



SHOW NOTES FOR MAY 2023 PODCAST

The Student to Mentor Cycle

ALSO
DISCOVER...

HOW THE 12
DIFFERENT
READINGS CAN
HELP ME – AND
WHAT ARE THE
AKASHIC
RECORDS?

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Intuitive
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Records
Reader

WHAT ARE AKASHIC RECORDS READINGS?

AKASHIC RECORDS READINGS FOCUS YOUR ON PRESENT AND PAST LIFE ENERGY, UP TO THE CURRENT MOMENT



Akashic Records Readings help you to...

- Discover how your Past Lives create your present world
- Read your present life energy accurately
- Change present life outcomes
- Create the financial abundance you've always wanted.

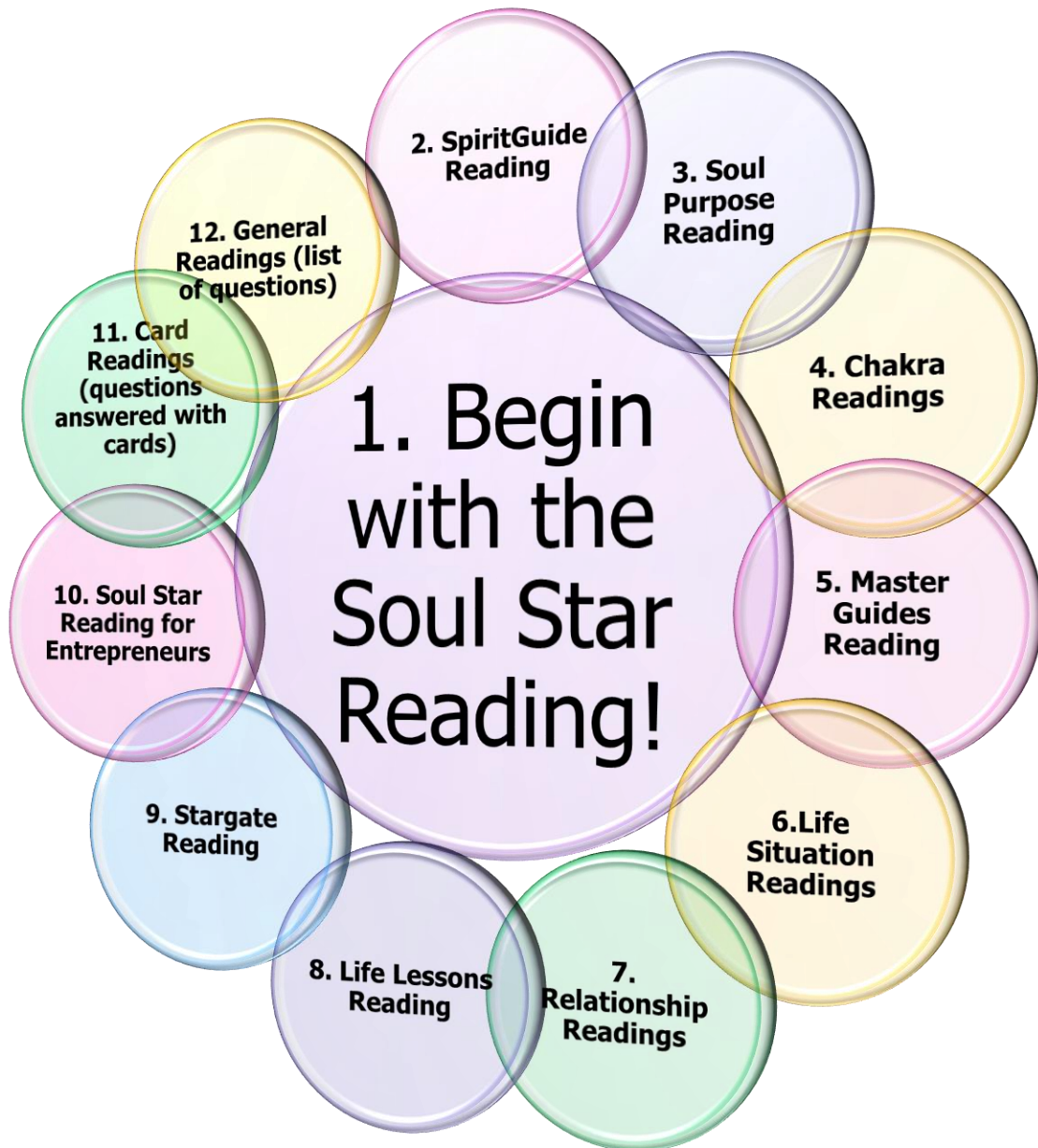
Imagine that there is an electrical, etheric field where all your choices, decisions, actions, circumstances, and emotions are stored as a form of energy. This is your Akashic Record--Sarah can help you to read your Personal and Akashic Energy to clarify life situations, help clear blocks and restrictions and create more abundance and fulfillment in your life.

