

COMMON SENTIENCE

# AKASHA

*Spiritual Experiences of Accessing  
the Infinite Intelligence of Our Souls*

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Spiritual Experiences of Accessing the Infinite Intelligence of Our Souls

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# PART ONE

## *Understanding the Akasha*

*The key to growth is the introduction of higher dimensions  
of consciousness into our awareness.*

—LAO TZU

# YOU ARE AN INFINITE SOUL



I invite you to join me as I introduce you to one of my great loves... the magnificent Source energy field, the Akasha. Ever since the first time I walked up to its gates, I have felt enamored with the mysteries of what it really is and how we are all part of it. For a long time, I wondered how I could get past its guards and reach the other side of the beautiful, gilded gates. With much persistence and intuitive guidance, I found a way to go beyond the gates and enter the Akasha. Ever since, it's been the ride of my life to discover, learn, heal, and grow.

And now it is your turn.

I first stumbled into the Akasha as an intuitive energy healer in the 1990s. I had studied psychic energy healing with a knowledgeable and trusted instructor for more than six years. As I performed a healing for someone, she would tell me to go up to the gates of the person's Akashic Record—to ask their record keeper for Akashic energy to fill them up after the clearing they had received from me.

But my teacher would admonish, “You can only go to the gates. You are not allowed inside.”

When I stood there at the gate, asking the Akashic Beings of Light to fill my client up, I witnessed new energy flowing into my client's crown chakra and filling their body. It was a magnificent, sparkling, fluid light. I knew the energy entering them held higher wisdom, even though I wasn't sure what that wisdom was.

One day, I heard a deep voice telling me about my client's soul path and how their past lives were impacting the present circumstances and creating their challenges. The first time it happened, it wowed me! These beings showed me the great expanse of the client's life as their soul plan unfolded. I saw a 2,000-year timeline of who they had been and why they wished to be here on Earth at this time.

This was a different level of information than I had ever accessed as an intuitive healer. But where did this wisdom come from? In the '90s, no one was talking about the Akasha or accessing the Akashic Records.

On rare occasions, expansive information would come through while I was working with clients, but I couldn't predict when it would happen. It never occurred to me that it came from the Akasha, because my teacher had said the records were off-limits to us. I had no knowledge of how to get there on my own.

Years later, after a few spontaneous connections and many hit-or-miss attempts to consciously access the records, I finally found a simple way to open the gates and move into the Akasha. The impact of access to these profound records changed the trajectory of my life. It put me on a clear path of transformation that continues to guide me to this day.

Now, some thirty years later, I'm well acquainted with the magnificent wisdom and healing energy of the Akasha. Access to this wisdom unlocked my purpose, which is to share and teach others how to bask in its unconditional love while healing their most wounded parts.

My wish for you is to embrace this soul work with an open heart. As you discover its path, you will tap into your own connection to Source energy through the Akasha.

I promise to share stories, knowledge, experiences, and tools I have gleaned from the many years I've worked in the Akashic Records. This book is part of my soul's mission to help you discover a more intimate relationship with your soul and the Divine energy of the Akasha. We will build a relationship with your very own Akashic Record Keepers.

I want you to experience what unconditional love feels like. Let it embrace you as you learn, at a soul level, why you are here.

## LET'S DIVE INTO THE AKASHA... HEART FIRST

I look forward to you joining me on this journey into the Akasha. There is much to learn as you discover and experience wisdom from the source you originated from, so many lifetimes ago. All you must do is come with an open heart and a sense of childlike wonder as you read, learn, and experience yourself differently.

You will also learn from the personal stories, written with love, by many authors who share their own experiences of the Akasha. Each story will give you a genuine understanding of what it was like for them to be vulnerable enough, if only for a moment, to let in the magnificent healing energy and wisdom that changed their lives.

Now let's quench your curiosity by exploring what the Akashic Records truly are.

END OF PART ONE EXCERPT

# PART TWO

*Spiritual Experiences of Accessing the  
Infinite Intelligence of Our Souls*

*You, yourself, as much as anybody in the entire universe,  
deserve your love and affection.*

—BUDDHA

# ANCESTRAL HEALING

I'm not really sure how I injured my lower back. Maybe it was the gym, or maybe I held my three-year-old child on the same hip too many times, causing rotation in my lower lumbar.

