

*Discovering the
Essence of your Soul*



Learn how to facilitate your spiritual growth by accessing your akashic records

By Kathy Karlander

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**For my family,
I would not be Who I AM today without you!**

“You must be the change you wish to see in the world”
Mahatma Gandhi

Preface

I have been a teacher all of my life. When I was a young girl in third grade, I remember knowing even then that I would grow up to be a teacher. I remember coming home from school and “playing school.” I would pretend to be the teacher and create worksheets for my student, which was me since I was an only child! I would sit on one side of the table to create the worksheet. Then I would move to the other side of the table to do the worksheet, and then move back again to the first side to grade the worksheet. Now, as an adult looking back, it seems rather silly that I moved from one side of the table and back again to play the different roles, but as a child it seemed to make perfect sense.

In college, I studied to become an elementary teacher. After graduating, I taught for a year then decided to ‘upgrade’ my license to include middle school science. I found myself jumping around each new school year to new subjects or grade levels in search of the perfect teaching job, you know, the one that would nourish my soul. You see, I still had the strong urge to teach, I just couldn’t seem to find what it was I wanted to teach. So I jumped around hoping, eventually, I would find the perfect fit. As luck (or synchronicity) would have it, that is exactly what happened.

I finally realized that what nourished my soul was learning and experiencing things of a spiritual nature, and then sharing what I learned with others. I walked in “both” worlds for awhile, teaching in public school and pursuing my interests in metaphysics. Then about 4 years ago I took a huge leap of faith, left my traditional teaching job, and focused solely on the spiritual side of things.

This book you are about to read is a product of that leap of faith. It is the compilation of what I learned about myself and my own intuitive connections to the Akashic Records. I have used my own experiences with my personal journaling sessions, and my sessions with clients to develop a class to teach others how to access their own Akashic Records for the purpose of increasing their own sense of empowerment, discovering the true nature of Who They Really Are, and to facilitate a deeper sense of Peace in their daily lives. Basically, I enjoy helping others understand themselves better. It is my greatest desire to assist others in discovering the power that exists within them to create a peaceful, joyful, and balanced life!

Acknowledgments

This book has been over 3 years in the making. It is a compilation of my own learning experiences, dream journals, personal Akashic Record journals and more. So my first round of thanks goes out to all of my students, clients, and friends. It has been my privilege to share in your lives through the energy of the Akashic Records.

In the beginning, I often wondered, “who am I to write a book?” I was intimidated by the whole writing process, especially the grammar and punctuation. I still have vivid memories of the “red ink” all over my composition papers in high school English class!

After numerous nudges from the Universe, I finally decided to let go of the worry (that I would do something wrong), let go of the fear (that it would not be any good), and to trust in the process. I figured if I just got my thoughts down on paper, somehow the rest would take care of itself.

As the Universe would have it, I met two wonderful women along the way. One night the three of us were at dinner and I had one of those “aha” moments. I realized that these two women would make great editors for this book. So on a lark, I asked them if they were interested. They both readily agreed. (They had no idea what they were in for!) It is because of their efforts that I can now proudly offer this book to each of you, the readers. So without further ado, let me introduce you all to Rita Williams and Fatma Dowlut, my dearest friends and editors.

Rita and Fatma went through this book several times with a fine tooth comb. They searched for punctuation problems, they foraged for spacing errors, and they hashed over correct word usage. In fact, one of my fondest memories of this whole experience is listening to Rita and Fatma pouring over the manuscript, politely arguing with each other about commas, semi-colons, and dashes! They were bartering with each other, “I will give you that comma in that spot, if I can have a dash in this spot.” It made me laugh out loud. Laughter is always a good thing. That memory will always bring a smile to my

face and warmth to my heart. How can I ever thank you enough for all you have done to help me bring my first book into creation?

All I can say is that I am truly blessed to have such wonderful people in my life!

Of course, I must also thank my family for supporting me as I worked on this project. I want to thank my wonderful husband for being my best friend. I want to thank my three children for being patient with me during those times that I needed to “work”, especially when they really wanted me to do something with them instead of “letting me work.”

And last, but not least, my deepest gratitude to my friend Marie. I would not be who I am today if she had not been a part of my life. She has been my “partner in crime” through many an Akashic Record exploration. Through our joint efforts in working with the energy of the Records, we have developed a deep understanding of ourselves, and each other. Thank you, Marie, for being so eager and willing to grow with me!