3 DIFFERENT WAYS TO GET STARTED TODAY

1. **The Soul Star Reading.** The best place to begin! Discover your Soul Blueprint, identify Karmic Patterns that are holding you back, clear blocks and restrictions from past and present life. [BOOK HERE>>](#)
2. **The Soul Star Reading, Soul Purpose Reading and Spirit Guide Reading Package.** *Book the 3 most popular readings for a savings.* Discover everything in no. 1 above, plus learn about your Soul Purpose, Primary Life Lesson and Higher Self, and learn to connect with your Inner Circle Spirit Guides. [BOOK HERE>>](#)
3. **The Soul Star Reading and Awaken your Akashic Energy Coaching Package.** Discover your Soul Blueprint + a 3-part coaching package – and read your own Akashic Record through three personal coaching classes with Sarah. [BOOK HERE>>](#)

12 READINGS – THE READING MAP

WHERE DO I START?



YOU CAN DO READINGS 2-12 IN ANY ORDER, BUT ALWAYS START WITH THE SOUL STAR READING IF YOU ARE A NEW CLIENT. IT WILL HELP YOU TO GET SO MUCH MORE OUT OF EVERY OTHER READING!

MAY 2023 PODCAST SHOW NOTES

THE JOURNEY TO BECOMING A MENTOR

[Using Caroline Myss Archetype Deck – Amazon Link>>](#)

ARCHETYPE CARD

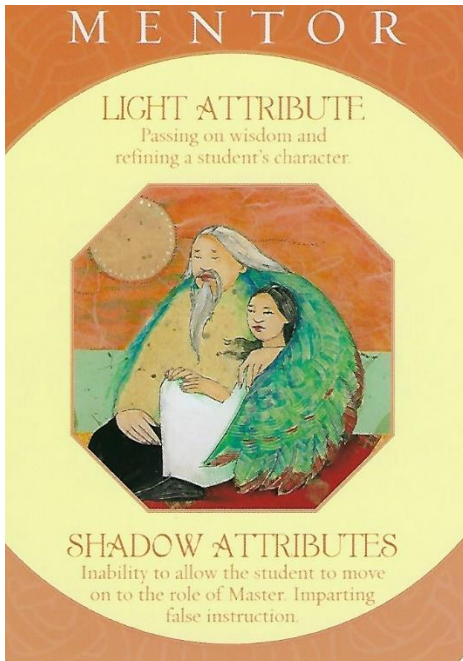
CHANNELED INFORMATION

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- **Student to Mentor Cycle (Mentor Card as Student)**
 - **Beginning the Magical Journey (Hero/Heroine Card)**
 - **Loving the Self and Other (Lover Card)**
 - **Becoming a Parent or Nurturer (Mother Card)**
 - **The Scribe is Born (Scribe Card)**
 - **The Poet is Manifested (Poet Card)**
 - **The Mentor Begins Again (Mentor Card as Mentor)**
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ARCHETYPE CARD

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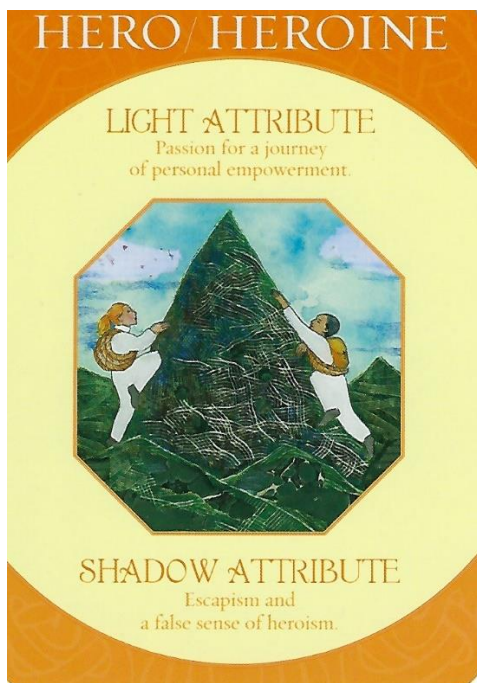


A MENTOR IS A STUDENT IN DISGUISE

Wisdom is received and embodied.