With a family ski trip to Austria only two weeks away, I tried everything to help the constant pain in my back including chiropractic adjustments, acupuncture, and massage therapy. Nothing worked and I was in a tailspin, wondering where I could find relief.

At the same time, I was in the middle of uncovering yet another layer in my bioenergetics therapy sessions. I had been going to therapy twice a week: one session for me to unwind my childhood sexual abuse traumas, and a second that I attended with my husband for couples therapy.

My back pain became unbearable, as if I were reaching a crescendo. I called my therapist, crying in pain. "Mary, please help me! I can't ride on a plane for nine hours next week in this excruciating pain!"

Mary was angelic. She stood five-foot-one with deep-set brown eyes and a soft voice. "Of course, dear," she replied. "We can address this in your next session on Tuesday."

Tuesday morning, I struggled to send the kids off to school with my stiff back, but knowing it was therapy day kept some hope alive. As I entered my therapist's office, her little Yorkie came running up to greet me. I couldn't deal with the pinching pain of bending over to pet the dog this morning. Mary has described her pet as a therapy dog who assists her clients. She said when people are finished emoting in the adult therapy gym, her dog will sit on the couch and help the client destress further by allowing them to pet her.

"Petting an animal is an act of love," she said. "Dopamine will eventually activate, which allows the body to calm down and resume homeostasis."

Mary carefully watched my thirty-four-year-old body shuffle in like a senior citizen. I walked as if I'd been in a car accident, minus the neck collar. I told her I didn't want to sit, so she pulled out a sawhorse with a pillow fastened on top. She told me to put my belly on top of the pillow and to bend over, to open up my vertebrae. I obliged, finally feeling some pressure release from the lack of gravity pressing into my spinous processes.

"Now what, Mary? I can't take this sawhorse with me on the plane," I joked.

"Breathe out loud. I want to hear your exhales with a sound," Mary said.

I took my first loud breath. Inhale. Exhale, "Ahhhhhhhhh."

"Again!" she instructed.

So, I inhaled. Then I exhaled, "Haaaaaaaaa!"

"Again!" she demanded. Mary's soft voice was starting to get a bit of a tone. "This time, close your eyes and FEEL into yor exhales!" she thundered.

I inhaled deeply and exhaled, "Aooooooooooo!"

My eyes were closed, but my mind jumped into another reality. Suddenly, I saw myself running through an autumn forest in the dead of night.

"Can you hear those wolves?" I cried. "They're coming! They're after me!"

I wanted to open my eyes and climb back off the sawhorse, but Mary reassured me that I was safe. "Go back, back to where you were before you started running."

I took another inhale and an audible exhale. “I’m sitting in an old, dark, stony castle with my parents having dinner by candlelight in front of a huge, open hearth where the food is cooked. They are my parents today, as well. Except my father is huge, not five-foot-four like he is in this life. He seems at least six feet tall and heavy, like an ogre. My mother is a slight woman; she has a sharp jaw, a pointy chin, and darting eyes. Her hair has been pulled back in a plain, low bun.” My mother’s mousey, pale, boyish demeanor was a stark contrast to her voluptuousness of today.

“The plates and goblets are made of pewter,” I continued. “My father is drunk and has food stains on his shirt. Grease and red wine drip from his bushy, red beard as he lustfully stares me down. My mother sits to my left and seems angry. My father is on my right side at the head of the table, raving like an intoxicated dictator and talking with his mouth full. I can see long, blond hair cascading down the front of my dark grey dress. My cold, pale hands are resting on my lap.”

I described for my therapist how I excused myself to go to my room. Shortly afterwards, my father pushed open my door and tried to crawl up onto my bed. The bed was very high off the floor. In my terror, I felt a burst of adrenaline and, with new strength, I shoved him off the bed.”

With a Celtic accent, I screamed, “No more! Not tonight! Not ever!”

In his drunkenness, he had fallen heavily to the stone floor, hitting his head. Blood slowly oozed from behind his fiery red hair. I hopped off the other side of my bed and ran out of the room and down a long corridor toward a back staircase. I was barefoot, wearing only a long, white, cotton nightgown. I spiraled down the cold, stone steps in the old turret, trying to glance out of the skinny window slits. When I reached the main floor, I grabbed a scratchy grey cloak from a wooden peg and bolted out the side door and ran into the woods.

