

BIG GUIDE TO THE *Akashic Records*

WITH KASIA RACHFALL

What they are.
Wisdom they share.
How you can access yours.



IN THIS GUIDE:



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It's not a coincidence that you requested this guide! You see, I've discovered that when the Akashic Records call on you, they invite you into a sacred relationship with them. No matter how deep you want to dive into working with the Records, I can promise you that your life will never be the same again.

WHEN THE AKASHIC RECORDS CALL ON YOU, YOU FEEL IT IN YOUR WHOLE BEING.

Welcome!

Since you're here I bet you've already heard of the Akashic Records and you may even know what they are. And if you don't know, you're in the right place!

Perhaps you've read some things about the Akashic Records or watched a video or two, and you'd like to understand them more fully. You're in the right place!

Or maybe you were you intrigued by the words Akashic Records the very first time you saw / read / heard them and you needed to know more? You're in the right place.

The purpose of the Akashic Records is to help you, a brilliant human being, to remember your wholeness, enoughness, worthiness and Divine self.

Why is this purpose important?

Because above all else, the Akashic Records offer you a way to understand yourself, trust yourself and your intuition, and create your best life.

That's a big promise, I know.

And that's why I created this Big Guide, to show you what the Akashic Records are, what kind of information is contained within them, and how this can help you confidently overcome challenges, connect more deeply to your purposes (yes, you have more than one! More on that later.) and trust yourself to follow through on your intuition.



Hello!

I'm Kasia Rachfall (my name is pronounced Kasha and you can learn more about me [here](#)). I'm an Akashic Records Reader and Teacher. I discovered the Akashic in 2015 and I cannot wait to share them you!

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HOW TO USE THIS GUIDE

This *Big Guide to the Akashic Records* offers an overview of what the Records are and what wisdom they offer. It also includes some journaling/contemplation prompts for you to take action on, if you choose to.

One of the greatest benefits of working with the Akashic Records is **deciding to take the invitation of the first next aligned step**. You don't have to know all the steps, only the first next aligned step. And, after reading through each section, you're invited to answer the questions for yourself to see where you see yourself in relationship to your own Soul and Human Purposes, and Soul Agreements.

Let's get started!

WHAT ARE THE AKASHIC RECORDS?

The word Akashic comes from the Sanskrit word Akasha and means primary substance. It is believed that Akasha is an etheric energy field that is so sensitive, it records the slightest vibrations. And since the universe is all energy, including you and everything you can feel, think and see, the Akasha records all the things.

This is why the Records have also been called:

- the vibrational archive of the Universe,
- the cosmic library,
- the Library of Light,
- the Hall of Records,
- the Soul Book,
- or the Soul's library,

These are only a handful of the names that exist but **all these labels point to the idea that the Akashic Records are the chronicle of everything that exists**, including the journey that each of our souls takes as we have lived our many lives and experienced our many experiences during those lives.

Many religious texts and traditions mention the Akashic Records. There are also several books that explore the science of the Akashic information field. You can dive into so many cool rabbit holes learning all about them.

For simplicity's sake, you can think of the Akashic Records as a vibrational journal of all that is. Because everything is energy, we can learn to interpret what the Akashic Records have coded in them. That's exactly what I teach in my How to Read Your Own Akashic Records and Chart Your Purposes Training. (If you're curious, you can learn more [here](#).)

WHAT THE AKASHIC RECORDS CAN AND WON'T DO

The Records are the bridge between your human self and your Soul. You exist simultaneously in your physical body and in the non-physical universe as your Soul frequency. Your Soul holds all your wisdom from your lifetimes and dimensional experiences, your potentials, and your highest truths. When you access your Soul Akashic Records, you have access to the guidance, history, wisdom and potential of your Soul.

1. The Akashic Records illuminate the greater truth about your potential, your power, and your wisdom so that you can make more confident choices from that highest perspective of your highest wisdom.



2. The Akashic Records illuminate the greater truth about your potential, your power, and your wisdom so that you can make more confident choices from that highest perspective of your highest wisdom.
3. The Akashic Records are not predictive nor prescriptive which means they will never tell you what to do.

And there's a very good reason for this: **it preserves your sovereignty as a human being.**

I've had so many clients and students ask about what they should do (I've asked about that too!)

What am I supposed to do...

With my life?

With this challenge?

About this relationship?

