

Questions You Might Consider When Accessing the Akashic Records

The Akashic Records are the individual records of a soul/being/entity throughout all time. **Please read the General Akashic Info sheet for a more detailed description.** Everything that is or has ever been – thoughts, words, emotions, deeds – is recorded in consciousness. One name for that field of consciousness is the Akashic Records. “Akasha” is a Sanskrit word for the energetic substance from which all life is formed, and in that substance is an imprint, a record, of all life experience for every soul, event, group, and cosmic occurrence for humanity as a whole and the universe itself.

By opening the Records with a sacred prayer, I align to your vibration energetically and "key in" to your first and last legal name. This prayer carries with it God's protection. **We can look at anything that is or has ever been for you** – the future doesn't exist, yet we can look at potentialities based on current indications.

In the Records, we can identify & understand anything you'd like to explore, and also clear the challenges you are ready to release. For example, we can look at our addictive/habitual patterns or responses, or the true nature of relationships that no longer work for us, or explore the ones that do to discover higher/deeper meanings of those connections. The Records offer profound love & guidance for creating positive circumstances that benefit mind, body & soul.

The healing energy of the Akashic Records allows us the freedom to choose grace in all things, overriding any illusion we have created that causes us to believe we are separate from God/Spirit/Source. **Below are various questions that can help you get clear** about the information/guidance you seek, or possibly to better formulate questions that will best answer what you choose to know. Use them only as they are helpful to you in formulating your own specific questions to discover what you most want to know.

Please write down all of the questions you'd like to ask BEFORE we meet, as this is necessary to begin the process.

SAMPLE QUESTIONS

Is there another question/topic that would be highly beneficial for me to focus on?

Is there a different or easier way to look at this subject?

Would more information be helpful, or is it action that is most helpful?

Is there something I'm not seeing?

What is limiting my view of this subject?

Is there something outside of me influencing how I see or relate to this subject?

What is it I have not been willing to look at or deal with?

Are my ego, mind, or emotions blocking me from seeing clearly and if so, how do I best clear that blockage?

Am I holding an expectation of what the truth is, in this area or subject? What is it?

Is fear blocking me from going deeper in this area or subject?

What is my primary challenge here and how can I clear it?

What am I denying or claiming I don't know?

What may I know now?

Is there something or someone I have given my power to in the past, which is having a negative effect on how I see or relate to this subject?

How do I know my soul's purpose, and how do I align personality with it?

What in me is blocking my awareness of this subject and how do I clear that?

Is there anything masked, hidden, or concealed that I (may know now) OR (keeps me from knowing?)

How can I handle this situation/person/dynamic --- with greater grace or ease?

What qualities do I possess that clearly connect me to Love, or God/Source, that I can expand and build on?

What life experiences have given me the richest spiritual knowledge? And how do these (or any) life experiences influence me today?

Is there something else that I'm not thinking about right now that would be beneficial to ask now?

What is the benefit for me to be in this particular experience? (What am I getting out of it?)

What have I learned through this?

How can I acknowledge my appreciation (the blessings) of what I've learned?

Is there any blockage or pattern that I'm aware or unaware of concerning this situation?

Am I willing to release any blockages?

What is my main issue that keeps me in this situation?

Is there any past conditioning from my childhood that perpetuates my staying in this situation?

What is my identity in this relationship? If I let go of this identity, who will I be? Is there any fear hidden within me about releasing an old self-image or allowing a new one?

Is there a part of me that doesn't want to let go of this situation?

Do I deny myself love or a feeling of worthiness? If so, how do I change that pattern?

What part of me feels that I deserve this challenge (*name it*) & if beneficial to change, how do I do so?

If I'm not in my happiness and joy, then what am I focusing on, and how do I return to joy?

Is there a part of me that omits love not only for my spouse, but for myself as well?

Describe the nature of the relationship (or situation) related to _____.

What are the circumstances that have brought this situation to me?

What core beliefs, perceptions, or actions have I created, (or been given) that may limit me in experiencing a more expanded loving relationship with this particular topic?

Where or how did I pick up these Beliefs, Perceptions, or Actions? Is it helpful to know of the origin of them?

If I maintain my current course of living with these particular beliefs, perceptions and /or actions, please describe the most likely outcome for this life.

If I dropped particular limiting beliefs, perceptions, actions, or even restructured my thinking, could you describe the highest potential available to me in this particular lifetime? What are the most important beliefs, perceptions or actions for me to release?

How do I best accomplish that?

What grace points and prayers are you willing to lead me through so I may start this journey?

What specific thoughts/actions/feelings are most important for me to cultivate to live my highest potential?