



The Akashic Records

AN ETERNAL FIELD OF CONSCIOUSNESS IN WHICH EVERYTHING EXISTS

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EVERYTHING YOU WANT TO KNOW about your life, body, soul, relationships – all of it can be deeply explored: How do I change negative thought patterns or self-sabotaging behaviors? What’s my life’s purpose? How do I heal this problem? What’s the root of this illness? Should I stay in or leave this job/relationship/home/group/project, and why? These are specific questions I’ve heard asked of the Records whose answers generated profoundly positive changes.

The Akashic Records, another name for the field of consciousness flowing through all life forms and being imprinted by everything that occurs, contain answers to any question. They also offer unconditional love and spiritual renewal. It’s like the DNA of the universe, plus each soul’s journey – every thought, word, feeling, action and interaction is imprinted for all time. Every soul has its own record; there are also collective records for all souls, groups, cultures, organizations, and every global or cosmic event throughout time.

Last spring, I wrote about kinesiology (muscle testing) for *Whole Living Journal* (“Knowing the Truth is Easy” Mar/Apr ‘12), explaining how the field of consciousness surrounding each living thing holds an imprint of every experience throughout its existence. That field can be accessed to discover the truth about anything. Using kinesiology, both the question and questioner must embody integrity and only “yes or no” answers are available. It is this same field of consciousness that has traditionally been referred to as the Akashic Records.

Most spiritual traditions refer to this omnipresent field of consciousness. The *Old Testament* calls it *The Book of Life* that holds an account of all our deeds. Jesus spoke of it when declaring that everything, down to the hairs on your head, are counted and known forever. The Records were first mentioned in ancient Hindu philosophy and Akasha is a Sanskrit word meaning “the energetic substance from which all life is formed.” Those exploring this dimension, either accidentally or deliberately, perceived it as holding the complete record of a soul’s experience, thus the name “Akashic Records.”

Reading the Records is both easier and more difficult than using kinesiology. Easier because questions are not limited to yes/no answers and much relevant information is usually given – and when you open the Records, or someone opens them for you, Grace is immediately bestowed. Overall purpose and life patterns – within an individual or group – can easily be ex-

plored. One may also ask any type of question without regard for the protocols so vital in kinesiology.

One way that reading the Akashic Records proves more difficult than kinesiology is paying for classes to learn how – first for yourself, and then for others if desired. Anyone who is able and willing to know the truth and ask questions appropriately can learn kinesiology – no cost involved. When yes or no answers are what you’re looking for, it is much faster. Either requires willingness to know the truth with no attachment to particular answers. To access truth instead of subconscious programming also requires devotional practice to remain both confident and humble enough to do it well.

Numerous avenues exist for learning to read your own Records. Many claim the ability to read them for you. I would personally use kinesiology, or ask someone who does it if I didn’t know how, to test the integrity, clarity, and compassion of the reader, teacher, and method. To be trusting of goodness raises our vibration; to be gullible lowers our energy level and can be costly in terms of time, money, and serenity.

When genuinely in the Records, we can quickly identify and potentially release anything that blocks forward movement. We can discover how to finally relieve our suffering, let go what doesn’t work, embrace joy, vitality, and peacefulness in mind, body, and spirit. Loving guidance and healing grace flow freely through this eternal field of consciousness.

Allowing your Records to be opened offers an opportunity to have your most pressing questions lovingly answered. They give you the big picture, along with any needed details, to make sense of confusing or overwhelming issues. No longer must humans remain in the dark, vainly wishing for help or healing. The eternal field of consciousness in which you live, also called the Akashic Records, holds all the answers, awaiting only your questions.

About the author: Rev. Louisa offers Wholistic Intuitive Services nationally by phone and has been reading the Akashic Records since 2003. Her websites are filled with free compassionate and enlightening tools, including numerous archived radio shows on personal growth and spiritual topics. She can be contacted through www.louisadyer.com, www.louisadyer.net, or www.theprocess.com, or by calling 513.248.0069. (See ad on page 25.)

