



Information to Help Prepare for Your Akashic Records Reading with Melanie Alderson

Your Akashic Records

The Book of Life is mentioned numerous times in various Sacred Texts. Edgar Casey (famous American psychic) called the Akashic Records “the Book of Life”.

It is a recording of your soul’s journey – past, present, and probable future that is recorded in the 11th Dimension.

Your Akashic Records Reading consists of:

- your guide opening the Records of your soul
- asking that the information be given

This will give you:

- valuable guidance to resolve patterns prevalent in your current life
- provide opportunities for your growth
- support your life right now

Allow you Record Keepers to help:

- open up new possibilities for you
- show you multiple life paths

Also know that sometimes the Record Keepers can be very direct and brief or long and drawn out.

Your Record Keepers LOVE you unconditionally!

You will receive what you need for your beautiful Soul's growth and a life of well-being.

How an Akashic Records Reading Works

The protocol used is one taught and sanctioned by Maureen St. Germain . Your Guide has completed the classes and is certified as an Akashic Records Guide.

- Sit comfortably with your arms and legs uncrossed so that the energy flows freely.
- Silence your phone
- S/he will ask you to verify your full legal name
- The opening of your Akashic Records is done through a ceremony
- Your guide does this quietly while you wait. This will take about 2 to 3 minutes
- There is no need to record this
- Once the ceremony is complete, your Guide will announce “Your Records are now open”
- At this point, any recording(s) of the reading can begin. Your Guide will record the session as requested (for a small fee)
- Your Guide will state today’s date, his/her name, and your full, legal name

Opening Remarks

- Your Guide takes a few moments to tune into your Record Keepers and Guides
- S/he will receive a “download” of information called “Opening Remarks”
- S/he will verbally convey this information to you
- This can last for 20 seconds to 20 minutes
- Please wait until the Opening Remarks are complete to begin your questions
- Your Record Keepers will announce “We are ready for your questions”
- Continue asking your questions until the time is up or you are full and feel complete.
- At the end of the reading, your Guide will thank your Record Keepers and guides, and close your records.

Sample questions (below) to help you with your Akashic Records Session

The Akashic Record Keepers are here for your Soul's growth. For that reason alone, you can ask just about any question you wish. If an issue is blocked, it may be possible to clear it. A block could occur from a past lifetime where the experience was so significantly painful that you could not allow yourself this information. If you are asking now, it very likely can be cleared.

Reminder this is NOT a psychic reading.

Questions about the future are not answered in the typical psychic way.

If you are going to ask about a particular person, please provide his/her full, legal name. Answers are related to access levels to know any specific information.

- We recommend you ask "what may I know" about some event or plan(s)
- What is limiting my view in this situation?
- Please keep in mind that readings have an agreed upon limit (usually 50 or 90 minutes) and pace yourself accordingly. If you need more time, please arrange that before going overtime.
- Please allow your Guide plenty of time to answer the questions and allow pauses for him/her to receive additional information before going onto the next question.

Spiritual Growth:

- What practices, tools, or teachers are useful for me at this time?
- What should I focus on to support my Spiritual Growth?
- How can I assure my Ascension in this timeline?

Family Life:

- Have (fill in the name) and I been together in a past life or lives? Why are we together now? Is there additional information that I may know about this relationship?
- What may I know about my relationship with my mother/father/sibling/spouse/partner/etc? Please be prepared to provide the full legal name of the person.

General Questions:

- I am planning a trip. What may I know about that trip that will be helpful?
- I am considering multiple options (romantic interests, investment opportunities, jobs, business opportunities, etc). What may I know about each one and whether or not it is something I should pursue?
- What is the highest priority for me in relation to (job, family, personal growth and care, etc)?
- What may I know about (relationship, experience, situation, etc)?
- Is it in my Highest and Best Good to change jobs/move to a new location/begin or end a relationship/buy a house/start a business?
- What is my life's purpose?
- What is my soul's purpose? How may I best actualize it?
- Am I avoiding my soul's purpose? If so, in what ways?
- How do I clear/resolve pain from (fill in the blank)?
- What am I carrying over from past lives that is most affecting me in this life?
- What may I know about why I feel held back from (my career, my health and well-being, my spiritual growth)?
- What may I know about my soul's journey in regard to (my career, my partner, my family, my pets, my business, my community, my friends, etc)?
- What may I do to improve my outlook to the most loving expression?
- What may I do to open my eyes to another dimension of (my journey, my education, my career, my partner)?
- Why does this (thing, remark, place, episode, story, book, movie, etc) seem important to me?
- Why does this (person, situation, thing, place, etc) feel so painful to me?
- Why does this (person, situation, thing, place, etc) feel so joyful to me?
- How do I move forward on (fill in the blank)?
- How may I best stay in my joy?
- What motto or phrase may be helpful to this (communication, situation, relationship, inquiry) to support me with grace and ease?