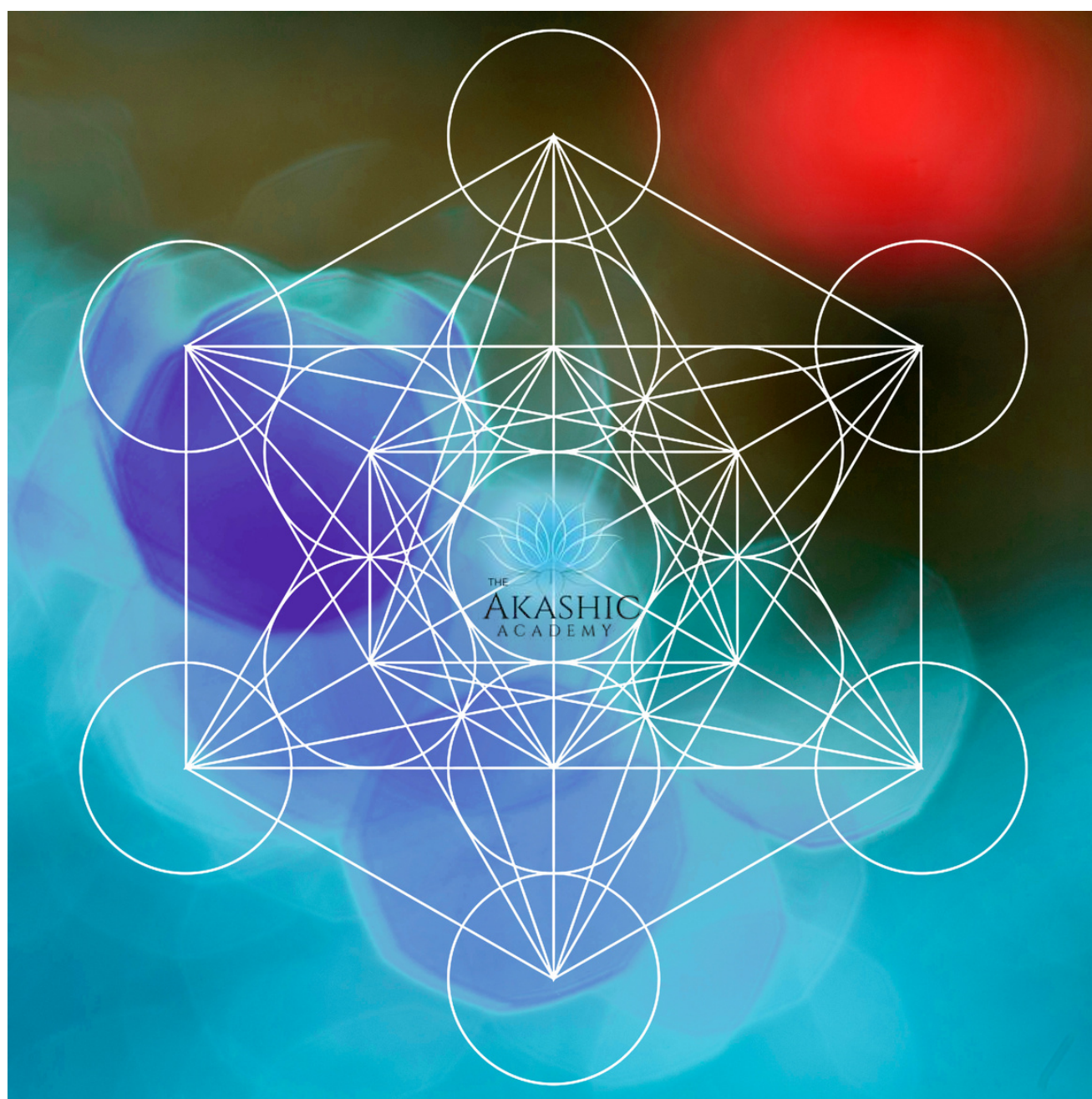


WHAT'S NEXT?

A Workshop to Discover Soul Direction

BY EMILY HARRISON



Lesson 1

TURN ON INTUITIVE SKILLS



Do you find it difficult to change old patterns? Does your life feel stagnant and find you can't break out of your rut?

In today's lesson, you will learn about the four clairs and determine a challenge area where you can ask for help "seeing" or "hearing" something differently.

By the end of this lesson, you will be able to leave behind the ordinary, repetitive, damaging thoughts and learn to think from scratch.

Today's Mindset:

Not making a
decision to
change is making
a decision to stay
the same.

THE FOUR CLAIRS

Our intuition uses four established avenues within our body to try and communicate with us. Write the name and description below for each clair.