“I keep glancing behind myself to make sure I’m not being followed,” I said. “There’s a bit of a river to cross. I’m so cold. I make it across the narrow

part of the stream, leaping like a jackrabbit in pursuit of safety. I run deeper into the wooded forest that surrounds the castle. I can barely feel my naked feet starting to freeze. And now I hear the sounds of the wolves crying ‘Aooooooo!’ into the unforgiving, dead, frigid Irish air.”

I told my therapist of wrapping the cloak around me to keep warm and to hide, shaking, my heart pounding. After a little while, I stopped feeling cold and noticed myself rising from the forest, out of my body.

“No, no, no! It’s not right! It’s not fair! No, no, no!” I cried. I screamed and cursed in Celtic.

“What year is it?” Mary asked.

“1576!”

“Move forward, dear,” she instructed. “Where are you now?”

I took another deep breath and suddenly saw a wooden box being carried with a single processional line following, plus one bagpiper. They were walking to a family plot on the castle grounds where past loved ones were laid to rest. I was hovering over my mother’s head like a little bird, listening to her friend say, “Well, it’s just as well. She was mad. She told the vicar your husband was raping her!”

“My mother pursed her thin lips a little tighter and said nothing, staring into the distance,” I said.

“I want you to climb down off the sawhorse and sit on the carpeted floor,” Mary said. She handed me a glass of water. I scooted over to rest my back against the couch.

“Wow, I feel like my whole thoracic body is hollow,” I exclaimed. I put one hand on my chest and another on my belly. “I feel empty in here... is that normal?”

I took a sip of water. Mary’s little dog trotted around the corner and plopped down on my thigh, looking up at me expectantly. I started to pet her while Mary explained that she had only seen this happen twice in her thirty years of counseling.

“It’s not uncommon to have a past-life entity move through a person while uncovering severe trauma,” she said matter-of-factly. “We often incarnate within our family tree lines in order to keep working through our themes and patterns of abuse.”

“Oh my God, is that what just happened? That abused Irish girl from the castle was me?”

Mary nodded her head. “Most likely, yes.”

We both smelled a strong rose fragrance. “Do you smell anything?” she asked.

“Yes,” I said as I witnessed an apparition of a young woman with long, blond hair standing in a white nightgown, handing me yellow roses.

“Mmmmary, do you see her too?” I asked in disbelief.

“No, I don’t see anything, dear.”

The apparition of a past-life version of me stood in front of me, pointing toward my belly button. She said in an Irish accent, “Thank you for releasing me. I was living here...”

I realized she was pointing through my belly to the anterior aspect of my third lumbar vertebra as she added, “Now I am free to help you heal from your sexual abuse.”

“What’s happening?” I cried in disbelief.

Mary reassured me that all was well, but I felt unsettled after seeing my own ghost. I explained that, as a chiropractor, my husband often had to adjust my L-3, which enervates the sexual organs. He had revealed that some of his patients who have shared their sexual abuse stories with him also had L-3 issues.

I got up off the floor without any pain. Within an hour, my old-lady shuffle was completely gone. I felt as though I was released from something holding me down, and yet I still felt open. The strange, hollow sensation lingered. When it was time to leave, I stood up straight. I found I could even bend over to pet her little doggie good-bye without any moans or groans.

Mary explained that bioenergetics can help us release our tiny boxes of unfelt emotional pain that have become stuck within the body. This unfelt pain can cause discomfort and disease. In this case, pain had been stuck in my ancestral lineage, which I had carried into this life to be healed.

As an intuitive, I've studied the Akashic Field. Our Akashic Records are like a library of every incarnation our soul embodies. It sometimes takes a soul many lifetimes to complete a theme. We are being tasked to resolve the past abuses of our lineage while we are present at this time in our Earth's evolution. My past incarnation had come to help me release the generational bondage that had marred my family tree for centuries.

Fifteen years later, my husband and I were invited to attend the grand opening of a boutique hotel at a castle in Ireland. We were thrilled to visit Ireland to trace my Irish roots, and of course, to stay in a castle. My ancestors had been horse breeders in Kilkenny, which is the town next to Castle Kilkea. We rented a car in Dublin and drove an hour to the castle.