The student learns and applies the knowledge.

The Eternal Student is born.



THE ASCENT – ALWAYS EXPANSION

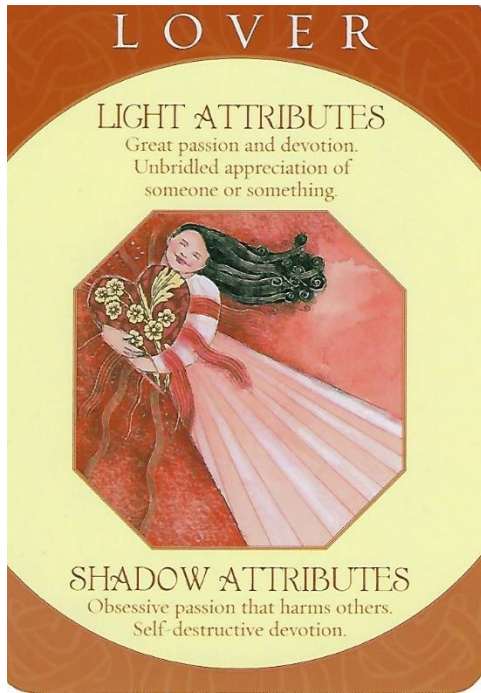
Onwards and upwards.

As you learn, you grow.

Heroism is a two-way street.

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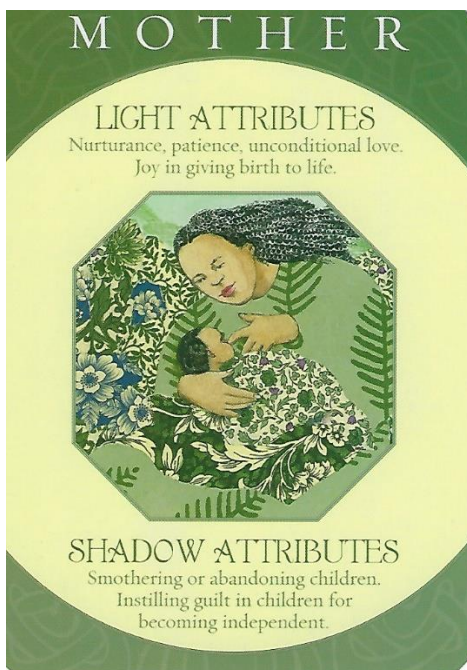


LOVE THYSELF, HEAL THYSELF

The journey of loving another is to discover Self-Love.

As we learn this, we must discover the experiences of both an open, and closed heart.

Loving others is ALWAYS a lesson about the Self.



GIVING BIRTH TO SOMETHING OR SOMEONE IS A RESPONSIBILITY

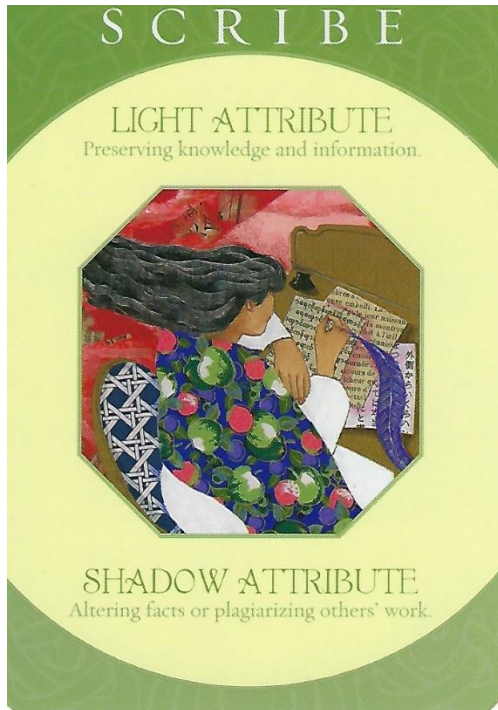
We want to expand our sense of Love and create something new.