About this insurmountable problem I'm facing?

About this gift I have and want to share?

etc

If the Akashic Records told you what to do, this would infringe upon your free will and your sovereign right to make your own choices and decisions.

As a human being you get to call all the shots and make all your own decisions. Your spiritual team of guides, angels and your Akashic Records Keepers will never tell you what to do because **they all know that you are fully capable of making your own choices and learning through the consequences of those choices.** It's through choosing, deciding, taking action, and learning along the way that you remember your wholeness, enoughness, worthiness and Divine nature.

You are the universe in a physical body experiencing what it's like to be limited to 5 physical senses, various emotions, and the ability to think. Without limitation, there would be no way to learn at this human level of precision. There would be no point to being physical because you would already know everything.

This is why the Akashic Records exist as a field of information for you to access, so that you can have a connection to the truth about yourself anytime you want it. And this is why the Records will never tell you what to do or when something will happen, because your greatest gift as a human being is to make your own choices and create your own future. Sometimes you learn the hard way and that is not a reflection of your lack or wrongdoing.

Have you ever noticed that some of the experiences that you might have labeled as your biggest mistakes have turned into your greatest blessings? You learned so much more about yourself, your capacity and capabilities through those experiences than you would have learned if everything was always smooth sailing. The Akashic Records offer the wisdom to smooth out the path, but you get to choose what you do or don't do with that wisdom.



JOURNAL QUESTIONS:

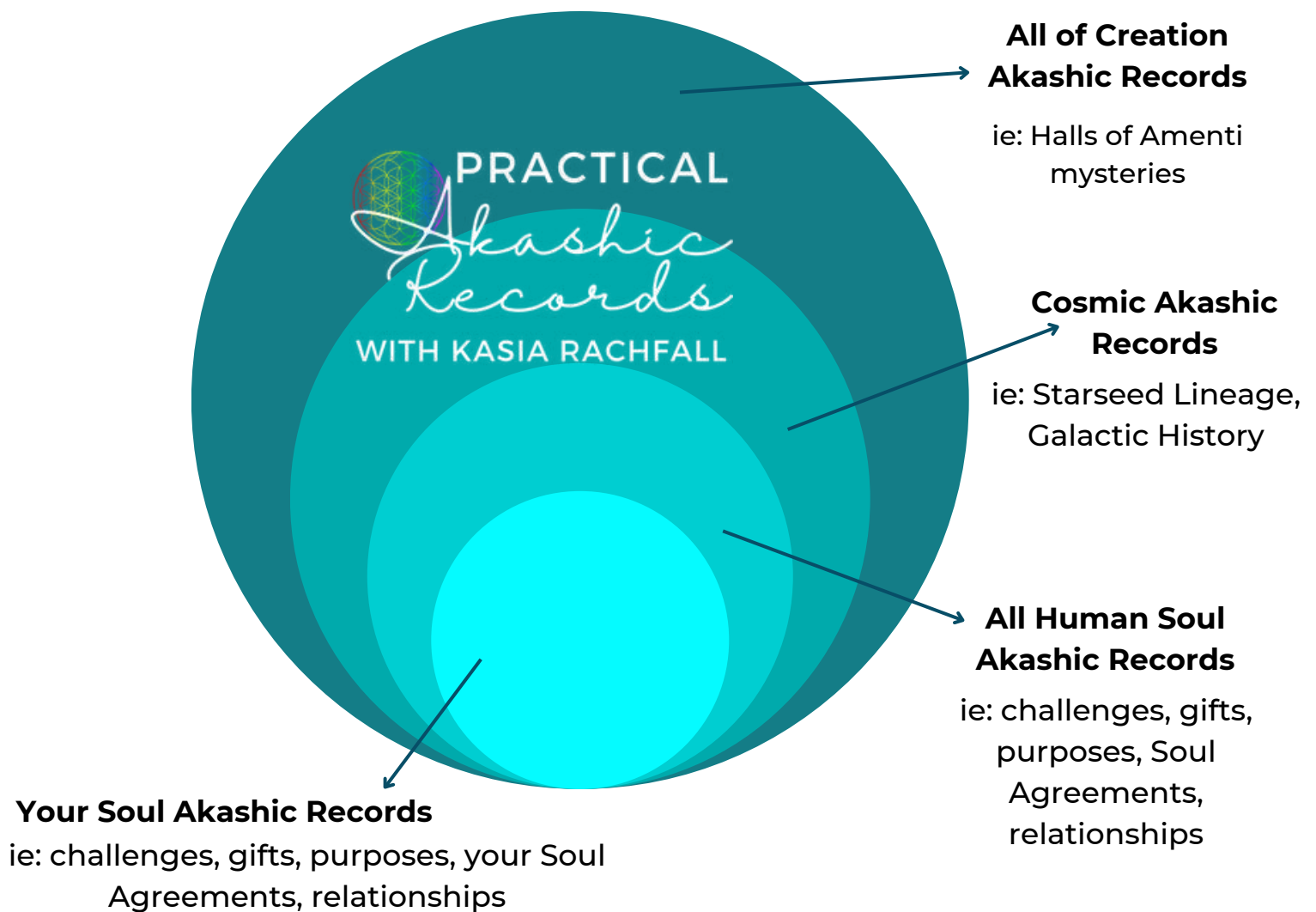
- **What are some experiences that you at first perceived as mistakes, that you later realized were teachers?**
- **What did you learn and remember about yourself as a result of these challenges, problems, and difficult circumstances?**
- **How did they help you reconnect to your power, trust, and confidence?**

