

Questions to Ask

Questions to ask before and during an AKASHIC RECORDS clearing session : (in no particular order)

1. What patterns would you like to change ?
2. What old experiences do you want to release or heal ?
3. What new experiences do you want to invite ?
4. What would you like to explore in your records through time ?
5. What would you like to discover or learn about yourself or your past or your future potential ?
6. What is your intention for this Akashic Records session ?

Before and after holding a session :

1. Clearing of the space and Protection with Incense sticks, Sage, Clapping, Crystals, Classical Healing Music, etc.
2. Here is a small exercise to connect with Source. This is perfect to do before any spiritual work, this exercise allows you to go back to your centre and focus your attention on the present moment.
3. Place both of your hands on your heart and breathe in and out deeply, take a few moments to connect with your beautiful heart. You will now begin to feel your heart open and expand, stay connected to your heart for 2 minutes breathing in and out.
4. Now say these words out loud, "I connect with my heart and source in deepest gratitude now." You will immediately feel your crown chakra opening. Gold energy will now begin to stream through you. This is your unique and beautiful connection.
5. Trust what you feel and trust the power of your connection, as in this space, you can ask for anything you would like. It can be energy protection, more love, guidance, insights, anything you wish to receive.

Places you can use

1. Sacred Temple
2. A clearing in the garden
3. Classroom blackboard
4. Computer screen
5. Book of records
6. Hall of records
7. Digital screen
8. Television screen
9. Chair, table & journal
10. Door in the room
11. Box of Records
12. Filing system

Three ways & steps & methods :

1. Reading & exploring
2. Clearing & releasing
3. Rewriting & creating

Ways to connect with the Records / Source :

1. Images
2. Colours
3. Ideas
4. Numbers
5. Dreams
6. Ancient Language
7. Symbols
8. Downloads
9. Intuitive nudges
10. Sensations
11. Gut feelings
12. Tears of joy
13. Clairs
14. Voices
15. Presence
16. Essence
17. Recurring thoughts
18. Information
19. Openings
20. Assistance

Akashic Statements

1. Nothing is set in stone for the future.
2. I live and breathe my soul's truth.
3. I am now willing to experience the future potential of ____ .
4. My new akashic consciousness creates my new reality.
5. I now meet my Spirit Guide safely in the Sacred Temple.
6. As I clear my disempowering Akashic records and old negative soul contracts, I claim and reclaim my power back with ease and grace.
7. I access my Akashic Records easily and effortlessly.
8. I continuously create new, joyful and peaceful records and future potentials.
9. I seek and receive guidance, inspiration, energy, power, love, peace and joy by accessing my Akashic Records.

Common Method & Script for all

1. Clear you aura.
2. Invite your Angel or Guide or God.
3. Set your intention.
4. Only one intention per session.
5. Be specific and clear.
6. Write it down, if necessary.

1. Do some deep breathing.
2. Breathe love into your heart.
3. Breathe love out of your heart into the room and encompass yourself in that cocoon of love.
4. Keep feet on the ground.
5. No folding or closing hands.
6. No crossing of legs.

1. Now heart centre is clear.
2. Send love to your lower body.
3. Go more downward.
4. Reach the legs & the ground.
5. Move deep into the earth.
6. Receive love from Mother Earth & come back slowly upwards with that love into the heart centre.

Common Method & Script CONTINUED

1. Now you are grounded on earth.
2. With love from Mother Earth & the love of your heart centre, feel the amalgamation of this love.
3. Send this love to your upper body.
4. Let it pass through the crown chakra.
5. Move higher into the Akasha, Ethers, Sky.
6. This is your High Vibrational Positive Space where only love prevails.

1. Now you are well grounded and also connected to the Akashic Field.
2. Seek permission from your soul to access records.
3. Give permission to your soul to access records.
4. Give and receive permission to meet your Akashic Guides.
5. Request Akashic Guides that our souls merge and we connect and move forward.
6. A handshake or a hug or a smile can signify that connection. **Make sure you are feeling good about this connection.**

More Scripts

1. The common script given above to be recycled and used **to enter the tunnel** and meet your spiritual guide outside of the tunnel waiting for you. As you move out of the tunnel, you bask in various colours of light. These are pillars of beautiful colours which heal, cleanse and purify your aura so you are ready to meet your Guide and proceed further.

2. Now once you meet your Guide, use any of the metaphor / space given below :

A. Both of you can walk **through a beautiful garden** and reach a clearing in the centre where you both can sit on 2 crystal or any seats and discuss the accessing of records.

B. You can **enter a hall full of rooms** and out of various rooms choose one room where you sit on a chair opposite your Guide and there is a table with a book. Then open the book and see the page and write in your journal and continue till you want this to close.

C. You can choose **the classroom method** where you are the teacher and there is a class full of negative and positive energy words (students) and you release (tell the negatives to leave the class). Get creative and use your own words and make your own interesting script here. Once class is only full of positives, give gratitude and come back.