

# AKASHIC RECORDS COURSE - FULL SYLLABUS

## COURSE STRUCTURE OVERVIEW

This course is designed as a hybrid learning experience that blends self-study, guided meditative journeys, virtual connection, in-person energetic attunement, intuitive practice, & collaborative practice. The teaching arc moves in the natural order of the workbook while emphasizing experiential learning and intuitive development.

## LINK TO ALL PRINTOUTS AND RECORDINGS

[www.align-bydesign.com/akashic-records-course-welcome](http://www.align-bydesign.com/akashic-records-course-welcome) As we progress through the course more will be added to this page

## PRE-COURSE SELF STUDY

To be completed at home before the first virtual session:

1. Read workbook sections 1-5
2. Complete "Ground & Connect", "Ancestors", and "Contracts & Agreements" guided meditations
3. View mandalas then print and use if you feel called to do so
4. Think about or start writing personalized opening and closing statements
5. Prepare opening & closing statements, and questions for our Q&A discussion during virtual session #1
6. Listen to your personal Akashic Records Reading that has been emailed to you. Listen not only as a client would, but also with a more critical ear as to what you would do the same or differently when it comes time to do your own readings. You may need to listen multiple times. *\*\*Pay attention to any specific theme(s) that comes up in this reading, as this will likely be a theme that you are working on releasing during this personal attunement process*

## VIRTUAL SESSION #1 -

**SUNDAY, JANUARY 4th - 2:00-3:30pm (90 Minutes)**

Zoom link will be posted on our private webpage and will be emailed to you one day before we meet

**Bring:** Journal and pen, questions for Q&A, opening and closing statements in whatever stage they are in, and feedback about your personal reading if you would like to share

**Purpose:** Connection, clarity, and preparation for attunement process

1. Welcome
2. Introductions
3. Group Q&A on sections 1-5
4. Talk about personal reading experiences
5. Complete opening and closing statements
6. Karen will guide you through the "Integration at the Well" meditation
7. Discuss how to use this meditation in your life over the next few weeks
8. Set expectations for in-person workshop

**Homework:** Practice "Integration at the Well" meditation and fill out journal pages ... you will share 1 experience at our in-person workshop, refine opening & closing statements if necessary, prepare any questions you might have for our in-person workshop

## IN-PERSON ATTUNEMENT WORKSHOP -

**SATURDAY, JANUARY 17th - 1:00-6:00pm (5 Hours)**

**Bring:** Journal and pen, water, food/snacks, opening & closing statements, questions for Q&A, comfy clothes, preferred method to relax and meditate (chairs provided; bring own yoga mat, mask, blanket, etc. if you would like to lay on the floor)

**Purpose:** Attunement to your personal Akashic frequency and begin guided practice

1. Opening of space
2. Hello's
3. Hand out spiral bound workbooks
4. "Ground & Connect" meditation
5. Q&A for sections 1-5 & guided meditations
6. Sharing of 1 of your personal "Integration at the Well" readings, Q&A regarding process
7. Refining opening & closing statements
8. Discuss sections 6 & 7
9. Break and eat
10. Guided Akashic Records personal frequency attunement meditation
11. Partner practice
12. Debrief
13. Q&A
14. Closing of space

**Homework:** Re-read sections 6 & 7 and continue on to section 8 if you'd like, continue self-readings, do at least 5 practice readings for others with notes. Choose 1 reading to discuss with group at next virtual meeting

**After class, you will be:**

- invited to the Private Akashic Records Facebook group (you must have a personal Facebook page. "Friend" Karen first and then you can be invited into the group) @karen.lacamera
- given access to the full online version of the course. In order to accomplish this, I will email you a link to the Wix Spaces app with a special code... so you will need to download the app and then subscribe. Once you do that, I can invite you to the online course portion for free. The course follows the workbook exactly and contains all the necessary links, files, and meditation recordings that are in the link that you already have for the Welcome page

## **VIRTUAL SESSION #2 -**

**SATURDAY, JANUARY 31st - 2:00-3:30pm (90 Minutes)**

Zoom link will be posted on our private webpage and will be emailed to you one day before we meet. You can use the exact same link as last time if you prefer

**Bring:** Journal and pen, questions for Q&A, 1 reading that you did for someone else that you will share your experience

**Purpose:** Deepening skill in reading for others

1. Check-in
2. Section 6 & 7 discussion
3. Group sharing and discussion of 1 reading you did for someone else
4. Troubleshooting challenges
5. Group reading demonstration by Karen
6. Preparation for final gathering

**Homework:** Read Section 8, continue self-readings, do at least 5 practice readings for others with notes

## FINAL IN-PERSON GATHERING (3–4 Hours)

TBD (based on weather and schedules)

**Bring:** Journal and pen, questions for Q&A, 1 reading that you did for someone else that you will share your experience

**Purpose:** Integration, community, alumni demonstrations, practice, certification, and closing the container

1. Opening circle
2. Hello's
3. "Ground and Connect" meditation
4. Q&A for all sections and processes
5. Meet alumni and hear stories
6. Partner practice sessions
7. Group debrief
8. Next steps - what are your goals?
9. Closing ceremony
10. Hand out certificates

**Homework:** Continue self-readings and readings for others ... as many readings as you are comfortable doing (notes optional); Post questions, wins, challenges, etc. in the Facebook group; Email or text Karen with your progress once each month for the next few months as needed