WHAT THE AKASHIC RECORDS MOST WANT YOU TO KNOW

The Records are vast. They hold all the wisdom, guidance, history and potential of your Soul, of everyone's Soul, of our Cosmic history and beyond.

Below you see a map representing the different layers of the Akashic Records.

Everything that is our Universe is coded in the Akashic. I have worked with the Records publicly since 2016. I have noticed trends in the wisdom the Records share. We want to know the answers to who we are, why we're here, and what we're supposed to do while we are living in this physical body.



WISDOM NUGGET #1

You are the greatest authority on you

The Akashic Records share that there is no hierarchy between energy in the Universe. This means that the physical and the non-physical are on par with each other. **There is no greener spiritual grass on the non-physical side, which means there is no greater authority on you, than you!**

Yes, there are Spirit Guides and there is the information about you in the Akashic Records. It's true that Spirit/Source can offer a greater perspective on your challenges and your potential, but **Spirit/Source cannot dictate any of your actions or choices.** It is always, ALWAYS, up to you, the human being, to make your own choices and take actions based on what you learn from your Records or based on what your Spirit Guides may tell you.



WISDOM NUGGET #2

The Akashic Records tell you what you need to hear, not what you want to hear.

As human beings we're wired for growth. It's natural for you to want to ask about a challenge that you want to resolve or a possibility you would like to create.

It's normal to want to know how this challenge is assisting your growth or how to close the gap between where you are and where you want to go. The answers from your Akashic Records are often so simple and offer guidance on such basics as self love, mindset mastery, forgiveness, and personal focus or personal excellence, that they almost feel too simple.

I myself have felt frustrated with this many times!! I've also had clients and students who have felt frustrated by the information they received in their readings because if we're used to looking for complicated solutions and rest, self care or forgiveness work might at first glance appear trivial.

And yet after a period of time we all come to realize that the Records were correct in pointing us towards the basics.

The Records remind you that only you can only manage and change your own thoughts, behaviours and emotions. You cannot change anyone or anything outside of yourself.

But the things that often light up your insecurities, emotional triggers, and doubts are the things that are outside you - the people and circumstances that mirror to you where you could grow, love, forgive, etc.

Sometimes it's tough to hear that the solution to a challenge actually lies within you instead of outside of you. It can be tough to hear that in order to move towards a certain possibility, you need to take responsibility for yourself.

The Akashic Records always deliver the information with absolute love and compassion. There is never any judgment from the Records because they are your Soul's wisdom. Any judgment or resistance that comes up originates from within you, which is why it feels so awful when it does come up.

When the Records offer wisdom and insight, they illuminate only the information about the challenge or the possibility that you are ready to hear. They also invite you to make your own choices about what actions you will take next.

WISDOM NUGGET #3

The Akashic Records help you to validate what you know about you.

One of the comments I hear quite often from students and clients is “Deep down, I already knew so much of what the Akashic Records told me!”



The truth is, you know you! You may have doubts about yourself, about your intuition, your abilities, your gifts and talents, and your desires because of your past life experiences. But deep inside you, your truth is alive and well, and just waiting for you to trust yourself!

