



PLEASE HAVE THIS HANDOUT AVAILABLE AT THE TIME OF YOUR APPOINTMENT TO CONSERVE TIME DURING YOUR SESSION.  
*These unique processes and prayers all came from the Akashic Records.*

## **AKASHIC ALLIANCE™ HEART INTEGRATION**

### **Heart Integration:**

1. Place one or both of your hands on the center of your chest – your heart center.
2. Take several full breaths and relax.
3. Become aware of:
  - a. The warmth or coolness of your hand as it rests gently on your chest.
  - b. Every cell of your body
  - c. Every level of your being (physical, emotional, mental, and spiritual)
  - d. Your Heart Light focused in your heart center
4. Allow your Heart Light to merge with All That Is.
5. From there you simply receive or request Divine Assistance. Heart Integration will bring whatever you need. You don't need to be in your Records to access this Divine Supply.

### **HEART INTEGRATION PRAYER:**

The following prayer did not come directly from the Akashic Records. You may like to activate Heart Integration and say this prayer or your own before each MAGS. It is just one way to work with Heart Integration until you discover your own prayers.

*"I welcome the Divine to release from me now anything that would hinder me, known and unknown, from (state what you want to achieve). I know this is now released by the Love and Grace of the Divine from every level of my being (physical, emotional, mental, spiritual, etc.), through all times and all dimensions. I breathe in this Divine Energy and allow it to fill me, heal me, and bless me. I give thanks for this, as I know it is already done. And So It Is." Breathe and relax.*

### **AKASHIC ALLIANCE™ CLEANSING PRAYER**

This prayer can be said on its own whenever you would like Divine Assistance, prior to the Prayer of Forgiveness. . Please read aloud for full benefit.

*(Pause to center yourself with Heart Integration.)*

*Whatever trauma I hold in my heart and soul, I surrender now.  
Whatever blocks my peace, I surrender now.  
I know that love and peace are mine to hold.  
Whatever keeps me from experiencing the love and peace my heart is meant to have,  
I willingly and gratefully release to the Light of the Divine.  
It is washed away by the beauty of forgiveness,  
And I am restored to a perfect state of grace, peace, and love.  
And so it is!*

## AKASHIC ALLIANCE™ PRAYER OF FORGIVENESS

Although this prayer has very simple words, it is extremely powerful. Please read aloud for full benefit.

*(Pause to center yourself using Heart Integration.)*

*“I step into the Light of the Divine where all things are possible.*

*I move into the Love of the Divine and I open my heart center.*

*I choose to live every moment in the Grace of the Divine with an open heart and a peaceful mind.*

*I know forgiveness makes this possible.*

*Today I forgive and release all pain, known and unknown, through all levels of my being,  
through all times and all dimensions for the highest good of all.*

*I bless and release all illusions of wrongness.*

*I lift up my eyes and see myself and others as pure reflections of Divine Light and Love.”*

## AKASHIC ALLIANCE™ INVOCATION

You are welcome to add your personal requests at the end of this Invocation. (It is also appropriate and helpful to read aloud prior to working with any group of two or more people.)

*(Pause to center yourself with Heart Integration.)*

*Let it be a **blessing** for us to be together.*

*Let it be a **joy** for us to be together.*

*Let us **accomplish amazing things together** with grace and ease each time we meet.*

*Let us be **patient** with each other.*

*Let us truly, deeply, and lovingly **hear** each other.*

*Let us all be firmly **anchored in the Light and Love of the Divine** when we come together.*

*Let us come together **refreshed and ready to work** for the highest good of all.*

*Let us automatically be Divinely brought into the **highest resonance** we can sustain with the Divine and the Records each time we meet.*

*May this Divine Resonance continue to strengthen, deepen, and lift us each time we meet.*