

As Above, So Below



As Within, So Without

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## Wholistic Spiritual Counseling & Intuitive Services

### Akashic Records Sample Questions to Help Create Your Own

**Brief Review:** The Akashic Records are the individual records of a soul/being/entity from the time it leaves its point of origin until its return. Everything that has ever been - thoughts, words, emotions, deeds, intentions, sensations - is recorded in consciousness. One name for that field of consciousness is the Akashic Records. "Akasha" is a Sanskrit word for the energetic substance from which all life is formed, and in the Akashic Records is an imprint, a record, of all life experience.

By opening the Akashic Records with a sacred prayer, I align to the vibration of the one receiving the consultation (either myself or another). The prayer works with energetic vibration to "key in" to the specific "name" of the life form, and carries with it God's protection. By accessing the Akashic records, we can identify and release anything we have created that has become a block to our present realization of Oneness with God. For example, we can look at our addictive/habitual patterns or responses, whatever challenges we may be experiencing now or in the past, health/job/prosperity issues, or what to do about relationships that are no longer working for us - or how to strengthen the ones that do - and receive guidance in creating positive, beneficial circumstances in all areas of life, uplifting and even healing mind, body & spirit.

The healing energy of the Akashic Records allows us the freedom to choose grace in all things, overriding any illusion we have created that causes us to believe we are separate from God/Universal Source. Below are various questions to help you get clear about the information/guidance you seek and to formulate questions that will best answer what you choose to know. Use them to help you formulate your own specific, personal questions. **You must write out and bring your questions with you to the session.** Ask what you really want to know - nothing is too big or too small to ask your Record Keepers.

- Is it possible to heal \_\_\_\_\_ & if so, how do I begin doing that, & if not, how do I live with it in greater grace & ease?
- Is there another question/topic/perspective that would be highly beneficial for me to focus on related to this or something else?
- Would more information be helpful, or is it action that is most beneficial regarding this issue?
- What's the best action I could take related to \_\_\_\_\_?
- Would more \_\_\_\_\_ be helpful?
- Would less \_\_\_\_\_ be helpful?
- Is there something outside of me influencing how I see or relate to this subject? If so, how do I release that influence?
- Am I holding an expectation of what the truth is, in this area or subject, that keeps me from seeing the truth? If so, what is it & how can I best clear it?
- Is fear/anger/grief/pride blocking me from living my truth/realizing my potential in this area or subject?
- What is my primary challenge in this matter, or in another area of life, and how do I clear it?
- Is there something or someone I have given my power to which is having a negative effect on how I see or relate to this subject?
- What is my soul's purpose, how do I live it, and especially how do I align personality with soul's purpose?
- How can I handle this situation/person/dynamic --- with greater grace and ease?
- What qualities do I possess that clearly connect me to Love, or God/Source, that I can expand and build on?
- What life experiences have given me the richest spiritual knowledge? How do such life experiences influence me today?
- What is the benefit for me in this particular situation/experience? (What am I getting out of it)?
- What is my main pattern or issue that has kept me in this situation and what is most beneficial to do about it?
- Is there conditioning/programming from my childhood that perpetuates this pattern/belief/situation that I can now change?
- Do I deny myself or others love? If so, how do I shift that pattern & open to experiencing more love?
- Describe the nature of the relationship with (or situation related to) \_\_\_\_\_.
- What specific thoughts/actions/feelings are most important for me to cultivate to begin living my highest potential?
- How do I take better care of myself regarding \_\_\_\_\_?
- What are the karmic factors at play in this situation/relationship/job & if possible, how do I clear the karma?
- Does it serve my financial security to \_\_\_\_\_?
- Is it best to leave or to stay, right now or in the future. For what purpose? and how is that best accomplished?
- Are there other lifetimes that it would be beneficial to address in order to clear/heal/change this condition/situation?
- What is going on at a soul level related to \_\_\_\_\_?
- What is the truth I haven't been able to see related to \_\_\_\_\_?