This is my favourite thing about working with the Records, they help you (and me!) remember your wholeness, worthiness, enoughness and Divine Self and tap into your wisdom and potential.

They help you uncover the answers that are already within you and then hold a loving, compassionate and encouraging space around you to make your own choices to move forward.

By illuminating the confidence you already have, the trust you already have, the gifts you already have, and the potential you already feel within, you remember your own power and easily release the doubts you carry.

HOW THE AKASHIC RECORDS ANSWER THE MOST COMMONLY ASKED QUESTIONS

Whether you're reading your own Akashic Records or doing a reading for someone else, it's important to ask powerful questions to receive information confidently and accurately. Before I do a reading with a client I send them a [preparation guide](#) that teaches them how to ask powerful questions, and both my Introductory and Certification Akashic Records trainings include extensive modules about how to ask the best questions. This is because the clearer your question is, the clearer your answer will be. In this next section you will find the 3 most frequently asked questions for the Records and the answers that they offer.

FAQ: WHAT IS MY PURPOSE?

I've definitely asked this and I bet you've asked it, too. The Akashic Records explain your Purposes this way:

You have several purposes: your Soul Purpose and your Human Purposes.



YOUR SOUL PURPOSE is to thin the veil between your Soul and your Human self. This is focused on unconditional love. If we presuppose that your Soul resides in Spirit/Source and that Source is absolute and unconditional love, then your Soul is also absolute and unconditional love.

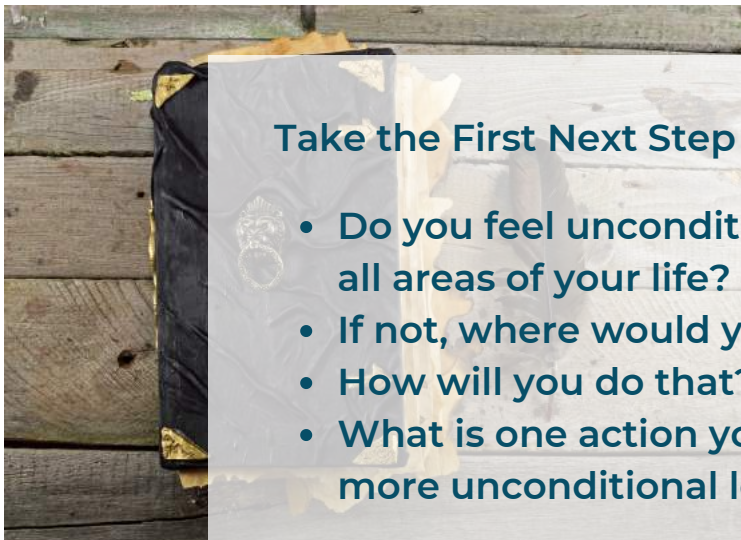
Your Soul chooses to pour an aspect of its frequency into your human self and have this physical life experience on Earth. Your human self has all kinds of experiences, challenges, successes, failures, relationships, etc, in order to get to know yourself more fully. Your Soul expands and grows as your human self expands and grows.

Your human body has its emotions, thoughts and 5 senses so that your Soul can know what it's like to feel, to taste, to create, to smell, to think about things, to learn, etc.

When you feel joy, at peace, and in love with yourself and your circumstances you are the closest to what your Soul is like. When you overcome a challenge and remember your strength, trust and confidence; when you love yourself more fully or forgive yourself or someone else, then you become more like your Soul.

When you struggle, feel stuck, feel despair, hate, or another difficult emotion, it might seem like your Soul is far away. The reason it feels this way is because these difficult thoughts and emotions take more energy for you to remember that you're always capable of creating anything you want in your life. Your Soul is always within you and it only feels far away because the dense emotions and thoughts are "thicker."

This is why you and I feel so drawn to personal growth and transformation, because we logically know that we are capable of so much more love, joy, and potential. And we are willing to do whatever it takes to create a life of more ease, peace and flow by remembering our true nature, our wholeness, enoughness, worthiness and Divine self.



Take the First Next Step and answer these questions:

- **Do you feel unconditionally loving towards yourself in all areas of your life?**
- **If not, where would you like to add in more self love?**
- **How will you do that?**
- **What is one action you can take today to give yourself more unconditional love?**

YOUR HUMAN PURPOSES are made up of being, doing and having whatever lights you up, what you love, what brings you joy, and what makes you feel most alive as you live your life and serve others.