1

CLAIRVOYANCE

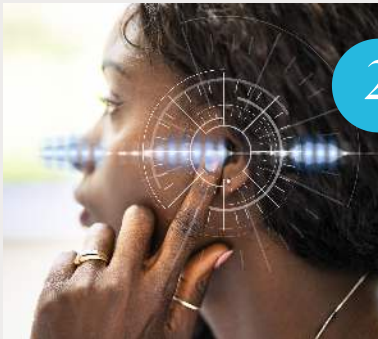
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2

CLAIRAUDIENCE

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3

CLAIRSENTIENCE

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4

CLAIRCOGNIZANCE

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Lesson 1

JOURNAL PROMPTS

Use the journal prompts below to help you reflect upon what you have learned today about clairs and how they have been a part of your life, working in the background.



1

What is my dominant clair?

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2

Where has this clair been working for me all along but I didn't realize it?

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3

Action question:

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Lesson 1 notes

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Lesson 2

ACTIVATE RADICAL SELF- LOVE/ACCEPTANCE



It's not always easy to see how much self-hatred has permeated all aspects of our being and society. Old programs that we have had since birth are running in the background that we may not even be aware of.

Today's lesson will help you reframe your thoughts to see where you are creating with self-hatred rather than love.

At the end of this lesson, you will find meaningful direction and connection with self, others, and life.

Today's Mindset:

Meaningful
direction is all
about how you
are showing up
and your
experiences
along the way.



What If?

What if our religion was each other?

If our practice was our life?

If prayer was our words?

What if the Temple was the Earth?

If forests were our church?

If holy water—the rivers, lakes and oceans?

What if meditation was our relationships?

If the Teacher was life?

If wisdom was self-knowledge?

If love was the center of our being?

– Ganga White

Lesson 2

JOURNAL PROMPTS

Use the journal prompts below to help you reflect upon what you have learned today about self-hatred and how you can alchemize it into self-love and acceptance.



1

Where am I not wanting enough for myself?

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2

What would I rather have?



3

What action do I need to take?

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Lesson 2 notes

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Lesson 3

EVALUATING SELF-TRUST



Do you trust yourself on when to make powerful decisions or determine where to focus on things in your life?

In today's lesson, you will learn to identify where you may lack self-trust and learn the fool proof formula for success.

You will learn tools to help ensure you will never experience the frustration of failed goals again!

Today's Mindset:

Working hard is
not the same as
doing what's
required.

Lesson 3

JOURNAL PROMPTS

Use the journal prompts below to help you reflect upon what you have learned today about self-trust and how you can achieve your goals.



1

What does success look like?

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2

What steps do I need to take to get there?

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3

By when?

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Lesson 3 notes

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Lesson 4

THE ART OF COURSE CORRECTION



We have been trained to defend! Our programming has taught us that being wrong is BAD...which prevents us from true evaluation with ourselves.

Today's lesson will show you how to embody calm clarity. Imagine the freedom of trading "I don't know" for "I am willing to be guided" and learning to communicate asking for support over permission.

You will learn to release the fear of change and embrace playing BIG as your new way of being.

Today's Mindset:

**FEAR and
POTENTIAL are
the same energy
exercised in
opposite
directions.**

Lesson 4

JOURNAL PROMPTS

Use the journal prompts below to help you reflect upon what you have learned today about the art of course correction.



1

What is my "I don't know"?

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2

Rephrase it to "I am willing to be guided..."

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3

What ways can I release the fear of change and embrace playing big?

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Lesson 4 notes

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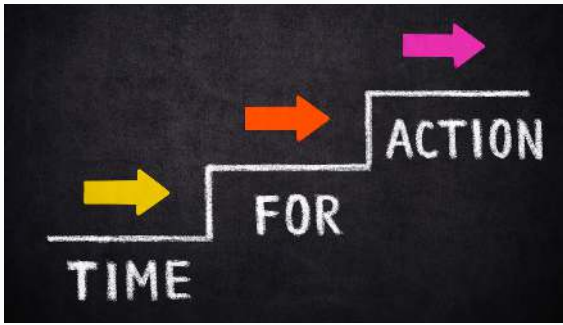
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Lesson 4

ACTION STEPS

List 3 things that you would like to take action on after completing this course:

1

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2

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3

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WHAT'S NEXT?

Using what you have learned in this workshop to propel you forward, list a goal that you can plan out action steps for in the next 30, 60 & 90 days based on what you have learned in this workshop.

30 DAYS

ACTION PLAN

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-
-
-

60 DAYS

ACTION PLAN

-
-
-
-

90 DAYS

ACTION PLAN

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-
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About

EMILY HARRISON

Founder of The Akashic Academy

After becoming a certified Akashic Records practitioner in 2015, Emily's life shifted dramatically. Leaving behind a career in Hollywood, Emily created a healing business that includes teaching, speaking, and mentoring others to master their personal energy, activate profound intuition to heal their bodies, and unlock access to Infinite Intelligence to usher in templates for the New Earth.

Emily works with Visionaries, Thought Leaders, and Difference Makers who are ready to challenge the status quo and become global game changers. Emily is the Founder/Director of The Akashic Academy, a modern day mystery school, dedicated to sharing knowledge that is changing the planet.



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