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OVERVIEW OF THE AKASHIC RECORDS

In this book you will learn how to intuitively access your own Akashic Records. This “tool” has been the most valuable thing I have learned and used in my own personal growth journey. One of the best features is that it never gets old or outdated! Just imagine how much easier it would be to navigate through life if you had a direct communication link to your entire Divine Spiritual Family.

Learning to access your Akashic Records is like learning an art form. The method of accessing is easy to learn, getting *good* at it takes time and practice. In this book you will learn the basics to the process itself, as well as read real life examples. The extent of the benefit you receive from this tool will depend upon how much time you put into practicing, and how disciplined you are at putting that information into practical use in your daily life. There is potential for everyone to succeed.

What are the Records? (an overview)

Put very simply, your Akashic Record is the energetic recording of your soul’s journey since your beginning. It is everything about you, all around you, and within you. It is everything you are, have been, and the potentials you are yet to become. It is a special field of energy that permeates your entire being. It is not something separate from you, but an integral part of you.

As you can imagine, your Records hold an infinite amount of information. There is no end to the information you can explore about yourself and your relationships with others. The information is always presented to you in a loving and compassionate way from your Divine Spiritual Family (father/mother God/Goddess, God/Goddess, Spirit, Universe, Source, Ascended Masters, Archangels, loved ones, etc.).

There are specific beings/energetic aspects that specialize in the energy field of the Akashic Records, and I call them the Record Keepers. I believe that in the end we are all ONE. So when I refer to the Record Keepers as “other beings,” I also understand that they are just another aspect of me, from my perspective, and another aspect of each of you from your perspectives. For ease of discussion purposes I may refer to them as “beings” or as “energetic aspects.” So these beings, the Record Keepers, are also a part of your Divine Spiritual Family. These Divine beings have always been at your side eagerly waiting to assist you. Out of respect for your free will, they do wait until you *initiate* contact and *ask* for help. Using the method taught in this book is really just assisting you to create a user friendly way of asking for guidance and receiving it!

The information that is obtained from your Akashic Records is a direct result of your questions. Your questions guide the Record Keepers and Ascended Masters to the “right” energetic space to retrieve the answers that you are *ready to know*. Notice the key words *ready to know*. . .

Sometimes we think we are ready to know something, but in reality we are not. In those times, the answers seem to elude us, only to become crystal clear in the oddest and most unlikely moments. Or as I like to say, in the Divine right moment!

Imagine an infinite apple orchard full of apple trees which are chock full of apples. Each apple holds the key to different experiences your Soul has had, and each tree represents themes that you have experienced throughout your Soul’s journey. When you want to know a certain piece of information, you have to come up with a way to direct the Record Keepers to the right tree and then to the right apple. By choosing the right apple, you will get the information you are seeking, which will facilitate your healing and growth.

The Record Keepers are the energetic aspects that tend to these immense apple orchards, and when you ask a question it helps to guide them to the correct tree. The more specific your question, the closer you get to the specific apple that holds the piece of information

you are seeking. The potential for healing occurs when you are able to really get down to the “core” of an issue, the seed of knowledge and wisdom that is hidden within the specific apple. Often the awareness of the core cause of an issue is enough to create the energetic shift that results in a healing.* Other times you will need to put into practice the insights that you were given in order to manifest the energetic shift in your Akashic Records. Putting it into practice could be as simple as making a new choice when confronted with a repetitive pattern. **healing: A shift in energetic frequency to the next higher level of divine love and light, which may manifest in the spiritual, physical, mental, or emotional realms.*

There is an unlimited *potential* for healing when working with the energy of the Akashic Records. The extent of the healing itself is directly related to your level of commitment and intent to heal yourself.

Once you set your intent within yourself that you are ready to do your inner work, the Record Keepers readily come forward to assist you as best they can. Like all other Divine aspects of energy the Record Keepers radiate upon you the energy of Divine Love and provide guidance **when you ask** or **when you make it known** in some way that you want help. Your Divine Spiritual Family would never interfere with your free will. Therefore, you must initiate the connection and ask for what you want or need. They are eagerly awaiting your initiation and are ready to respond. Having a strong, clear connection with your inner wisdom is more than a gift. It is a *Divinely-given right*. You do not have to *earn* this special talent. It is not something that is only for the chosen few. It is for everyone who takes the time to make it known that they *want* it!

As a co-creator of your reality it is up to you to initiate change in your life. First you must **ask** for help, then you must be willing to *put to use the information you receive*. It is always your choice; but if you don't put into practice what you are learning, then nothing in your life is going to change. You know the old saying, “the definition of insanity is to keep doing what you have always done and expect to get different results!”