Which means you get to choose your own human purposes!! And you have more than one! There's a reason why you love what you love and want what you want. Because these things, experiences, and actions create the growth and transformation for your human self and the growth of your Soul self.

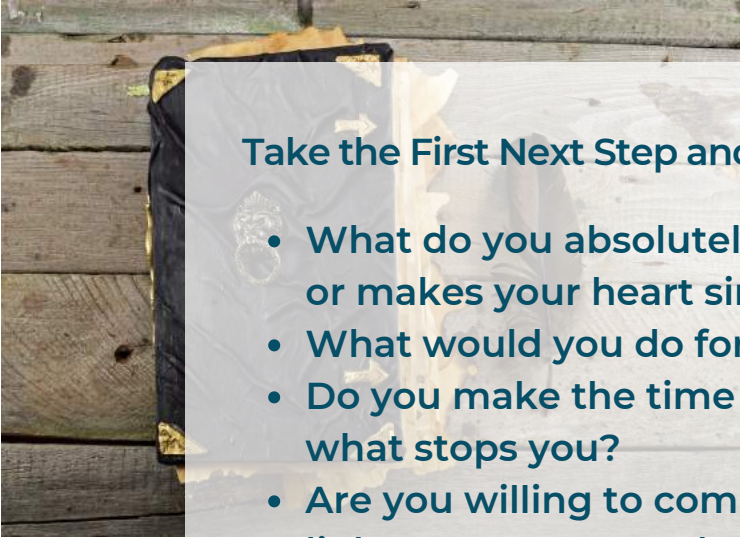
The other detail the Akashic Records underline is that your Human Purposes are **separate from vocation because they are not the same thing**. You don't need to make money doing your purpose.

It's natural to be confused by this idea because there is so much discourse in the media and the personal growth industry about making sure you're fulfilling your purpose and better yet, monetizing it!

The Akashic Records state this all the time: **doing what you love and feeling joy through it is only ONE PART of your Human Purposes**, and you have all the control over it by choosing why you do what you do, when you do it, and how often, with whom, etc. You may never make a dime from pursuing many experiences that still make up your Human Purposes.

As the world evolves and it is simpler to choose a vocation that aligns with what lights you up, you may find that the two align for you. But take the pressure off yourself and stop thinking that you don't know your purpose just because you're not making six or seven figures off of it yet! Perhaps you don't even want to do that!

You can definitely discover details and clues about your Human Purposes in the Akashic Records and we spend a whole module on how to do that in the How To Read Your Own Akashic Records Training. Or you can also have a reading with me or another reader to learn more.



Take the First Next Step and answer these questions:

- What do you absolutely love to do that lights you up or makes your heart sing?
- What would you do for free, all day long, if you could?
- Do you make the time to do this for yourself and if not, what stops you?
- Are you willing to commit time to doing more of what lights you up every day? (Even if it's only 5 minutes?)
- What's an action you can take today towards this activity?
- How will you ensure you remember to devote time to this activity every single day?

2. FAQ: WHAT PAST LIVES HAVE I HAD?

The Akashic Records are very clear that past lives don't necessarily have any influence on your current life, and wanting to know what lives you've had or how many, doesn't necessarily add value to your current life.

This means that if a challenge, belief or a pattern of experience in your current lifetime does have its roots in a past life or a parallel dimension, then the information will definitely be divulged during your reading.

However, if there is no value to you knowing that information because it wouldn't help you grow, expand, heal or transform in any way in your current circumstances, the Records won't offer that information.

Remember, the Akashic Records are here to help you remember your wholeness, enoughness, worthiness and true Divine self, not to amuse you with stories and offering a bunch of information about random past lives or past experiences could be overwhelming or even damaging.