Driving down the long, heavily wooded driveway toward the castle in autumn felt eerily familiar. When we arrived at the castle's main entrance, I looked up at the plain, grey structure and experienced a moment of *deja vu*. We were given a tour, during which I was able to investigate the turret at the far end of the castle, which had been used by the kitchen staff. I felt compelled to climb those stairs rather than the main staircase.

*I've been here before*, I thought, as goosebumps rose on the back of my neck. The turret staircase was illuminated by tall, skinny window slits. The castle, which was built in 1180, is now surrounded by an eighteen-hole golf course. From the roof, I had a good view of the whole property. I could see a river that surrounded the castle like a mote. I asked what was here before the golf greens and the caretaker said, "Just heavily wooded land.

We were assigned a lovely room on the second floor, overlooking the rose gardens below. After unpacking, I strolled around the grounds and ended up at the castle grave site. A black, wrought-iron gate guarded the entrance to

the past loved ones laid to rest. The stones were too old for me to read the etchings, but I felt a remembrance of sorts.

The circle is now complete. I have released the tormented Irish girl who lived within the ancestry of my bones. Through the Akashic Field, we had healed generations of abuse. Our lineage was set free.

*Michelle McClennen*

END OF EXCERPT PART TWO

# PART THREE

*Deepening Your Experience of the Akasha*

*Consciousness is a precondition of being.*

—CARL JUNG

# GUIDED, GUARDED, AND PROTECTED



Have you felt that you need clarification about the next step or choice you want to make? Did you know that most of us are confused about our life paths and our decisions because we have *other people's energy* in our field? That means that others' feelings and thoughts may blend with your own, confusing you.

Most of us are not taught about boundaries, and we might grow up without knowing what our limits could be. Yet, creating clear boundaries and filling your body and energy field with your energy is vital when aligning with your soul's path and purpose. It's also advantageous when we want to receive soul guidance.

The Akashic Record Keepers want us to always feel guided, guarded, and protected. When we walk through our lives connected to soul guidance, we feel safe because we own our energy field and body, knowing our soul and our Akashic Record Keepers are protecting us. One of the easiest ways to maintain that connection is by consciously being sovereign of our physical bodies and energy fields. That means you must be the queen or king of your body by filling up with your personal soul energy every day. You must learn

to consciously own the right to have your own space, thoughts, feelings, and desires.

When we become conscious that, although we may appear to be solid matter, we are primarily energy, we realize that we can't start to change unless we know whose energy is in our physical body and energy field.

Imagine your energy field as an empty glass. Every day, you pour a little of yourself in there. Then your mother calls and pours a little of herself into your glass. When your husband asks you to run some errands, your energy glass takes on a bit of his energy. If you have children, and they have requests and needs, their energy is also pouring into the glass. At the end of your day, there you are, with a little bit of your energy and a great deal of other people's energy and desires in your glass. That is exhausting and confusing.

Unknowingly carrying around other people's energy makes us feel burdened and out of sorts. When clients tell me they feel like they have a heavy weight on their shoulders, I know they have filled their glass with everyone's energy except their own.

We assume all our thoughts and feelings belong to us. Sometimes, we need clarification about these feelings because we don't know where they came from. What's most important is to stop for a moment and think about how you feel and whether that feeling really is yours. It can be a relief to realize that not everything we think or feel is ours; our feelings can belong to another. Our work in the Akashic Records helps us sort all this out. We can ask for help to understand what is and what is not ours.

Although it's rarely talked about, our energy fields are open and accessible for other people to tap into. We all share energy unconsciously. But the truth is, especially for empaths, our gates are wide open. We want to make people happy. We willingly take on their problems and their issues. We want to rescue them, and in doing so, we forget about ourselves. Most people don't realize this until they are at the end of their life and they wonder why they

never created their desired life. Then they ask, why were we so busy with the needs of others that we forgot about our own needs?

You may wonder why you feel so empty and sad when your children leave home or attend college. You might have dedicated your life to them, which is a great purpose. What isn't conscious is that we let ourselves be filled with their energy and the energy of other moms or teachers. Their expectations and our need to not disappoint them took over our lives. We unconsciously gave our power over by making their purpose more important than ours. Often, others enmesh us so deeply in their energy that we forget what our energy feels like. And the hamster's wheel keeps going around and around.