Our Divine Family of Light sends us messages and guidance all of the time. It is up to us to either acknowledge those messages or ignore them. They plant the seeds of light and knowledge, and wait for us to nurture those seeds. They wait patiently as we allow those seeds to mature into wisdom. They also watch with infinite compassion and acceptance if and when we choose to squash those seeds instead of nurturing them! They radiate us with the same loving energy even if we choose to make the same old choices and create

the same old patterns, essentially ignoring any guidance they were trying to provide. That is what free will is all about. You always have the right to choose without worry of being judged by your Divine Family. The main purpose for working in your Akashic Records is not to receive mandates about what to do with your life or how to live your life, but to provide you with the information, knowledge, and wisdom you need to broaden your perspective, allowing you to make healthier choices. In other words, working with the energy of the Records provides you with the support you need to grow and evolve personally and spiritually.

When you have clear intent that you are ready to heal all aspects of your life, then your true work begins. Spirit responds to your requests to heal and provides you with the opportunities for growth. Each time something comes up for you in your life that pushes your buttons, it is Spirit's way of providing you with an opportunity for growth. It has always been this way. The difference is that now you will have the ability to go into your Records, dig around, explore, and uncover the core of the issue at hand. Once you have uncovered the core issue, you are able to begin the healing process.

The Record Keepers are waiting with anticipation for you to begin this personal and spiritual journey. The moment you made the conscious decision to read this book, they were able to move even closer to your being. They have always been at your service, but were unable to interfere. When you chose this book, you were sending a message to them that you are ready, willing, and able. In response to your actions, they are able to step closer. They want you to learn how to connect with them and your own inner wisdom more easily so that they may be of more assistance to you during this time of growth. Self discovery, spiritual growth, and personal growth are all important parts of your healing process. Through your connection with your Records and your Divine Spiritual Family, you will experience deeper and deeper levels of self-empowerment and self-direction as you discover the euphoria of going within to connect directly with your Divine Source.

With each visit to your Records, you have the potential to heal another piece of yourself. With each healing/shift of energy, you feel more and more complete and whole. The more complete you feel, the harder it is for anyone or any situation to knock you off balance again. You are able to maintain longer and longer periods of peacefulness and centeredness each and every day.

With each visit to your Records, you also come to understand more and more of your true nature, your Soul and Spirit nature, your co-creative God/Goddess nature. The work is not always easy, but it is definitely worth it.



THE MAGNIFICENT PUZZLE

Working with my Records on my own and with other consultants has been THE GREATEST tool in my spiritual growth, and I AM eternally grateful for the people who made it possible for me to be a part of such a magnificent energy/healing tool.

When you access information or energy through your Records, you create an opportunity for a healing. Your level of conscious awareness increases concerning the issues in your life. Sometimes just the acknowledgement of the source of an issue is enough to heal the issue. Sometimes it is the first step in a longer process. When the issue is healed, the energetic recording, or Record, of that event is changed in your Akashic Records to reflect the shift in your energy. As you heal aspects of yourself you are literally changing the past and the energetic recording of the past. Remember that your Records are an integral part of you, so as you change your energetic patterns and frequency, the energetic patterns in your Records will also be affected to reflect those changes.

Think of your Records as being a living document. It changes to reflect the changes in you. As you heal and transmute the energies that do not serve your Higher Purpose, you

begin to feel more and more complete. The more complete you feel, the easier it gets to continue the healing process.

This process is somewhat like putting a puzzle together. Imagine finding a large puzzle box without any picture of the completed puzzle on it. You think to yourself, “This will be quite a challenge without any guidance.” But you enjoy challenges, so you sit down at a large table and dump out all of the pieces.

(The individual puzzle pieces are symbolic of the individual Records of our energetic essence, especially those pieces within our field that no longer support us and are “looking” to be healed.)

At first it looks like a terrible mess, and you wonder if you are really capable of completing this project. However, you have faith that the creator of the puzzle created something beautiful. Attracted by the mystery and driven by the anticipation of seeing this beauty for yourself, you decide to start the process of putting the puzzle together.

(This is symbolic of the beginning stages of the healing process. In the beginning you have a desire for change, but may be overwhelmed with how you are going to accomplish that change. When the urging is strong enough, or when it is the Divine Right Time, you will proceed even if you don’t have a plan.)