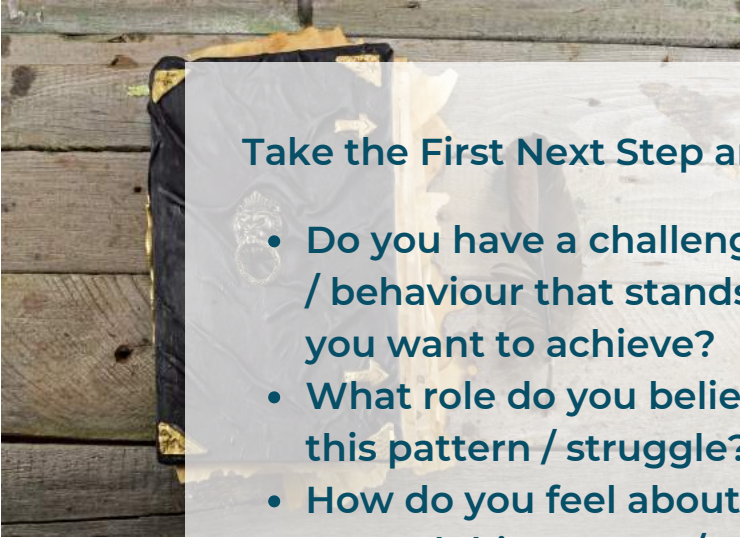
A better way to explore past lives to satisfy your curiosity is to have a past life regression hypnotherapy session.

The Akashic Records will illuminate information to help you live your best current life, and as much as I've tried to hack this and ask all kinds of questions to try to squeeze information out of the Records, if it's not relevant to your current life, it's not being divulged.



If the information becomes relevant at a different time, it will be divulged then.

Another point the Akashic Records often make is that just because you have a struggle or challenge in your current life, doesn't mean you were awful in a past life. Challenges and struggles often begin in the current lifetime. If the origin of a challenge does lie beyond your current life and you're ready to know what it is and resolve it, again, they will offer that information. If not, they won't.



Take the First Next Step and answer these questions:

- Do you have a challenge, struggle, or pattern of thought / behaviour that stands in your way of achieving what you want to achieve?
- What role do you believe that you play in perpetuating this pattern / struggle?
- How do you feel about your thoughts and feelings around this pattern / struggle? (Ie, are you angry with yourself because you have this struggle and then do you judge yourself for being angry?)
- Are you willing to hold a more compassionate space for yourself as you continue to take action to resolve this challenge/struggle?
- What is one thing you can do today to be more compassionate towards yourself?

3. WHAT SOUL CONTRACTS DO I HAVE?

The Akashic Records have taught me that the better label for a Soul contract is a Soul Agreement because you are not obligated to fulfill it. You can choose to fulfill it but there is no rule set in stone that you must.

The term contract has come to mean a binding obligation for humans. And if you breach a contract there's often hell to pay in the form of fines or even jail! Your Soul incarnates an aspect of itself to experience physical life and the many choices, learning opportunities, and the free will to navigate it all. Because of free will, you can choose not to progress on any Soul Agreements or only some of them. There is NO OBLIGATION.

Soul Agreements exist between humans as an energetic frequency. A simple way to look at a Soul Agreement is to liken it to an emotional charge. When a person activates the frequency of an Agreement in you, often, but not always, you will feel an emotional charge towards them. This charge can be a high frequency emotion such as love, happiness, or bliss, or a low frequency emotion such as hate, anger, frustration, annoyance, despair, etc.



The purpose of any Agreement is to help you fulfil your Soul and/or Human Purpose. Some Agreements are easier to navigate than others. Some help you grow in a beautiful, expansive, joyful way and some are painful and ask a lot of you.

All the people that you have Agreements with have the opportunity to grow and expand through these agreements just as much as you do. However, as I mentioned above, having free will means neither you nor they are obligated to do anything about these Agreements.

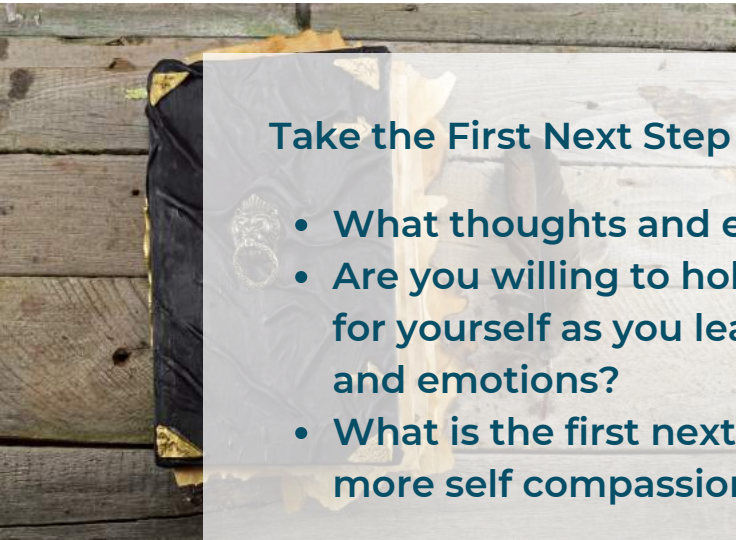
To resolve a Soul Agreement you simply follow your Soul Purpose: you thin the veil between your human and Soul self. Simple but not always easy. Especially in relationships that feel sandpapery or experiences that continue to challenge you.

