



# Akashic Records

## **What are the Akashic Records?**

Akashic is Sanskrit for “primary substance”.

They have been referred to by different names such as: The Book of Life, the Cosmic Mind, the Universal Mind, the collective unconscious, the collective subconscious, and the Soul Records.

It is the past, present, and future knowledge of all things.

It is the universal filing system which records all thoughts, words, and action. It is the repository of all human experience, a record of all events.

Some say the akashic records are similar to a Cosmic or collective consciousness.

They are records of talents and knowledge.

They are not actual books or scrolls, though many people see them as such when they access them, but they are actually an energetic vibration. It is this energy vibration that translates into images, forms, symbols, imagery, and language that the mind can understand.

Every person can access their own records.

Access to others records is gained through access to the Higher Self of that person –or-by one’s Higher Self going to Higher levels of spirit for access )with permission.



Whatever your expectations are....

The Akashic Records

Will closely resemble

What it is you first

Envision it to be.

## **How can you Access the Records?**

There are many ways to access the Akashic Records.

Certain people go into subconscious states to read the records, such as the late American Mystic Edgar Cayce.

Edgar Cayce did his readings while in a sleep state, or trance. He also enlisted the help of spirit, a notable English Physician, who helped provide Edgar Cayce with many of the 'Cayce Cures'.

Other ways that an individual can gain access to their records is by any of the following:

Meditation

Creative Visualization

Past Life Regression

Dreamweaving

With your attunement and this manual you will learn about several techniques, and a meditation.

## **Where are the records found?**

Some believe the Akashic Records are found between the astral plane and the mental plane. From these planes, the records permeate through all the dimensional realities or levels within the universe.

The Akashic records incorporate both the personal and the transpersonal of all manifestations including the angelic energies.

They are existing at a much higher vibration than the Collective Unconscious (which permeates through the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> planes of the 7 Astral planes model.)

They exist at a much higher vibration than the Cosmic Mind (which permeates through the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> levels of the Astral planes model.)

The Akashic Records exist so that we might share our individual journey here in this dimensional reality with one another.

**In the Akashic Records ~ We are all ONE.**

## **What are the Benefits of an Akashic Reading?**

Curiosity

Seeking the Truth

You want to know who you are

You want to know where you have lived in the past

You want to know the impact of your past lives upon you  
today

You want to know about future experiences

You want to receive valuable guidance on how to work through  
present patterns, challenges, or issues

You want to make a career change or life transition

You are searching for clarity in a relationship

You are looking for spiritual guidance

Looking for answers for specific physical, mental, and/or  
emotional problems.

What is my soul purpose?

## **What is the Goal of reading the Akashic Records?**

The goal of reading the Akashic records is to provide valuable information to assist one in having a better life.

This information can help assist you in living a better and happier life right now.

This information can help enhance your personal development, as well as your spiritual.

An Akashic reading can bring the guidance you need in your life to work through present problems, it can allow people the opportunities they need for growth, direction, creativity, and joy, and an Akashic reading can bring peace and understanding to current day illnesses, grief and suffering.

An Akashic reading can help you sort out difficult or major life transitions. It can bring clarity to your thought processes or help you to see the problem from an angle you have not considered.

When you access the records, you will normally see those events with the greatest amount of energy around them. These are the things that will want to be addressed first.

You will be able to select and then, tune into, the first thought that comes through, and work with it and watch it unfold. Spend time after a session to integrate the information you received.

## **Journaling**

Journaling is one of the most helpful tools to use while accessing the Akashic Records.

After each session, quickly jot down all the things you remember, take note of the words, the symbols, the colours, the smells, and even the tastes that you can remember of your session.

This may prove invaluable in the future as things begin to unfold. You will then have a quick reference guide of your experiences.

Journaling can also help to clarify the answers that you receive to specific questions.

Before your Akashic reading session, jot down a question at the top of your journal.

Sit in your meditation.

Access the Records.

Ask the Question.

Write down the answer.

Give Gratitude.

Review your notes after the session.



## **Some Journaling Questions**

What is my Soul's purpose?

Why am I always ill?

Who am I?

Am I on the right path?

Am I in the right vocation?

Am I in the right relationship?

What is my purpose on Earth at this time?

Why can't I heal?

What is physically wrong with me?

What emotional scars am I carrying around?

What karmic debts do I need to pay?

Where will I find happiness?

Will I ever find true love?

## **What NOT to expect of an Akashic Records Reading**

### **The Future**

(We can all change, and when we do the future changes)

### **Cures**

(Cures can be partial or do more harm than good. Seek out the cause of illnesses. Sometimes, the illness is what leads us out into the world as a seeker)

### **Medical Diagnosis**

(No one is allowed to give medical diagnosis unless they are a trained and licensed Medical Doctor)

### **Relationship Issues**

(No one should encourage same sex relationships, divorces, having affairs, etc. Leave these decisions to the client)

### **Co-Dependency**

(Do not encourage clients to depend upon you that they can no longer make any decisions for their lives on their own. This is very greedy and will lead to Karmic Debts)

**Akashic Records Meditation (For your own use or group use)**

Gather the energies within yourself and visualize the cosmos within your heart.

