

Transcription of one of the MP3 visualisations from the Unleash the book inside home study course www.thebookwright.com/home-study

Before moving on to the next section, let's spend a little time to do another visualization. This one takes you back in time and just be aware of the insights you may receive.

The akashic records office is a concept and construct in another model of how he came to be here, namely reincarnation. It's even said that dolphins and whales play a part in its upkeep but that's a whole other story.

Incidentally, reincarnation used to be an accepted aspect of Christianity up until around 900 AD. So it is pretty much a facet of all major world religions and there is an excellent book by Amit Goswami called, *The Physics of the Soul*, which postulates a scientific basis for it.

The theory goes that before we are born, or even conceived, we meet with our soul group and discuss what we are going to learn and achieve in our next incarnation. Then throughout your life your soul group helps you along the way, either as incarnated beings themselves or as spirit guides. Like all these things, it largely doesn't matter if this is true or not. I can't prove it and won't waste any time doing so.

What does seem to work, though, is the insights people get from this visualization in the context of writing their book. It is as if the book of our lives is somehow intertwined with the book we are about to write.

This visualization will take your mind on a journey to meet again with your soul group. Have your A5 pad ready as you may want to write down what you discover.

You imagine you are walking along the top of a long escarpment with a view out to the sea on your left and a view over a wide arable valley on the right with snow-cap mountains in the far distance. Up ahead your eye is drawn to a black mound blocking your path. You are

puzzled. What is it? As you get nearer to it, it looks like one of those abandoned pill boxes from an earlier conflict but as you get nearer still there are no **** or windows. As you get even nearer it is clear it is not round but it has sides.

You walk right up to it and touch the wall, it is completely smooth and like no material you have ever felt; almost warm, certainly not cold and you can feel, and almost hear, a faint hum. You walk around the sides and start pacing them out. Each is nine strides; nine meters in length and there are five more sides. It is a hexagon.

As you walk around you don't know why but you start adding up the lengths of each of the sides: nine, eighteen, twenty-seven, thirty-six, forty-five, fifty-four. And then something weird happens; you get a shiver down your neck and a strange thought comes in. All the digits that are multiples of nine add up to nine. Two plus seven equals nine. Three plus six equals nine. Four plus five and five plus four equal nine.

You are then just adding up the number nine, nine, nine to twenty-seven when are you sure you can hear someone whisper, "kodoish, kodoish, kodoish". And at that very moment you notice a door-shaped crack in the smooth side and as you go to touch it it slides open with a faint hiss. You are hit with a **** of sweet smelling warm air and can see a diffuse red glow inside. You enter. The door hisses closed behind you, yet you feel no fear. It feels warm and safe inside; like a womb. In fact, you can almost sense a heartbeat coming from the walls. Inside each of the other five sides has a door-shaped opening. You approach one, walk through and you are now in a room with five sides: a pentagon. Each of the other four sides has another door way. You choose one and walk through and you find yourself inside of a square room, now with three options to choose from.

You walk through into a three-sided room, a triangular room, and you choose from one of the other two openings. You walk through again and now you are in a circular room. Behind you, the door seals itself; you feel safe but you are puzzled. You have been through rooms with six, five, four, and three sides and now you are in a circular room. Then it hits you; of course, there is no room with just two sides. Then another thought comes in from out of the blue, "It does have two sides. It has got an inside and an outside."

Are you on the inside with everything else outside or on the outside with everything else inside? Then you notice two buttons; an up and a down button. The down button is flashing. You press it. And you are aware that you are in a circular lift now and descending rapidly. You are not scared but excited. It feels like you have been in this lift before. The sound of the heartbeat is getting ever louder.

After awhile, you don't know how long, you then feel yourself slowing down and there is a soft whooshing sound as you come to rest. Half the lift now opens up and you find yourself in the centre of a huge circular room. It is so big you can't see the sides and certainly not the room. In the distance you hear a whisper. You walk towards it; the radius of the room is about the length of a football field. As you get nearer to the walls, you realize they are covered with shelves of books. They go up as far as the eye can see. Just before you get to the side, you stop. As the whole floor starts to move up or is that all the shelves all moving down; you can't tell.

Way above your head, your eyes caught my book whose spine is blowing. As you approach it the floor slows and stops moving and the book is right in front of you at shoulder height. You walk towards it and reach out to touch it and as you do it slides out towards you. You pull it from the shelf and open it somewhere in the middle and start leafing backwards. On each page a picture of places and people you have seen in your life, words you have spoken, heard, or written, you now leaf forwards and the page is still blank except one. It has got a picture of you at a book signing. People are smiling and you are beaming as you sign each book and hand it back to the reader.

Then, as if from nowhere, you are aware that there are eleven shimmering light bodies surrounding you. You get overwhelmed by a feeling of love, warmth, and support. You stay there for awhile; you don't know how long, just bathing in the light and the love of your soul group. After awhile, the taller of the light beings takes your book from you and places it back on the shelf and says, "You know now what you know". The smallest of the light beings then takes your hand. A warm ripple goes all over your body. She guides you back into the centre of the room towards the circular lift. She takes you inside the lift and the ten other light beings say, "Farewell. Happy enter". She

now presses the up button and the door closes and you both start ascending.

You notice a counter that you are sure wasn't there before with the digits of nine, nine, nine. Swiftly counting down, nine hundred, eight hundred, seven hundred, six hundred. At five hundred you notice the light being has disappeared. Four hundred, three hundred, two hundred, one hundred. The counter is slowing down now. Seventy, fifty, thirty, twenty, fifteen. You are sure the lift is getting lighter. You get a whiff of freshly cut grass. The lift counter shows ten, nine, eight, seven, six, and then the ceiling of the lift becomes clear and you feel the rays of sunshine flood the lift. It counts down now, five, four, three, two, and one.

As it changes to a letter 'G' the door opens and you are looking out again on top of the escarpment. You step on to the dewy grass and hear a whoosh behind you as the lift sinks into the earth. You look around and you can't see the pill box anywhere, yet you have a sense of a new knowing and a new purpose. You know what it is now you have to do and why you came to be