HERE'S WHAT RESOLVING A SOUL AGREEMENT LOOKS LIKE AT ITS MOST BASIC:

- Do the work to love and forgive yourself for any pain, challenge, or other experience you co-created,
- AND/OR do the work to forgive the other person(s) for activating that pain/challenge/growth experience in you,
- AND feel fully free of any challenging emotional charges which means you are at a neutral place towards the circumstances or person(s) OR even feel love towards them.

When you feel truly free your Soul Agreement is dissolved. Sometimes it can take many years to work through an Agreement, or even a lifetime. There is never any rush and the only pain, judgement, or struggle comes from your human self.

Remember, your Soul is already ascended and residing in the absolute love of Source/Spirit. What you choose to do or not do as your human self expands your Soul anyway. When your human self becomes more like your Soul Self, your human life becomes more fulfilled, loving, compassionate, and happy overall.



Take the First Next Step and answer these questions:

- What thoughts and emotions derail you the most?
- Are you willing to hold a more compassionate space for yourself as you learn how to master your thoughts and emotions?
- What is the first next step you can take today towards more self compassion?

HOW DO YOU READ THE AKASHIC RECORDS?

The Akashic Records are an information field that permeates and archives our Universe constantly. Because everything is energy, including you, there is nowhere that the Records are not.

This means that you are always connected to this Akashic field, are always influencing it with your thoughts, emotions, decisions, actions, etc.

However, being connected to your Records and knowing how to deliberately access the information contained within them aren't necessarily the same thing.

There are many methods of accessing and interpreting the Akashic Records deliberately and consciously.

You can do it via meditation, during hypnosis, and during prayer or contemplation.



ALL YOU NEED TO DO IS:

1. Attune your energy to the frequency of the Akashic field,
2. Have a clear intention about what you want to know,
3. Ask a powerful question,
4. Receive the information.

Learning how to interpret and read your Akashic Records isn't rocket science - in fact, it's very simple, as you can tell from the steps given on the previous page. You only need to know how to attune your energy, have your powerful questions ready and enter.

Just like anything worth doing and mastering, being confident and proficient at reading the Akashic Records requires consistent practice and commitment. And support to make sure you stick with it definitely helps!

My favourite way is using the Akashic Being Key, which is a series of intentional statements that you speak out loud or silently. When you combine the words with your energy attunement, decision and command you enter every single time. That's why I love teaching this Key in my trainings, because I know it works without fail!

FUN FACT

I received this Key a couple years after I began working with the Akashic Records professionally. I was told that it is the same Key I used in a past life in the '700s when I was a Reader named Tam living in what is today's Vietnam. After I was given this Key by my Akashic Records Keepers, I knew it was time for me to teach it and share the magic of the Akashic with others.



WHAT'S NEXT ON YOUR OWN AKASHIC RECORDS JOURNEY?

This guide only scratched the surface about what you can learn when you access the Akashic Records. Perhaps you learned what you wanted to know and you feel complete for now.

Or, now you're even more curious and you can't wait to find out more! Here are a handful of benefits of knowing how to access the the Akashic Records

- Cut through the noise of old programming and current circumstances to know the truth.
- Know what next step to take towards a goal in your relationship, health, career, work, etc.
- Have access to your highest guidance on speed dial to guide creativity, writing, or other projects.
- Clear resistance, blocks and old patterns at the energetic level for more confidence, freedom, ease and flow.
- Get unstuck and building momentum faster because you have access to a greater perspective on your path forward.
- Be able to make faster and decisions and stop doubting and overthinking.
- Heal from past failures, traumas and dramas.
- Know the purpose of your lessons and experiences.
- And so many more!

To learn more about how to read the Akashic Records in as little as 1 week, visit PracticalAkashicRecords.com

