

Akashic Records Preparation Guide

For clarity, insight, and a deeper connection to your own inner wisdom

The Akashic Records are a subtle field of wisdom that holds insight about your soul, your patterns, your truth, your growth, and your potential. You can think of them as an energetic archive that reflects your deeper knowing back to you.

A reading is not about prediction or performing. It's a grounded, compassionate conversation with your soul's wisdom... filtered through intuition, presence, and your own nervous system.

This guide will help you prepare so our time together feels supportive, clear, and meaningful.

What the Akashic Records Are

The Records are a field of information that contains the energetic imprint of your soul, the patterns you carry, the lessons you're in, the truths you're remembering, and the potential you're growing into.

They offer:

- Clarity when you feel confused
- Insight when you feel stuck
- Validation when you're doubting yourself
- A deeper perspective when you're navigating change
- Reconnection when you feel disconnected from your intuition or creativity

The Records do *not* tell you what to do. They illuminate what is already true inside you.

What the Akashic Records Are Not

To support clear expectations:

- They do not predict or prescribe the future
- They do not override your agency
- They cannot read other people's thoughts, choices, or feelings
- They do not exist to test me or "prove" intuition

The Records help you see **yourself** more clearly, not someone else.

We *can* explore relationships **as they relate to you** (your patterns, your needs, your boundaries, your next steps).

But the Records do not answer questions about what another person thinks, feels, or will do.

How I Open the Records

I work with a specific prayer, intention, and vibrational process that shifts my awareness into the field of the Records. It's a subtle, grounded shift, not a dramatic one.

Once the Records are open, I receive:

- Images
- Sensations
- Words or phrases
- Emotions
- Patterns
- Questions to ask you
- Somatic cues connected to your inner truth

I translate what I receive into clear language you can understand and apply.

Why Your Name Matters

Your full legal name carries a unique energetic signature in the Records. Think of it as a frequency match that allows access to *your* field and no one else's.

You do not need to “feel anything special.” The Records open based on intention, resonance, and the structure of the work.

What You May Feel in Your Body

Everyone experiences a reading differently. You may notice:

- A sense of settling
- Warmth or openness in the chest
- Gentle emotion rising
- Clarity or relief
- Memories surfacing
- Nothing at all (which is also normal)

The Records often bring grounding and regulation, not overwhelm. If anything activates your nervous system, we slow down and work somatically, honouring your pace.

About Past Lives

Past life information only appears when it is truly useful, meaning it relates directly to a current pattern, fear, gift or healing.

We will not explore past lives out of curiosity alone.

We only go there when it helps you:

- Understand a repeating pattern
- Resolve a stuck emotional loop
- Reclaim a strength or gift
- Ground an insight you're now ready for

If past life content arises, I'll help you integrate it gently.

What a Session Is Like

A reading is a collaborative conversation.

You bring your questions.

I open the Records and translate the guidance that arises.

Sometimes the Records answer directly.

Sometimes they ask reflective questions back.

Sometimes they offer imagery, themes, or somatic cues.

We follow clarity, not performance.

If you don't have questions, don't worry, I'll help you shape them so the Records can respond with precision.

How to Ask Questions

The Records respond best to questions that are:

- Clear
- Specific
- Intentional
- About *you* (not someone else)

Examples:

- “What is blocking my creativity or expression?”
- “What am I learning in this season of my life?”
- “How can I support my nervous system as I grow into this new identity?”
- “What truth am I avoiding?”
- “What shift is trying to happen in me?”
- “What would help me feel safe to express myself creatively?”
- What am I learning in this chapter of my life?
- What pattern am I being invited to shift?
- What part of me is asking for attention or compassion?
- What am I ready to release or understand more fully?
- What gifts or strengths am I being asked to reclaim?

Questions that do *not* work well:

- “Will X happen?”
- “What should I do?”
- “Does this person love me?”
- “Why did they do that?”
- “Should I break up / quit / move?”

If you’re unsure, bring a list and I’ll help you refine it.

How to Prepare

A good reading begins with *intention*, not perfection.

To prepare:

- Bring 5–8 questions or themes
- Hold an intention for clarity, healing or understanding
- Have water nearby
- Journaling afterward can help integrate insights
- Arrive with curiosity and openness

There is nothing to perform or get right. The Records meet you where you are.

After Your Reading

Most people leave feeling:

- Clear
- Grounded
- Emotionally validated
- More connected to their intuition
- Creatively renewed
- Supported by a deeper layer of truth

It's common for insights to unfold over days or weeks.

You can revisit your notes or recording to integrate more gently.

You Belong in the Akashic Records

Whether you're seeking clarity, direction, creative reconnection, emotional truth, or spiritual grounding, this work supports the part of you that is already wise, already capable, and already whole.

The Records simply help you hear yourself more clearly.

Hi! I'm Kasia

My work blends somatic healing, intuitive energy work, nervous system support, and creative expression for women who want to feel safe in their bodies, reconnect with their wisdom, and return to their authentic voice. Whether you're seeking emotional release, energetic clarity, nervous system regulation, or a deeper sense of creative freedom, each session meets you where you are with gentleness, grounding, and embodied insight. This approach supports women who feel overwhelmed, disconnected, shut down, creatively stuck, or ready for meaningful change. All sessions integrate somatic awareness, intuitive guidance, and a trauma-informed, nervous-system-friendly pace so you can move forward with more clarity, trust, and inner safety.

I've been working with the Akashic Records since 2016 and I'm looking forward to [doing your reading](#).