowing you let it go. You just notice you start feeling better and your world opens up.”

## **DISCUSSION AND HEALTHY BOUNDARIES ACTIVATION – DAY 2 PART 06**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-6.mp4>

Students ask questions about their experiences with the Total Soul Integration Activation. Some of the topics of discussion include being a doormat, learning to draw healthy boundaries, and finding the middle ground between being passive and being aggressive.

Tamra runs the **Healthy Boundaries Activation** to help anyone who may be experiencing these types of challenges.

## **QUESTIONS AND SHARING ABOUT WALK-INS – DAY 2 PART 07**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-7.mp4>

Students ask any remaining questions after lunch break before class continues.

Some of the topics discussed include the idea that nothing can attack or control you unless you allow it. Also discussed are the differences between possession and a walk-in, which are similar. Substances have energy—spirits—substances such as alcohol and heroin. Tamra shares a story about her son and a demon attached to him.

Lisa shares that since her walk-in left before lunch she feels lighter and her vision is changing. Tamra shares that her diet may also change and evolve, that she won't necessarily like the same foods any longer.

## **NEW GIFTS, NEW GUIDES, INSTRUCTIONS, AND EXAMPLE – DAY 2 PART 08**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-8.mp4>

### **Exercise Instructions & Information**

You're going to help someone find out which Guides and Masters want to work with them, especially if it's someone they haven't been working with yet or if they aren't sure who they're working with. You're going to bring back a message from them and relay what gift this Master or this Angel is helping them with.

So you'll be bringing in messages from different Masters and Angels, and it's most likely that you're going to be bringing in someone they don't know. It might be someone they know, but it might be someone they don't know or haven't worked with yet.

They told me they've got these new gifts coming in for your guys, and they want to work with you on it, and they're here to work with you, and most of you don't know who they are yet or the gift they're going to be helping you bring in. How cool is that?

Are you ready? We'll meet back here in 40 minutes and I'll partner you up into rooms. Elizabeth and Lisa will stay here in the main room so their session can be recorded.

## **Elizabeth & Lisa's Reading**

Elizabeth does a reading on Lisa first. Though she doesn't receive the name of the Guide, she does sense that this Guide is important for Lisa. In order for the Guide to give her this gift, she has to be open to receiving it.

She has a whole council of light beings, just like most of us do, and this new one is very etheric, very bright, but also very soft. Lisa receives her gifts and her upgrade, and the students discuss their experiences briefly.

Lisa reads Elizabeth next and they talk about interacting and working with spirit animals and animal totems and Guides. She ended up speaking with a dolphin named Aurora... like Sleeping Beauty. It's time to wake up. Aurora spoke to Lisa about how gifted and talented Elizabeth is and to shine her light; then she swam away.

Elizabeth shared that she felt a lot of healing happening and like something was activated within her, upgraded. Elizabeth talks about identifying as the drop but also as the ocean, and allowing ourselves as the drop (the physical body) to identify the ocean within ourselves.

The students discuss their readings and talk about various places in the world, as well as working within our existing lives to help people heal and healing the money system from within.

Other students begin coming back into the room and talk amongst themselves.



## **QUESTIONS AND SHARING NEW GIFTS AND GUIDES – DAY 2 PART 09**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-9.mp4>

Students return from their practice sessions and share their experiences with meeting their new Masters and Guides and receiving their gifts.

Some of the topics covered are how simple and easy it is to access the Akashic Records after a little practice. They also talk about accepting their gifts, receiving the loving energies and information from their Guides and Masters, and talking to Unicorns.

The more we practice, the better and more effective we become at working with these energies and with our Guides and Masters.

Can you experience heavier energies in the Akashic Records space? Yes, absolutely, but you can always shift and clear these energies to what you would like to attract. They may have something to do with a belief system that needs to be cleared.

Tamra runs a quick Activation to clear any heavy or dense energies for students.

### **Exercise Instructions & Information**

Okay, guys. Are you ready? I would like you to bring a message from a passed on loved one to whoever you're working with.

A passed un-loved one? Sure, you can do that, too, I guess. Yes, passed on loved one... or unloved one, or whatever (laughs).

Bring a message through, okay?

I think one room is going to be three people again.

## **SHARING EXPERIENCES & MESSAGES FROM PASSED ON LOVED ONES; CONCLUSION AND WHAT'S NEXT – DAY 2 PART 10**

<https://s3-us-west-1.amazonaws.com/sacredactivations/2019/Classic+Akashic+Records+Training/ClassicAkashic-Day2-Video-10.mp4>

Life and love will always find a way... students share some of the messages they received from passed on loved ones. Students experienced intense connection and emotional clearing during this process.

One student shares about having denser energies swept up by a woman with a broom who said, “We can’t have that! You should know better!”

How did everyone feel channeling someone who has passed on for someone else?

Passed on loved ones deliver messages and love for their living loved ones through the Akashic Records rooms.

Another student shares about the spirit of her partner’s passed on step father feeling like a different personality in the higher realms than in life while he was on earth.

Another student shares about how uncomfortable they were talking to passed on loved ones at first, but they worked through it with their partner. Practicing makes the process easier and students share that they look forward to practicing.

Next weekend we'll be doing some hands-on healing and psychic surgery, so we'll be diving even deeper when we do the next level of training.

Also, you are now certified! I would contact support and let him know that you were in class and finished so he can send you a certificate. Please give him your name exactly as you want it to appear on your certificate; it will say that you are a Certified Sacred Activations Akashic Records Practitioner.

You'll also be able to do the Galactic and the Timeline, but you won't be able to do the Blueprint. There's a couple of you I owe a refund to because if you're not a Master Practitioner you can't do that class, so contact me and remind me.

If you want to do that and get prepared, you can sign up for the Practitioner and Master Practitioner Training online and then go ahead and do that training in the meantime before February when we do those other classes.

I originally had the Blueprint and the Timeline on the second weekend of February, so I'm going to continue with that schedule... I don't think I'm going to split it up. I'll also have that posted for people who have questions about that.

So this has been the Akashic Records Practitioner Training! I hope you guys have a great week, allow yourself to integrate, make sure you get rest, drink a lot of water, and take good care of yourselves.

Most of all, enjoy! Go connect into the Akashic Records. There are always messages for you; just keep practicing, practicing, and practicing.

Lots of love! I'll see you next week, same time, for your next level of training.