

Meaning of the Akashic Records

1. In the Akasha, every thought, idea, and action from the past, present, and future is stored.
2. The Akashic Records is basically like a database of what's happening in all the universes that are co-existing together.
3. The Akasha is a database where your book of life is held and your record keepers allow you access to your book of life to clear, heal, align and to receive information that will ultimately serve your highest good and the highest good of everyone connected to you.
4. You hold the keys to your life and you already have a life path paved for you.
5. Sometimes in life we go off course and we also don't have control over the free will of others.
6. Sometimes in life things happen that are out of our control, so it is important then to clear the energy, thoughts, feelings and souls contracts that could be negatively.

Various ways of seeing records

- 1.Many people see the Akashic records in different forms, some people perceive them as a book, when they ask the question they are taken to that page and given the information that provide the answer.
- 2.Many see it as lots of scrolls and books.
- 3.Some people see the records on a screen, like a cinema screen.
- 4.The records are all around you, you can ask to be shown the records in whatever way feels right for you, so you can ask for them to be shown on a scroll, a computer screen, in a book.
- 5.Be patient with this process and do not force anything, as you will block yourself.
- 6.It is your intention and energy that are key factors in making this connection.
- 7.It is through the heart that you will get the best results. Using your records can and will make you more conscious of what you need to do now to create the kind of energy that will pave a desirable future destiny.
- 8.They will empower you and guide you to what you need to do.

Use & Benefits of the Akashic Records

The Akashic Records can be used for several different things :

1. to clear issues and problems from past life,
2. to clear contracts and vows from past life and this lifetime,
3. to clear and dissolve the energy of trauma,
4. to access gifts & information about your life purpose,
5. to access information about your soul purpose and soul contracts of this lifetime,
6. to clear all pathways so your life can be more uplifting and positive &
7. to receive guidance on what you need to do with regards to any aspect of your life.

Can our past lives affect us in this lifetime ?

1. Yes they can and they do affect us.
2. Our every thought, feeling, vow, prayer, intention, invocation, religious and non-religious, can affect us in this lifetime without us knowing it.
3. If it is still in the book of your life, then it can still have remnants of the energy filtering through to this lifetime now.
4. It is important to clear the past life memories not serving you, to make way for new positive energy to enter.
5. The more you clear the more you can and will receive new, uplifting and positive experiences in your life.

Can the Akashic Records predict our Future ?

1. There are many possibilities that can happen due to our own actions and the Akashic records will give you the most likely outcome.
2. The thing is, we're always in control of our own destiny. The Records just tell us what the most likely outcome is going to be based on the trajectory that we're already on.
3. But at any moment, we can decide to forge a new path and redirect our possible outcomes.
4. It's also easy to doubt the Records because it's WEIRD to hear messages in your head !
5. You might write off the information that's coming to you as your own subconscious thoughts.
6. And you know what, that might be the truth. Honestly, who knows ? You can choose to believe whatever you want.
7. But either way, by taking the time to tap into the Records, you're opening yourself up to a source of knowledge that's more potent than your conscious mind.
8. Whether you believe that the information is coming from your highest self, or from the Akashic Records, is entirely upto you.

Connecting with Akashic Record Keepers

1. Hearing and connecting with your Angels and Spirit Guides, Angelic Presences and your Light Team is a crucial aspect of this Akashic Records spiritual journey.
2. Its important to be doing your shadow work so that you can distinguish with discernment if a message is coming from Light or Dark energies.
3. Ask your Angels to keep you in the Light.
4. How do you know its a sign/a presence, you will and can trust ? Take your time as there is no rush just as you get to know a new friend slowly and gently, be patient with any new energy or angelic presence you sense around you.
5. They will understand and respect your need to take it slow.
6. You may doubt at first its natural too, but try to trust it and listen, if you tune in and connect to the signal, it will connect back to you and a relationship will begin to develop.
7. Take care and be discerning when receiving messages or guidance for yourself in these clearing sessions.
8. You know best and you will be guided to working it out for yourself by being supportive and clear of your own journey.

Trusting Your Record Keepers

You can trust a message is coming from the Light if :

1. The message is simple and positive.
2. The downloads are uplifting and empowering.
3. You do not feel fear when you connect to the energy.
4. You feel full of love, tingling, warmth and cared.
5. The energy may bring tears to your eyes.
6. When you pass it on delicately, it helps you and the person involved, if any, to deeply heal.
7. It is not confusing or complicated in its delivery.
8. You just feel it is just right and timely for you.
9. If you are working on releasing your own shadow/ego you will be more able to discern Light from Dark.

Spiritual Connection Methods

There are four 'CLAIRS' and we each tend to have our own strength in one or more :

1. Clairaudience

The ability to psychically hear clearly.

2. Clairvoyance

The ability to psychically see clearly.

3. Clairsentience

The ability to psychically feel or sense clearly.

4. Claircognisance

The ability to psychically know clearly.

It is imperative you keep a journal and note your observations, study, experiments, experiences, sightings, numbers, colours, visitations, visions, gut feelings, hunches, intuitive nudges, etc regularly so you understand which of the clairs you are more inclined towards.

A Meditation to connect with your Akashic Records

1. Please close your eyes and breathe into your stomach. Relax into this moment and know that you are held, safe, protected and loved so dearly. Allow yourself to relax into your body. The Angels of love and light surround you now and clear away any dense energy or vibrations that are not serving you.

2. Let's just stay here for a moment... breathing into your being deeply. Feel your consciousness move down into your heart space. Now visualise a beautiful golden pathway ahead of you. You can see meadow flowers, green trees, you may even smell the flowers around you. You can hear bumble bees and the birds singing... just enjoy this loving and gentle space now, as you walk along the golden path of your life.

3. In the distance you can see a beautiful crystal building, it is Emerald, tall and shining brightly. Everything you ever need to know is inside this building, it is your sacred temple of knowledge and wisdom and holds the books of your life, the keys to your life. This is your temple.

4. As you walk towards your temple, a door opens and you walk inside. This space is so full of love and light and you can see gold all around you. You are greeted by your Akashic Masters, your guides. Stand before them now and allow your hearts to connect. You will feel the frequency between your hearts as you connect.

5. Your guide has a message for you now, it may be a word or phrase or an image or a colour. Allow this message to be given to you now. After you receive the message, you can choose to slowly come back to the present moment.