

Self hypnosis for a visit to the Akashic Hall of Records

This text is based on a script by Craig R. Lang (2002) (“... useful imagery to invoke one’s own inner oracle.”)

<https://freehypnosisscripts.info/subject-script/consulting-the-akashic-records/>

Induction

(As before, Giles)

Spirit Room

(Renew & refresh as before)

(not spoken - Before Leaving Your Spirit Room)

(Start of recorded text)

This is a self-hypnosis session by Giles for a visit to the Akashic Hall of Records.

Right now, you are still comfortable and quiet in your Spirit Room, and you are considering what you would like to learn during a visit to the Akashic Hall of Records.

So, now, you bring to mind what you would like to achieve and understand during your visit.

(pause)

.... Considering what you want to learn ...

(pause)

.... Thinking about what you want to find out during your visit ...

(pause)

.... OK, now it is clear what you would like to know – and please remember that during our approach to the Akashic Hall of Records! ...

Next, you leave your room, and walk out into the garden, and walk down the path surrounded by lovely flowers and shrubs.

As you do so, you change your focus to the top of head, to your crown chakra, which begins to open and allows you see the cosmos.

You keep in mind what you want to find out during your visit to the Hall of Records.

(not spoken - Entering the Hall of Awareness)

Now you come to an entry way to a wonderful building, which opens to a spacious hallway, with rooms either side – this is the Akashic Hall of Records.

Before you go in, you ask for any protection from the sometimes difficult things that are in this Hall of Records; and you remember what you want to find out during your visit.

As you step into the huge vestibule, you see a spacious carpeted stairway leading upwards.

This stairway will take you to a place where you can learn, experience and understand – meanwhile, you remember what you want to find out during this visit.

As you go up the stairs you arrive on a spacious landing with statues in well-lit alcoves, and ahead of you, there is a wide open doorway with beautiful bas-relief designs.

This is a special door that leads to your answers, and you pause to note the charming detail of the carvings.

You see the doorway open, and you walk on through.

(not spoken - The Akashic Hall of Records)

As you walk in, you can see all around a huge and spacious place, because this is the Akashic Hall of Records. Now you pause and sense the majesty of this place.

You realize that many others have visited here before you because this is a magical place of higher awareness.

You see what is near and in the distance, but you do not get distracted as you focus on what you wish to learn during your visit here.

You see this magical place in this session of self hypnosis and you honor those who came before, and those who will come after.

You know this is best done with guidance by a librarian or your guide who can find you a book, or show you scenes - or any other means of learning that will be useful to you for this session. So now is when you politely request assistance from a guide.

All that is here is to help you see and understand the information which is most meaningful to you for this session and any other time you wish to visit.

You are allowed to view any of this information in whatever form is most suitable for this session; but you will not be shown material that you should not see. And once more you remember what you wish to learn during your visit here. So this is where you pause and wait until your guide comes.

You politely ask this librarian to help you and allow them to show you around to find the most suitable items you wish to see, or study.

It may be help with discipline for learning a new ability. Or it may be scenes which are best for this session. Once more, you bring clearly to mind what you wanted to find out during your visit here.

You look around you, with your guide standing beside you, and follow their suggestions to chose the best way.

Now your guide will bring you to these items.

The knowledge you are shown is just right for this session, as you are being shown an Akashic record among trillions.

You will be able to absorb this message and learn what is most important to you.

(pause)

.... Seeing what you want to learn from this ...

(pause)

.... Understanding what you can learn from this ...

(pause)

.... You can feel the sense of knowing that comes with this new learning

(pause)

....you can find anything else you would like to learn from this session. You are free to pause this voice if you wish to remain longer.

Understand and feel the inner growth that comes from being in touch with this medium

Understand and realize that you have the vision to see, to hear and the senses to feel and remember what you wished to know.

Now you should revise carefully what you have learned, making sure to remember everything.

(not spoken - Leaving the Hall of Records)

Now it is time to leave, so you thank your guide most sincerely for this session. You accept that you have learned what you have requested.

(pause)

.... You spend some moments remembering what you have learned

(pause)

.... You recognize the knowledge of the gifts you have been shown

(pause)

... Once again you thank your guide with respect and thanks

As you leave, you are allowed to notice more of what there is to see and mark in your mind the location of all that is important to you, because you may return when you wish.

You leave through that beautiful doorway, and go down those lovely carpeted stairs back through that large hall and outside to the lovely garden.

Meanwhile remembering everything you have learned and been shown.

(pause)

... Remembering everything you have learned and been shown.

Now you know it is time to return to the outside world.

As we are in light self hypnosis, we will not need any special withdrawal, and our next move should be to sleep well for some hours.

This is the end of the session.

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(not spoken - Count Out)

After your wonderful journey, you find that you are ready to return to full conscious awareness.

And on the count of five, you find that you will emerge from this light self-hypnosis, refreshed, relaxed and aware:

1- Beginning to emerge, bringing with you the special gifts of your journey

(pause)

2- A little more out of trance – Becoming aware of sounds in the background

(pause)

3- Half way out of trance –feeling the air on your face, the sense of your surroundings

(pause)

4- Almost all the way out of trance, bringing with you the special gifts from your journey.

(pause)

... Remembering everything you have learned and been shown.

(pause)

5- Opening your eyes, refreshed relaxed and aware – feeling better and clearer than you may have felt in a long time.

This is the end of the session of your visit to the Akashic Hall of Records

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