When we lean into feeling guided, guarded, and protected, we must consciously take ownership of our body and energy field. We are the vessel our soul works through.

## ENERGETIC DAMAGE

We might have unconsciously put our bodies and energy into the world without taking steps to protect them. Please don't let these ideas frighten you—awareness and energy tools are the first step to being a sovereign person. When we are unaware, we leave ourselves open. Our physical body, our energy field, and auric field are unprotected and open to energetic attacks.

These include energetic attacks by people who have negative emotions toward us, such as anger, hurt, jealousy, or envy. When we have relationships with people who get upset with us, and then yell or are violent and emotionally abusive, that energy can tear holes in our auric field, making our energy field leaky and therefore open to other energy attacks.

## ANGRY ENERGY ATTACH

Many years ago, when my three children were toddlers, I drove away from the grocery store with them all lined up in their car seats. I pulled my big van slowly out of the parking lot and onto a small street, as I had done hundreds of times before. On that day, a large truck flew through the intersection and slammed on its brakes, honking its horn, almost hitting my van.

He was speeding through a yellow traffic light and trying to make it through the next one before it turned red. His screeching brakes terrified me as he continued honking his horn at me. Then he pulled up next to me at the next red light, screaming and flipping me off. Again, I was terrified as I looked back at my toddlers in the back seat.

His energy was so intense and violent that even though he was in his car, and I was in mine, I was scared for our lives. I know he ripped a hole in my energy field because my whole body ached while I drove the eight blocks home. My first chakra, which governs survival, felt inflamed. My lower back was in pain. It was such a clear example of how someone's anger can hurt us physically, even without ever touching us.

Not long after, the Akashic Record Keepers gave me a powerful guided meditation to keep me guided, guarded, and protected—which I also call the Rainbow Shield. The record keepers shared with me how essential it was for my well-being to own my own space. They told me to fill my body daily with my highest Akashic energy, light, and physical vibration.

Once my body was full of golden light, I would fill my entire auric field until I looked like a golden egg. Then, on top of that golden energy, I would activate the rainbow shield, which are the layers of the aura. I would then set the intention that no one and nothing could enter my physical body, my energy field, or my auric field without my permission and consent. It was such a beautiful, simple, and profound guided visualization.

Using tools like the rainbow shield, described below, helps you consciously fill your space with your highest energy, vibration, and light. Otherwise, just like the empty glass I used as an example, other people's energy, thoughts, and emotions will fill your body and energy fields. We feel all that energy when we are highly sensitive and empathic.

One of the first steps to accessing your higher guidance and Akashic Records is to be sovereign of your body, energy, and auric fields. This helps you to also be sovereign of your life. When you start owning your whole body and energy field, you consciously bring yourself into this moment and into greater alignment with your Akashic Records.

The guided visualizations from the record keepers make accessing the records more accessible. We all learn that part of the process is learning to be sovereign of our bodies, energetic and physical. That is why we must clear our energy fields, so our magnificent vessel of Source energy can be empowered by being guided, guarded, and protected.

Let's take a few minutes and do the Rainbow Shield meditation so you can be guided, guarded, and protected as you walk through your day.

## RAINBOW SHIELD GUIDED MEDITATION

We will start by imagining there is a beautiful glass pitcher filled with golden, liquid light floating above your head, just above your crown chakra. Slowly and gently invite your crown chakra to open a little more. Open your crown chakra to receive this beautiful, high vibrational golden energy along with the highest Akashic light and love.

This beautiful, golden, liquid light pours into your crown, flowing down to your feet, filling your feet, your toes, and all the way up your ankles and calves, filling your legs, over your knees, and up into your thighs. Your legs now feel beautifully full of golden energy, moving, clearing, and releasing

anything that does not belong in your space, moving anyone and anything out that isn't in the highest and best resonance of you. Then the golden, liquid light continues to fill your torso, moving through your body, your organs, and every area of your body.

The light is filling your stomach and your organs at the etheric levels and layers, as well as the chakras, the channels, as it keeps rising into your lungs, your physical heart, and your fourth chakra. Now it has filled you all the way up to the top of your body.