So you begin to look for pieces that have something in common—you look for patterns. The first couple of pieces are hard to find because you have nothing to guide you. You get lucky and find a few pieces that fit together, and then you seem to hit a wall. You keep looking but you just can’t find any other pieces that fit together. It all seems like such a hopeless mess! You get frustrated, and give up for a while.

(Often we seem to get on a roll in creating changes in our life, we easily identify patterns or themes, and we integrate those into our lives. Then all of a sudden we seem to hit a wall, we feel like we cannot take on one more thing, or that we need to take a break. It is during this break time that we begin to assimilate and integrate new energetic patterns. When the integration is complete, we have moved into a new level of balance. In other words, we have experienced a healing.)

Then one day out of the blue, you walk past the table with all of the pieces scattered about, and your eyes see something you had not noticed before. You see two more pieces that fit together. Once again your curiosity is piqued. Finding these new pieces boosts your confidence, so you sit down to try again. In a very short amount of time you have put together several small groupings of puzzle pieces.

*(Thank God/Goddess for curiosity and Divine Guidance! When we are ready to begin the healing process again, some form of synchronistic action will grab our attention. This is one way our Divine Family of Light communicates with us and guides us to the next step. Examples of synchronicity happen all of the time. For example, when you are thinking of someone, and that person calls you; or when you are in search of an answer to some question, and someone or something shows up to give you the answer. Put very simply, it is when two things come together at **just the right time**, often without any **logical** explanation.)*

*When these synchronistic events happen, it serves to inspire us to put some more pieces together in our own lives. Usually these pieces that we are putting together revolve around certain themes, such as self-acceptance, patience, letting go of attachment, and so on. We will work through each theme until we have **healed** it. Then we take a break, eventually getting back at it again, tackling some new theme that has been patiently waiting to be healed, or transformed into its next highest level of balance. Sometimes we heal one layer of a theme, only to come back to it at a later time to heal another layer of that same theme.)*

You are not sure how the puzzle groupings are going to connect with each other yet, but you can see just enough of the developing picture to keep you intrigued.

(This is symbolic of broadening your perspective, while gaining more insights into your life. At this stage you have developed more trust and faith in the process, and you can begin to see the bigger picture as to how everything is interrelated.)

Anyone who has ever put a puzzle together knows that you don't just start with one edge and neatly fit each piece together in consecutive order until you get to the other edge. More likely you get several small groupings of pieces, but it takes a while before you realize how the groupings will fit together.

(You get the information you are ready to deal with in the Divine Right Time, even if at that moment the information seems totally unrelated to anything else that is going on in your life. You will find that you can't force information to flow that is not relevant to what is appropriate for you at that time. You can't plan your entire healing process from beginning to end in one sitting. Your inner wisdom and your Divine Family of Light will guide you to the themes that you are ready to deal with at just the right time.)

Being able to see several groupings helps guide you as you continue to search for the other connecting pieces. As you look at the glimpses of the whole picture, you begin to develop an idea for how the overall picture may look. You develop a strategy for completing the puzzle.

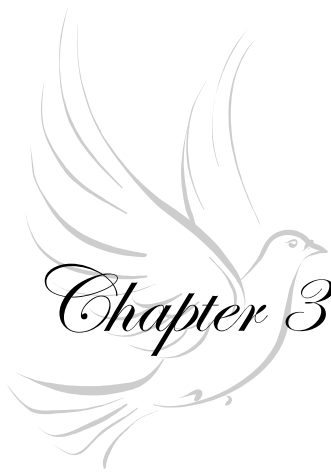
(You can now use the information you have already gathered from your Records to implement a plan to facilitate change and healing in your life. At this stage you begin to feel like you have a new sense of direction.)

From time to time, you choose to take a break from the puzzle. When the time feels right, and your interest returns, you go back to it. With each passing day working the puzzle, you put together larger and larger chunks of the puzzle. Over time you begin to see how the different groups fit together, and you find the connecting pieces that bring the groups together into a new larger group. With each new piece that finds its place in the puzzle, you gain more insights into how the final picture will look.

(Insights lead to healing, and healing leads to wisdom. As you gain wisdom you can look at each individual piece in the context of the whole, knowing and understanding that it was a necessary component. At this stage you are able to see things more from the perspective of the Soul, not just from the human perspective.)

Eventually with enough practice and dedication you finally complete the puzzle. Imagine your surprise when you realize the completed puzzle is YOU in all of your Divine Glory.

*(Ah, you were right in the beginning, the Creator **did** create something beautiful!)*



GETTING STARTED!

