

About the Akasha

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 - is recorded in consciousness. One name for that field of consciousness is the Akashic Records. "Akasha" is a Sanscrit 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, or the nature of the relationships we choose that no longer work for us - or the ones that do and discover the soul connections, and receive guidance in creating positive, beneficial circumstances for our minds, bodies and souls.

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/Spirit/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 these questions in any way that fits your circumstances, to help you formulate your own specific questions, then write them down and bring them to the session with you.

- Is there another question/topic that would be highly beneficial for me to focus on?
- What question/focus is beneficial that I've not seen yet?
- Is there a different or easier way to look at this subject?
- Would more information be helpful, or is it action that is most helpful?
- Would more _____ be helpful?
- Is there something I'm not seeing?
- What is limiting my view of this subject?
- Is there something outside of me influencing how I see or relate to this subject?
- What is it I have not been willing to look at or deal with?
- Are my ego, mind, or emotions blocking me from seeing clearly and if so, how do I best clear that blockage?
- Am I holding an expectation of what the truth is, in this area or subject? What is it?
- Is fear blocking me from going deeper in this area or subject?
- What is my primary challenge here and how can I clear it?
- What am I denying or claiming I don't know?
- What may I know now?
- Is there something or someone I have given my power to in the past, which is having a negative effect on how I see or relate to this subject?
 - How do I know my soul's purpose, and how do I align personality with it?
 - What in me is blocking my awareness of this subject and how do I clear that?
 - Is there anything masked, hidden, or concealed that I (may know now) OR (keeps me from knowing?)
 - How can I handle this situation/person/dynamic --- with greater grace or 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? And how do these (or any) life experiences influence me today?
- Is there something else that I'm not thinking about right now that would be beneficial to ask now?
- What is the benefit for me to be in this particular experience? (What am I getting out of it)?
- What have I learned through this?
- How can I acknowledge my appreciation (the blessings) of what I've learned?
- Is there any blockage or pattern that I'm aware or unaware of concerning this situation?
- Am I willing to release any blockages?
- What is my main issue that keeps me in this situation?
- What do I feel that I deserve?
- Is there any past conditioning from my childhood that perpetuates my staying in this situation?
- What is my identity in this relationship? If I let go of this identity, who will I be? Is there any fear hidden within me about releasing an old self image or allowing a new one?
- Is there a part of me that doesn't want to let go of this situation?
- Do I deny myself love? If so, how do I change that pattern?
- What part of me feels that I deserve this type of relationship?
- If I'm not in my happiness and joy, then what am I focusing on, and how do I return to joy?
- Is there a part of me that omits love not only for my spouse, but, for myself as well?
- Describe the nature of the relationship (or situation) related to _____.
- What are the circumstances that have brought this situation to me?
- What core beliefs, perceptions, or actions have I created, (or been given) that may limit me in experiencing a more expanded loving relationship with this particular topic?
- Where or how did I pick up these Beliefs, Perceptions, or Actions? Is it helpful to know of the origin of them?
- If I maintain my current course of living with these particular beliefs, perceptions and /or actions, please describe the most likely outcome for this life.
- If I dropped particular limiting beliefs, perceptions, actions, or even restructured my thinking, could you describe the highest potential available to me in this particular lifetime? What are the most important beliefs, perceptions or actions for me to release?
- How do I best accomplish that?
- What grace points and prayers are you willing to lead me through so I may start this journey?
- What specific thoughts/actions/feelings are most important for me to cultivate to live my highest potential?