



About the Akashic Records

The Book of Life is mentioned numerous times in the Bible. Famous American psychic Edgar Casey 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 your Record Keepers to help you use your free will to choose to:

- open up new possibilities for you
- show you multiple life paths
- Your Record Keepers answers can be very direct and brief or long
- Your Record Keepers LOVE you!
- You will receive guidance for your beautiful Soul's growth and well-being

How an Akashic Records Reading Works

- Sit comfortably with your arms and legs uncrossed
- She 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 2-minute prayer (done softly) is usually not heard by you
- There is no need to record this
- At the end of the reading your Guide will announce, "Your Records are now closed."

When your Records are open

- Your guide will announce "Your Records are now open, today's date, her name, your name."
- At this point you may turn on your recording device - or she will record the session, as requested (for a small fee.)

Opening Remarks

- Your guide takes a moment tuning into your Record Keepers and Guides
- She will receive a "download" of information called Opening Remarks.
- She will verbally convey this information to you
- This can last for 20 seconds to 20 minutes
- Your questions should wait until the Opening Remarks are complete
- Your Record Keepers will announce, "We are ready for your questions."

Sample questions to help you with your Akashic Records Session

The Akashic Record Keepers are here for your Soul's growth. For that reason alone, you may 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 and then resolved.

Reminder this is NOT a psychic reading. Questions about the future are not answered in the typical psychic way.

- We recommend you ask “what would be helpful to know” about some event, or plan.
- What is limiting my view in this situation?
If you are asking about another person, please provide his/her full name: Answers are related to access levels to know any specific information
- Continue asking your questions until the time is up or you feel complete.
- Please pace yourself if you need more time – please arrange that before going overtime.



Spiritual Growth

What practices, tools or teachers should I be working with at this time?

How can I assure my Ascension in this timeline?

Where am I from (star system etc.?) How can knowing this help me?

Family life?

Have (fill in the name) we been together in the past, why are we together now? Why is it not working now?

How can they with these (fill in the blank) decisions?

Social interactions

I am planning a trip. What may I know about my trip that would be helpful?

As I look at how my decisions have impacted my life, how may I do this differently?

How can the Record Keepers and Guides help me in my relationships?

Where shall I focus my loving support in this (life, meeting, journey, situation)?

What is the highest priority for me at this time to (resolve, act upon, say, do) in this situation?

What steps can I take to assist me in my transition in my (career, partnership, health, spiritual journey, awakening to...) with grace and ease?

General Questions:

What is blocking me regarding this (Fill in the blank – i.e. situation, meeting, group, person, etc.)

What is my soul's purpose? How may I best actualize it?

Am I avoiding my soul's purpose? In what ways?

How do I clear my pain from (fill in the blank)?

I feel like I am held back from (my career, my fitness/health, my spiritual growth....)?

What may I learn from this experience? How may I best address it!

How may I love (myself, person, situation etc.) more?

Regarding (my experience, fill in the blank) What may I know about this?

How do I integrate this information?

How may I understand my soul's journey with regard to (my career, my partner, my family, my pets, my business, my community, my friends)?

Are any of these people my allies in this situation (life, meeting, journey, situation)?

What may I do to improve my outlook to the most loving expression?

What is the highest and best way for me to discern (valid information, my heart's journey, the truth in my own communication with others...)?

What could I do to open my eyes to another dimension of (my journey, my education, my partner)?

What motto or phrase may be helpful to this (communication, situation, passage, inquiry) to support me with grace and ease?

Why does this (thing, remark, episode, story, book, movie....) seem important to me?

Why does this (person, situation, thing) feel so painful to me?

Why does this (person, situation, thing) feel so joyful to me?

How do I move forward on (fill in the blank)? How may I best stay in my joy?