How to Have a Productive and Enjoyable Session

- Setting the stage for a conducive learning environment and gathering your supplies
- Reading the prayer slowly and full of focused intent, breathing deeply
- Asking *good* questions
- Allowing the information to *flow* without censoring or judgment

Setting the Stage

When you open your Records, you will want to be in an environment that will allow you to relax and work without interruptions. The more practiced you become at working in the Records, the less environmental factors will be able to distract you from being in the flow, but in the beginning you will want to reduce or eliminate distractions. Soft music or lighting a candle may help to set the tone, but are not necessary.

Once you decide to sit down to write or journal, be sure to collect all of your supplies such as paper, a couple of pens or pencils, and a copy of your prayer. This is one way of removing potential distractions. The last thing you want to happen is to get into a really good flow of important information or insights only to run out of paper or ink! The process of getting up and looking for needed items will take you out of the flow of energy and information, and it is sometimes difficult to get back into the same flow. Again, the more practiced you are, the easier it is to remain in the flow or to get back into the flow once interrupted.

Another factor in a good session is timing. You will get the best results when you are fresh. If you are hungry, tired, or scattered due to alcohol or recreational drug use, then the flow of energy from the Records may seem scattered because your ability to concentrate has been compromised. To be successful working in the Records you do need to maintain a certain level of concentration. Being distracted due to hunger or thirst is easy to fix, simply grab a bite to eat or get something to drink. Once the basic needs of your body are taken care of, you should be able to concentrate on the task at hand. If you are under the influence of alcohol or drugs, then you will need to wait until the effects wear off before your ability to fully concentrate will return. If you feel this is the case, simply close your Records and wait until you are fresh!

The Prayer

(Part one of the prayer)

Father-Mother God, Angels of the Light, and Ascended Masters, I invite you into this space to create sacred space where only the Highest Knowledge, Wisdom, Love, Truth, and Joy may exist now and forever more.

You can read your prayer silently or aloud. It is entirely your choice. Either way, you want to focus your attention on every word you are saying or thinking. As you focus on the words of the first part of the prayer, you are bringing into your awareness exactly what it is that you are intending to do, which is to ***create sacred space***. Breathing deeply as you focus on the meaning of the words helps to center your being. As you read the prayer, notice any sensations you may feel in your body. You may notice a tingling sensation, especially around the top of your head.

(Part two of the prayer)

With Love and Gratitude in my heart, I intend to connect with the energetic flow of my Akashic Records, and with the assistance of the Record Keepers and Ascended Masters receive whatever information is in my Greatest and Highest Good with ease and Grace!

As you read the words “with Love and Gratitude in my heart” at the beginning of the second part of the prayer, place your attention in the area of your heart, focusing on the energy/feeling of Love and Gratitude. You can generate the feeling of love and gratitude in many ways. One way is to simply breathe deeply, imagining that you are breathing through your heart and focusing on the feelings you intend to generate. Another way is try to recall a time when you felt love, gratitude, or peace. Use your imagination to tap into all of your senses, how you felt physically, what you may have smelled, or the sounds that you heard. The more vividly you can recall the moment, the more you will re-generate the feeling of love, gratitude, or peace. Generating the feelings of love, gratitude, and/or peace serves to center your being and to prepare you to receive the energetic flow of your intuition.

With the words “with the assistance of the Record Keepers and Ascended Masters receive whatever information is in my Greatest and Highest Good with ease and Grace,” you are setting the intent concerning from whom you would like assistance, and how you would like to receive the information.

Your heart is the seat of your wisdom. The more you are able to focus your attention in the area of your heart, the more you will be able to open and clear the energies of the heart chakra. This in turn allows the vibration of the unconditional love and wisdom to flow through your entire being. The energies transmitted to the heart affect the vibrational levels of every cell in your body. This causes healing within your emotional, mental, physical, and spiritual bodies. As your vibrational frequencies increase, older, denser energies are released for transmutation. Later, as information is revealed to you, you may feel certain emotions surface that you had forgotten you ever had. (You know, the ones you stuffed way deep down into your body years ago!).

Each time these emotions come up, you can transmute them by setting your intent to transmute the energy of those emotions into their next higher level of evolution in Divine Love and Light. This in turn opens your heart chakra even more, which allows an even

deeper connection with the flow of your Akashic Records. This is an automatic process that mostly unfolds on its own. You don't have to concentrate on it to make it happen. I am including the information here as a general overview to help you better understand the significance of the words in the prayer.

