

# The Akashic Records

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# Akashic Records

## **What is 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.

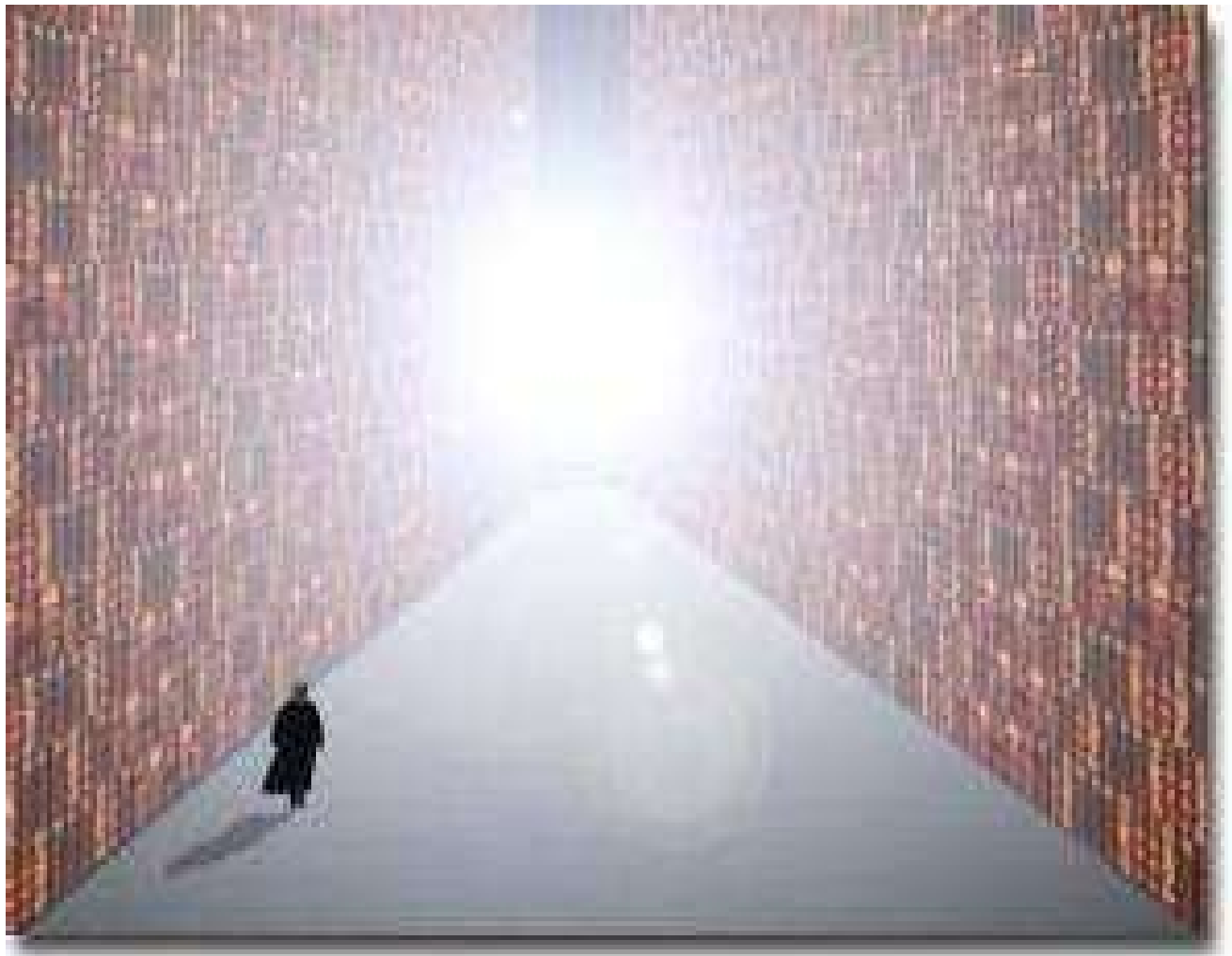
They are records of all talents and knowledge.

They are 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.

Mr. Cayce did his readings while in a sleep state, or trance.

He also enlisted the help of a 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

In this class today, we will do several techniques, including an actual attunement (with or without using a crystal) and a meditation.

# Where are the Records Found?

Some believe the Akashic Records are found between the astral plain 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 angelic energies.

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

They exist at a much higher vibration than the Cosmic Mind (which permeates through the 4th, 5th, 6th, and 7th 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 past lives upon you today

You want to know about future experiences

You want to receive valuable guidance on how to work through present pattern,  
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 you 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 event with the greatest amount of energy around them.

These are the things that will want to be addressed first.

You will 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 colors, 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 next 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 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 a 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 so 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).