As the light reaches your shoulders, some of this liquid gold pours down your arms, all the way down to the tips of your fingers, filling and clearing your fingers, your hands, and your arms, clearing and opening the channels in your arms all the way through to the flesh, the bone, and the muscle, filling your arms all the way back up to your shoulders. It continues up into your neck and throat and your fifth chakra, your voice box, on up into your head.

Then it continues to fill and clear your communication levels, your throat, your mouth, your head, and your brain, up into the pineal and the pituitary glands. The light moves people out of your telepathic system and out of your sinuses, out of your eyes, out of your clairaudient channels, out of your ears. Now you own and claim all the space in your whole body, including your head, your third eye, and your clairvoyance.

As the golden liquid light reaches the top of your head, it begins to spill over and around your body. It reaches a foot below your physical feet, filling your whole auric field and your beautiful, egg-shaped aura. And this gold, liquid light rises all around your body, 360 degrees around you. Your feet and your legs slip under this golden light as your aura fills. It rises over your torso, filling all around your body, around your physical body, up around your neck, and around your head, all the way to the very top until it rises about a foot above your head.

Now see or imagine yourself as a beautiful golden egg. The golden, liquid light stops pouring. You are now very solid, filled with your high vibrational

energy, the highest energy you can hold. The energy fills you from the inside, moving out to the edge of your aura. You've moved everyone else out of your space. And now we're going to add one more layer of naturally occurring protection.

Imagine this as a seven-layered rainbow. It's all the colors of your chakras, from red to orange; add yellow, green, blue, indigo, and the gorgeous violet. And the seven layers of this rainbow cover your whole auric field. They are your natural auric layers, always there for you. Now the beautiful golden egg that surrounds you is wrapped in this magnificent rainbow protection all the way around you, from the bottom of your feet to the top of your head. See the rainbow going out, wrapping around from front to back until it extends about a foot around your whole body.

And now you are solid golden light from your core to the edge of your aura, encased in the seven layers of your rainbow. So let us activate and empower your protection with these words: *Nothing may enter my energy field and body without my permission, and nothing may be taken, depleted, or removed from my body and field without my permission.*

We have activated a vital shield for you, so that no one can take your energy from you, because no one and nothing can penetrate this beautiful, golden, shielded egg.

When you start doing the rainbow shield meditation daily, you will feel more aligned to your soul's path because you've moved other people and their energy out of your field. You may even find that your thoughts, mental chatter, and feelings change. For example, you might feel a depression lift because it never belonged to you, or you may find yourself naturally thinking happy or positive thoughts because the old, angry, or stressful thoughts weren't yours. This meditation is like a magic wand, protecting you with a golden shield repelling outside influences.

## END OF EXCERPT PART THREE

## MEET THE AUTHOR



Lisa Barnett has devoted her life as an ordained minister and Divine channel to helping people connect to their divinity and receive the soul guidance they are searching for to heal and transform their lives. As a Religious Science Certified Practitioner, R.S.C.P., she offered healing prayer treatment to the congregations and served as vice president on the board of directors of Golden Gate Center for Spiritual Living.

With her master's degree in Transpersonal Education, she founded Akashic Knowing School of Wisdom, an internationally recognized school where students can learn to access their soul wisdom in their Akashic Records along with numerous healing tools, meditation, and prayer systems. Lisa has taught thousands of students worldwide and has helped to train and certify dozens of Akashic consultants and teachers.

Lisa has more than thirty years of experience in the spiritual healing forum and is a master of many healing modalities. Her specialty is empowering

individuals to find greater fulfillment, happiness, abundance, and health. She assists by helping them align with their soul path, understand their soul's plan, including soul contracts, karmic patterns and vows, enabling them to transform with greater ease.

Lisa is the bestselling author of *Your Soul Has a Plan: Awaken to Your Life Purpose through the Akashic Records*, *The Infinite Wisdom of the Akashic Records* and *From Questioning to Knowing: 73 Prayers to Transform Your Life*. She has developed many programs to help people experience lasting transformation, including ten written and auditory courses, dozens of meditations, and frequent webinars to teach people around the world how to access their Akashic Record. The goal of the programs and books is to share the tools and prayers from the Akashic Records to help her clients and students at a soul level create the life their heart and soul desires.

Learn more at <https://akashicknowing.com>.