Each time you go into your Records and connect with the flow of energy, you bring yourself closer and closer to the complete and total unification of all the aspects of your Soul!

The first few times you go into your Records you should limit the amount of time you keep them open. This is a higher refined energy and it takes a little bit of time for your physical body to adjust to that type of energy flow. Eventually, you will get to a place where you realize that you are always in the flow of that energy. It becomes you, and you become it; there is no separation. Actually, there never really was a separation except in our own minds.

When you are ready to close your Records you simply say, ***“I close my Akashic Records and I thank the Ascended Masters and Record Keepers for all of their assistance. Amen.”***

The Art of Asking Good Questions

You can think of your Akashic Records as a vast treasure trunk full of gems waiting to be discovered. Each gem represents some essential part of your True Self, your magnificent Soul. As you find these gems and incorporate them on an energetic level, your whole being becomes more balanced. You feel more whole and complete. By asking questions in your Akashic Records you will be able to uncover the core issue that is playing out in your life in that particular moment. Figuring out what question to ask is the tricky part!

Asking good questions is like having a map to the hidden treasure. Each question provides you with a clue to bring you one step closer to finding your treasure; in this case, your treasure is the understanding or insight into your current situation. When you finally find your treasure, you will know it with every fiber of your being. It is like the proverbial light bulb going off in your head; the answer will just seem so clear and so

obvious that you will wonder why you never figured it out before! Well, don't beat yourself up for not figuring it out sooner. Instead, congratulate yourself on a job well done. Remember to thank your Divine Family for their assistance. *An attitude of gratitude can make all the difference in the world as you work to hone your intuitive skills, because where you place your attention you will get more of the same. By expressing your gratitude, you are essentially placing your attention on the "concept" of being successful in your intuitive endeavors. Therefore, you will continue to experience more success in your intuitive endeavors!*

Before you can ask a good question, you first need to decide upon a topic about which you would like more information. Here is a list of potential areas of exploration:

- **Spiritual growth**
- **Interactions with friends and/or family**
- **Repeating patterns and behaviors**
- **Influences from past/alternate lives**
- **What is my lesson in this issue?**
- **Events that occur in your life that "push your buttons"**

One way of choosing a question is to think about someone or something that has really "gotten under your skin" recently. Remember that these people or events are simply showing up in your life to act as a reflection of something that is going on within you.

For example, let's say a co-worker has done something that really annoyed you. You could spend time stewing over the action taken by the co-worker, or you could open your Records and discover *why* that co-worker's actions bothered you so much. Sometimes the hardest thing to admit to yourself may be that it is not really about *the other person*, but it is really about *you*. The other person is just showing up so you will have the opportunity to acknowledge and heal something within yourself. When this healing occurs, a shift in your energy/attitude also occurs. This shift is a shift in understanding, going from the energetic posture of confusion to *wisdom*. This piece of wisdom is a gemstone you can now add to your personal treasure box. Over the period of a lifetime you can accumulate quite a wide variety of gems!

Keep in mind that just because you now have a new level of wisdom, that does not mean your co-worker is going to change his or her behavior. He or she may continue to do

whatever it was that annoyed you, but once you have healed that aspect within yourself your co-worker's actions **will no longer push your buttons**. Remember, it is not about the other person changing his or her behavior; it is about you releasing your inner hook that *allows* another person's behavior to affect you.

When you do create and accept one of these gems of wisdom, it causes an energetic shift within your being into the next higher level of balance. Then the Universe is so kind as to provide you with an opportunity to put into practice what it is that you have just learned! The difference is that in your new level of awareness you recognize the pattern before it really starts to take hold of you, and you are able to consciously choose to either *repeat* your old pattern or to *create a new pattern*.

If you choose to create a new pattern, then you confirmed with Spirit that you have indeed “learned” your lesson; and you no longer need to draw those types of experiences into your reality. If you choose to repeat the old pattern, well then, you will continue to get more of the same! This is not a punishment for making a “wrong” choice, it is simply a manifestation of your own creation.

I like to use the following analogy to help me figure out what I should be looking at within myself:

“If I am the only real person, and I have created that other person for the sole purpose of bringing something into my awareness about me, what is it that he/she is bringing into my awareness?”

This is an excellent question to ask in your Records! Generally you will find that the issue is something that you are doing *to yourself*, doing *to others*, or about which you have *judgment* in others or yourself. Once you have identified the issue, you can begin to explore ways to overcome the issue or to heal it by asking additional questions within your Records.

