



INTRO TO THE AKASHIC RECORDS

Akasha - Sanskrit meaning astral light, Ether, primary substance

What are the Akashic Records?

- A dimension of consciousness with a vibrational record of each soul's journey, every thought, word, deed of a soul's past, present & future
- Also been referred to as: The Book of Life, the Christ Consciousness Grid, or the Crystal Grid

Why would we access the records?

- Soul ascension & progression
- Energy healing
- Healing ancestral patterns
- Healing past lives & traumas

How can we access the records?

- Through meditation
- Linda Howe's book [How to Read the Akashic Records](#) is a great reference, and she has a specific meditation and opening prayer to access the records
- I personally believe that anyone who is interested in the subject can find their own way of accessing the records through their own unique style of meditation - There is no ONE way

Historical Figures Who reference the Akashic Records:

- Helena Blavatsky - Theosophical movement late 19th century
- Rudolf Steiner - Metaphysicist
- Ervin Laszlo - Contemporary physicist
- Edgar Cayce

Resources for further exploration:

<https://www.gaia.com/article/akashic-records-101-can-we-access-our-akashic-records>

[How to Read the Akashic Records](#) by Linda Howe

<https://goop.com/wellness/spirituality/reading-the-akashic-records/>

<https://www.wellandgood.com/what-are-akashic-records/>

How to Prepare & What to Expect

For our reading you will need a quiet space, uninterrupted for at least 30 minutes. We will begin with a brief grounding meditation and then an opening prayer to access the Akashic records. I will need your current legal name to call forth your record and connect to your guides.

Prepare a question you would like to explore, energy blockage? ancestral pattern? Past life?

Is there a problem that keeps arising that you can't seem to solve, maybe it's roots lie within a past life or ancestral pattern... How, What, Why questions yield the most information