Karmically – we are always tied to what we create.

And then we must learn to let it go...

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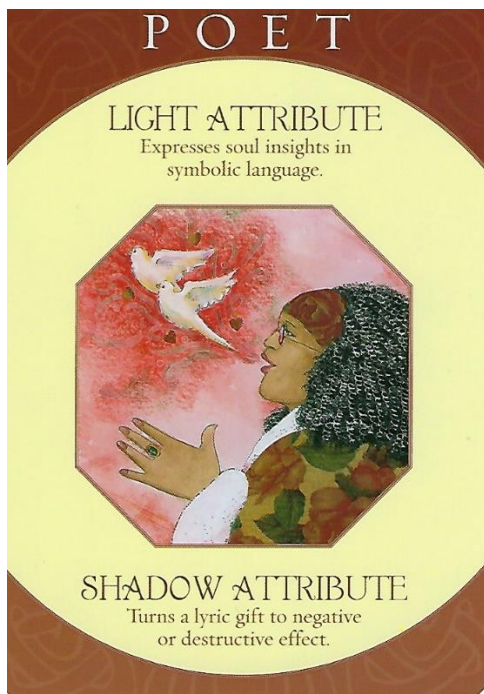


KNOWLEDGE, EXPERIENCES AND RESOURCES BECOME CRYSTALLIZED

We begin to reflect and recall our Knowledge, Wisdom, and Resources.

We can start to put together our own 'body of work', in our mind, in our actions or written down.

Our knowledge becomes crystallized and possibly helpful to others.



OUR SOUL BECOMES ABLE TO SPONTANEOUSLY EXPRESS OUR CRYSTALLIZED KNOWLEDGE, WISDOM, AND EXPERIENCES

The Poet is born.

The Mentor emerges.

The Student finds the Teacher/Mentor.

HOW TO PREPARE FOR AN AKASHIC RECORDS READING WITH SARAH

REMEMBER – WHEN IN DOUBT – START WITH THE SOUL STAR READING!



Any Akashic Reading you have with Sarah will involve connecting with your Personal Energy Field.

Sarah reads your energy remotely and during calls to compile any of your readings.

When you submit your personal details before she reads with you (name, date of birth, place of birth), Sarah ensures she can read for you accurately by attuning to your Akashic Records with your personal information.

Think of your Akashic Records as your personal data 'cloud' or file. You are physically a part of this file, too, and all your data is stored as *emotional energy*.

Your emotional energy is activated when you have a reading, you might feel 'goosebumps', chills, or a sense of energy moving – because it is!

Come prepared for your reading to get the most out of your investment of time and money. Before your reading make sure you are prepared by...

- **Making notes on any questions you want to ask** (this applies to General Readings, Life Lesson Readings, Chakra Readings). You can always send any questions that you have to Sarah before your reading.
- **Having some water handy.** It's always good to be hydrated when working with energy.
- **Checking that your tech works!** If you are using Zoom or a video chat connection that is new to you, play on the device you will be using with a friend beforehand. That way, you won't waste minutes of your reading trying to get things to work.

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WHAT'S THE DIFFERENCE BETWEEN THE CLIENT PORTAL AND THE EMAIL LIST?

THE BENEFITS OF EACH – WHY NOT JOIN BOTH?

[You can join the general email list here>>](#)

[You can join the private Client Portal here>>](#)

General Email List

- ✓ *Email learning series*
- ✓ *Blog post updates*
- ✓ *Promotions of curated products Sarah recommends, such as books, movies, health products*
- ✓ *Podcasts*

Client Portal

- ✓ *Private messaging area with Sarah*
- ✓ *Secure booking and payment portal*
- ✓ *Share and download documents*
- ✓ *Free energetic exercise on 22nd of the month*
- ✓ *Regular discount coupons including 22% off any reading on your birthday month!*

SIGN UP FOR BOTH IF YOU LIKE, THEY ARE BOTH FREE TO JOIN!