For example, a good friend of mine called me one night because she was feeling very emotional over a situation in her work environment. She is wise enough to know that when she gets *that* emotional, there is something going on besides the obvious, and she wanted to know what *it* was. So she called me.

Together we opened her Akashic Records, and she began to explain the situation. I asked her to think of herself as the only real person and reminded her that she created this co-worker as a figment of her imagination in order to bring something into her awareness about herself. That being the case, then what was *it* that this co-worker was bringing into her awareness? At first she was not quite able to articulate what she was really angry about. She knew it was related to a work situation, she knew it revolved around an individual she worked with, but she still could not quite put her finger on the precise thing about that person that angered her. After a few minutes of talking she realized that she was being *judgmental* of the other person because he was afraid to take a risk in order to reach for his dream job, *and* he was using family obligations as his reason to justify his priorities.

Once we identified what *it* was that bothered her *about him*, I asked her to think about the **essence** of what she was judging in him, and how that same essence may apply in her own life. I asked her to consider what *she* was afraid of, or what *she* might have been procrastinating about in her own life, especially in regards to taking a risk in order to achieve a personal dream. Once I posed the question to her, she realized that it had to do with her own dream of writing, and how she had been putting her personal dream on hold while she focused on building a family business with her husband. It was not that she resented doing the work that she was doing, because she didn't; but some part of her was angry *with herself* for not making the time to work on the writing while pursuing the family business. When she saw this same behavior in another person, it struck a chord within her. It resonated, *because it was her issue as well*. So, in essence, she had created this situation with this co-worker in order to bring up *her own* buried issue into her conscious awareness, giving her an opportunity to make a new and different choice.

She understood the significance of this revelation and decided to make writing a higher priority item in her day-to-day life. She is still going to maintain her current day job in the family business, but she has also committed to devote a certain amount of time each week to writing. You see, on some level of her being she *knew* it was important for her to begin writing creatively; so that same part of her being drew to her the experience with the co-worker in hopes that she would get the message. And she did, with the help of energetic flow from her Akashic Records.

Basic Format, Who, What, When, Where, How, etc.

Once you have chosen an initial area of exploration, then you must formulate your question. The information given from your Records is a direct result of your questions, so how you phrase your question is going to be important. In other words your question will be answered as it is given, without assumptions as to what you *really meant* to ask.

If your question is vague or broad, the answer will be vague or broad. If your question is specific, then your answer will be specific. If you ask a question and you are still unclear about the answer, you can reformulate your question, and ask again as many times as you like. That is the beauty of working with your Divine Spiritual Family; they have infinite patience and only your best interest at heart.

Asking good questions requires you to spend some time thinking about what it is you really **want** to know. If you are not sure what it is you really want to know, then you can always fall back to the standard "who, what, when, where, and why" types of questions. Sometimes as part of the fine tuning process, you can ask for the Record Keepers to help you better formulate your question. You do this simply by saying "*how could I better ask this question?*" Keep in mind your Divine Spiritual Family wants to assist you in your growth process, and they will help you in any way they can once you **ask!**

Feel free to explore every aspect of a question until you feel satisfied with your answer or until it feels "finished." Above all, remember that working in the Records is working in the **energy of Love and Compassion**. The information you receive is always presented in a loving and compassionate way. It is never fearful, demanding, or hurtful. Sometimes the truth may be painful to **hear** at first, but the energy with which the information is transmitted is pure love.

If you aren't really sure what you *want* or *need* to know, just choose any question that comes to mind. You can always ask additional questions to clarify as you go along. Generally, after asking a few variations of the same basic question, one or two of the responses will stand out as being significant. You may even feel a shift occur in your body when you "hit the nail on the head," so to speak.

For example, let's say you have a close family member that has an addiction to alcohol or drugs. At first you may feel compelled to help that person because you love him/her and

you hate to see him/her suffer, so you decide to open your Records and ask how you can best help that person . . .

So you get out your journal and write down the first question, then immediately write the answer that flows out of you, then move on to the next question, and so on until it feels complete. Your journal page might look something like this.

