



PREPARE TO HAVE A SUCCESSFUL
READING WITH YOUR
AKASHIC RECORDS

What are the Akashic Records?

The Akashic Records are the vibrational archive of our Universe and each Soul. The word Akasha is "a Sanskrit word, and means primary substance, that out of which all things are formed." (Levi H. Dowling)

Your Akashic Records guidance, history, wisdom and potential of your Soul and how you can align with your Divine Nature through your physical experience. This means that you can gain understanding about why your life contains certain struggles, relationships, successes, passions, etc. This understanding and broader perspective leads to deep healing of old wounds and old stories and gives more choice in how you think, feel, and experience your life. **You're never told what to do in the Records, only guided back to deeper understanding of yourself and reminded of your wholeness.**

What to expect?

The personal Records offer perspective on personal healing and life experiences. The Records **offer what you most need to hear, and this is not always what you want to hear.** The information you receive is entirely based on your *intention*. If you are skeptical, want to test your Records or aren't fully consciously and subconsciously prepared to receive the answers, you will not fully receive them.

Keep in mind that just because you may be struggling deeply with a challenge in this current lifetime, this doesn't mean that you were awful or had traumatic circumstances in a past life. Karma does not equal retribution or revenge, it's all about understanding, compassion and loving integration for yourself in each moment.

Give yourself permission to be open and intend for your highest good to come to you.

How to Ask Questions

The best questions to ask are **why** and **how** questions.

Yes, no and **when** questions don't offer useful answers.

General questions typically offer general answers.

The purpose of the Akashic Records is not for divination or to tell you what to do. Rather it's to help you remember that you are already whole, enough, worthy and Divine. The information that comes through is to help you understand how everything in your life is helping you to exercise your own free will and choice to create what you want.

Some examples of questions that offer useful information are:

- What am I not seeing and why am I not seeing it [relating to a specific area of life, relationship, etc]?
- How can I change my perspective and see what I need to see [in a specific area, relationship, etc]?
- What can I do right now to find peace, forgiveness and healing with respect to [specific person, situation, challenge]?
- Why am I in this relationship?
- What am I meant to learn [in this area, relationship, etc]?
- What happened to make this situation / relationship strained / broken?
- Did this problem begin in this lifetime?
- What lesson can I learn from this particular problem and how is it assisting my Soul's growth?
- How specifically is this here to help me?
- Tell me more about [specific area, relationship, etc]

You can use some or all of these questions and also ask your own.

A Note on Past Lives

Be clear with your intention for why you want to have this reading. Please keep in mind that questions such as "what past lives have I had?" are rarely relevant to solving struggles or stepping into possibilities. If past life and karmic information is relevant to answering your question, that information will be given through the Records. If it's not relevant, the Records won't offer it.

If you're simply curious about what past lives you've had, having a past life regression session with a hypnotherapist is a better option for you.

During the Session

We begin by opening your Akashic Records and asking the questions you want answers to. I open the Records using the Akashic Being Key and your name as it appears in your legal documents or the nickname that you regularly use in your daily life. The sound vibration of your name is what ensures we receive information about you.

I receive the information via thoughts, feelings and images. I translate and speak what I hear, feel and see to you. You sit in the energy of the Records with me and ask the questions and receive answers in real time.

You may experience the energy of the Akashic Records in a visceral way in your physical body or you may not feel it at all. If you have any questions about the process during the session, please ask me.

How to Prepare

- Connect to your body and make sure you have an extra glass of water and are well hydrated.
- A few minutes before your session, ground yourself and take some deep, conscious breaths.
- Have your questions written out so they are readily available. I also have a list of questions we can reference.
- You may record your session for future reference and so that you're not distracted by note taking.
- Remain focused on what you want and remember it's **always your choice** to act or not act on the information you receive.

Notes:

Ready to have a reading?

You can schedule your Akashic Records Reading using this link:
<https://www.kasiarachfall.com/akashic-records>