See it swirling around your heart....growing larger and larger.....filling up your entire body.

Visualize the cosmos swirling around the outside of your physical body....

See it reaching out across the room.....

see the energy rising up and outward.....

see it around your house.

Then say....

I am the Universe – I am

I am the Sphere – I am

I am the Light – I am

I am the Flame – I am

I am the Sword – I am

I am the Universe – I am

Visualize a flame of light coming down into the room. See this flame of light encircle everything in this room.

This flame is sent here with the healing power of Spirit. This flame is to be used to cross out any negativity that exists here and now.

Use the healing power of Spirit now to transmute any negative thoughts or feelings into Love.

See yourself as a flame burning bright.....

burning off all negativity....

So that only Love remains.

You are a pure flame of light...see yourself as a sphere of light.

Ask the Creator to lift this sphere of light to the plane of Consciousness that is one Heart and Mind with Her/Him. Where only love, joy, and truth can come to you and from you.

Ask the Creator to place over this sphere of light three concentric pyramids of light. These pyramids of light. These pyramids align to the four corners of the Universe.

To the East – you ask Angel Raphael to stand as Guardian – The Angel of Healing and Light

To the South – you ask Angel Michael to stand with his sword of Dispassion and Discrimination.

To the West – you ask Angel Gabriel to stand with his Cup of Truth and Nectar.

To the North – you ask Uriel – the Angel of the Akashic Records (A KA THA) existing in the triangle of Light located in the third eye, to activate the entrance to the portal to the Hall of Records.

Ask that whatever you access at this space and time is for your highest evolution and spiritual growth. You ask this in the Name of the Creator, Father, Mother, God, All That Is.

Do not make any judgements of what you are experiencing.... you will get your information in different ways....perhaps you see nothing at all..... maybe you only hear something....whatever you are experiencing is relevant to you.

Take a moment now to jot down in your journal what you are experiencing.

It is time to leave now....so see yourself getting up from the table now and moving towards the door...the Great Doorway to the Records....

You are entering a swirling portal of Light through a triangle ( A KA THA ) in the third eye and are now returning to the room and consciousness.

Take a deep breath and slowly release it as you sink back into your physical body. Become aware of the room.

Ask the Universal Light energy to be here Now!

Ask for Healing and Whole integration of your Past Life Karmas.

Ask for Love- Light- Joy – Truth to penetrate and permeate your being.

Spend a few moments in the Healing Light.

Write down any further experiences you received from the Healing Light in your journal.

Be Open.

Be Focused.

Be Relaxed.

Be Calm.

Be Strong.

Thank all your Masters, Teachers, Loved Ones and Guides for the experiences of the Records today.

Ask for their continued guidance and light surrounding these situations. Thank the Angels and the Lord of the Akashic Record, Uriel, for their interdimensional integration and protection.

Now is the time to read your experiences of the Records.

Om Namah Shivaya

(I honor Creator within me)

## **Prayer and Process to Access Records for Yourself**

*Paragraph 1 – 4 say aloud once.  
Paragraph 1 – 4 Tell inwardly twice.*

1. Dear God, Creator, I ask that you place your shield of Light, Love and Truth around me.....
2. So that only Light, Love and Truth can pass through to me.....
3. I ask that my Guides, Guradians, Angles, Loved ONES AND Beings of Light be with me now.
4. I ask the Lord of the Akashic Records to allow me access to the Hall off Records so that I may view my Records.

(Enter now and ask your question)

\*

(When finished, ask your next question)

\*

I thank the Lord of the Akashic Records for allowing me entrance to the Records.

I thank my Guides, Guardians, Angels, Loved Ones and Beings of Light for being with me today.

And So It Is.

## **Prayer to Access Records For Others**

Paragraph 1 – 4 say aloud once.

Paragraph 1 – 4 tell inwardly twice.

Paragraph 5 say aloud once.

1. Dear God, Creator, I ask that you place your shield of Light, Love, and Truth around me and (Name of Client).
2. So that only Light, Love and Truth can pass through to me and (Name of Client)
3. I ask that my Guides, Guardians, Angels, Loved Ones and Beings of Light and those of (Name of Client) be with us now.
4. I ask the Lord of Akashic Records to allow me and (Name of Client) to access the Hall of Records so that I may view (Name of Client) 's Records.
5. (Name of Client) I ask you to open your heart now and let it surround us so that I may see what is in your heart.

(Now ask your question)

\*

(When you are finished, ask the next question)

\*

I thank the Lord of the Akashic Records for allowing us entrance into the Records.

I thank all our Guides, Guardians, Angels, Loved Ones and Beings of Light for being with us today.

And So It Is.

**To Attune Others**

“I ask my Higher Self to attune (Name of attune) at ( Time) on (Date) in his/her timezone for the energy of the Lord of the Akashic Records, AKASHA.”

The attunement will last for around 25 – 30 minutes.