# Group Agenda

Short meditation

Consider questions-pick one

Prayer of Protection Opening the Record

Accessing the Record  
(Keep paper and pen handy to journal)

Send Healing Energy to Situation  
(You can use Reiki, etc. )

Time for Sharing

Time for Questions

Closing Prayer

# Beginning Group Prayer

Let us all gather our energies within ourselves and visualize the cosmos within our hearts. See it swirling around our heart..growing larger and larger...filling up our entire body.

Let us visualize the cosmos swirling around the outside of our physical body. . .  
see it reaching out and touching the person on our left. . .  
see it reaching out and touching the person on our right...  
see it swirling around everyone in this room...connecting us...  
see the swirling energy rising up and outward...  
see it surrounding our House...

Let us all together 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 everyone and 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 now.

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

See each of us now as flames burning bright...

burning off all negativity. . .

so that only love remains.

)cont.(

We are each a pure flame of light...see each one in this room as a separate sphere of light.. .we are each a sphere of light.

We ask Creator to lift these spheres 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 us and from us.

We ask Creator to place over these spheres of light three concentric pyramids of light. These pyramids of light align to the 4 corners of the Universe.

To the East-we ask Angel Rapheal to stand as Guardian-The Angel of Healing and Light

To the South-we ask Angel Michael to stand with his Sword of Dispassion and Discrimination

To the West-we ask Angel Gabriel to stand with his Cup of Truth and Nectar

To the North-we ask Uriel-the Angel of the Akashic Record (A KA THA) existing in the triangle of Light located in the third eye, to activate the entrance and portal to the Halls of Records.

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

## (cont. 2)

We ask our Highest Masters, Teachers, Loved Ones, and Guides to be available for interpretation, healing, and explanation of our Past Life situations that require healing in this lifetime.

We ask that all be open to receiving the guidance of the record and the truth of our Planetary Mission and cosmic blueprint.

Everyone, please visualize a swirling cosmos of light and see the entrance to the Great Halls of Records within the triangle. As we move into this Dimension, we look for the great Doorways.. .to the Library.

As we open the Doors and continue into the Halls, let us all remember to focus on our personal question concerning a present life situation ...

Let us Hold in our awareness...a focus...

and Opening to the energies of the Halls to bring forth from the Library. . . a corresponding lifetime or root lifetime of this present life situation.

Within this vast Library.. .where all Records of all events are keep, we see a table and chairs to sit at.

We sit with the focus of accessing the book of past life experience that will heal our being by revelation and knowledge contained on the pages made available for our viewing.

A book...YOUR book...is suddenly in front of you on the table.

Look at the book, What color is it? What is it made of?

Open the book and look at the pages.. .

Are there words? or Symbols?

## (Cont 3).

Do not make any judgments of what you are experiencing...we all get our 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 feeling, sensing, seeing, and/or experiencing

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

We are entering a swirling portal of light through a triangle (A KA THA) in the third eye and are now returning to this room.

Take a deep breath and slowly release it as you sink back into your physical body. Become aware of this room and the people who are sitting next to you.

We ask the Universal Light energy to be here NOW!

We ask for Healing and Whole Integration of our Past Lives Karmas.

We ask for Love-Light-Joy-Truth to penetrate and permeate our Beings.

Let us spend a few moments in the Healing Light.

Jot down any further experiences you received from the Healing light into your Journal.

Be Open

Be Focused

Be Relaxed

Be Calm

Be Strong

We thank all our Masters, Teachers, Loved Ones, and Guides  
for the experiences of the Record today.

We ask for their continued guidance and light  
surrounding these situations.

We thank the Angels and the Lord of the Akashic Record,  
Uriel, for their interdimensional integration and protection.

Now is the time of Sharing of our experiences at the Record.

I would like to Thank everyone for their participation and

energy tonight

Om Namah Shivaya

(I honor Creator within me)



# **Prayer to Access Records for Your Self**

Paragraph 1-4 tell 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, Guardians, Angels, 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 of Records so that I may view my Records.

(enter now and ask your question)

\*

(when you are finished ,say the following question)

\*

I thank the Lord of the Akashic Records for allowing me entrance into 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 tell aloud once. •

Paragraph 1-4 tell inwardly twice. •

Paragraph 5 tell aloud once. •

1. Dear God, Creator, I ask that you place your shield of Light, Love, and Truth around me and \_(name of man)\_

2. So that only Light, Love, and Truth can pass through to me and \_\_\_( name of man)\_\_\_\_\_

3. I ask that my Guides, Guardians, Angels, Loved Ones and Beings of Light and those of \_\_\_\_\_( name of man)\_\_\_\_\_ be with us now.

4. I ask the Lord of the Akashic Records to allow me and \_( name of man)\_ access to the Hall of Records so that I may view \_( name of man)\_ Records.

5. \_\_\_( name of man)\_\_\_ 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, say the following 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 .

## **Attunement.**

***I ask my Higher Self to attune (name) at (time) on (date) in his/her  
timezone for the energy of the Lord of the Akashic Records ,  
AKASHA.***