

Akashic Temple Meditation

- Close your eyes.
- Take 3 deep breaths to calm and center yourself.
- See yourself walking forward.
- As you walk you'll notice you have no shoes. Your feet are bare.
- Feel the ground as you walk. You have walked this path before and it feels like coming back to a place where you belong.
- Looking up you see you are approaching a Temple. While you feel respect for all it represents, you are also glad to have finally arrived at your destination.
- There is one door which you know is the one you should enter. Go through it.
- Inside you will see where you are meant to go. Let yourself look around the Temple, exploring as if you are seeing it for the first time and yet enjoying the sense of returning somewhere which brings you happiness and acceptance.
- In time you will notice beings who are gathering inside the Temple. Some are regulars who work with visitors and others are there specifically for you. They may introduce themselves or acknowledge when you recognize them.
- This is when the work begins. Be present, participate, and unfold.
- When you are ready, thank everyone for their time, acknowledge if more work needs to be done, and make your way back to the door.
- Move through the door and out onto the path. Feel the ground beneath your feet as they walk you back to your body.
- Allow the transformation to gather into you like pieces of a 3-dimensional puzzle slotting into place.
- Take 3 deep breaths.

- Wiggle your fingers and toes.
- Open your eyes.