1. **How can I help Stan overcome his addiction to alcohol?** *AA meetings or other treatment facilities could help him overcome his addiction if he chooses.*
2. **Why is Stan having such a hard time with the alcohol?** *It is just part of his life path.*
3. **When should I bring up the subject with Stan?** *The answer is unclear.*
4. **Should I help Stan?** *No.*
5. **Why not?** *Because this is part of his experience. If and when he asks for help, then you may offer the information you have gathered. You have a different opportunity for your own growth from this situation.*
6. **What am I to learn from my desire to help Stan if I am not “supposed” to help him?** *Your opportunity for growth lies in your ability to **Love without Attachment to the Outcome**. It is not your job to fix him, to make him happy, or to save him. He does not need to be saved, as far as his Soul is concerned, for a Soul cannot be harmed or damaged permanently. The invitation for you is to let go of your desire to help him be “happier” and “healthier” (according to your definitions of “happier” and “healthier”), and just to love him as he is. Accept and honor that he just is where he is, which is exactly where he needs to be according to his own spiritual contract. This does not mean you have to join him in his drama. It just means you have the choice to love him without being attached to whether or not he ever asks for help, wants help, or accepts help.*

Question number 1 may seem like the most obvious question to ask in a situation like this, and for most people it probably is the first question they would ask. There is nothing wrong with asking that question first as long as it is not the only question you ask! As you can see, question number 4 was pretty telling, and led to question number 6 which actually revealed the opportunity for growth for the questioner. It would have been a shame for the questioner to have only asked the first question and then stopped, missing out on the important information for her own growth.

What if she had only asked question number 1? She might have approached Stan, talked about treatment programs, only to have it totally blow up in her face. As a person new to connecting with her Akashic Records, she might have thought she had made some sort of mistake in getting the answer, when in reality she had made a “mistake” by not asking the “right” question. It is not that questions like number 1 are bad. They just don’t do anything to help *you* grow. Remember the focus of this book is to assist you in *your own* growth, not in “fixing” other people.

On the other hand, had she started off her journaling with question number 4 she might have saved herself some time! I would invite all of you to remember question number 4, and ask that question often—especially when you feel the need to *help* someone else. You can certainly phrase questions in order to find out ways to help another person, but sometimes the best way to really help them is to not *help* at all.

Question number 6, or variations of it, should become a staple in your arsenal of questions. You will use it a lot, and it will give you plenty of food for thought for your own growth. ***That is what this book is all about!***

Past, Present, Future Questions

It is also best to keep your questions relevant to you in the present time. If you ask a question about past lives, make it relevant to you in the present, such as *"what past life, or* alternate life, experiences are affecting me in the present moment?"* You can certainly explore past lives just for the fun of it, but if you're looking for spiritual growth, you need to frame the question relevant to you in the present time. **I believe that there really is no such thing as past, present, and future lives. I believe that we are experiencing all lifetimes simultaneously, therefore, "past" lives are really "alternate" lives!*

If you find yourself asking many questions about the future, I would invite you to look at *why you need to know that information*. Perhaps you would be better served to ask in your Records, *"why do I have a fear or worry about the future?"* This question will bring up issues in the present that are waiting to be healed. When they are healed and the fears and worries are transmuted, then you will be in a better position to easily and gracefully co-create the future you would *choose to have*. If you take care of yourself in the

present, healing what comes up to be healed, then you can relax and trust the future will unfold in the energy of Love in alignment with your Highest and Greatest Good.

Each time you heal an aspect of yourself it is like adding a tool to your personal and spiritual toolbox, a tool that you can access at a moment's notice to help someone else in need. The Universe works in synchronistic ways, and you'll be surprised and delighted as you become more and more aware of these synchronicities. Working in your Records gives you the opportunity to heal yourself, raise your vibration, and increase your level of conscious awareness as a co-creator of your reality. What more could you ask for?

Also remember that the future is not set. We are the co-creators of our reality, and with each new "now" moment we can rewrite what is potentially going to happen in the next moment. So if you are asking a lot of questions that are focused on predicting future events, you are really wasting your time and energy. The reason is that what may be a truthful and accurate prediction in one moment could be totally false ten minutes later. This is due to the actions of free will and the ripple effect those actions put into play. You would be better served in your spiritual and personal growth to take the time to get down to the true root of your questions about the future, and to see how that is relevant to you in the present.

Example: I once had a client who started off asking whether or not she should send in a deposit for a vacation condo that she wanted to use about four months in the future. On the surface this question may seem to be very superficial and have nothing to do with personal growth, but if you dig deeper there is a much more important question somewhat buried between the lines.

As soon as she asked the question, I realized (because of my connection with her Akashic Records) that there was another, more important question for her to consider. So I asked her to tell me what she really wanted to know. After a little bit of digging around, she finally realized that what she really wanted to know was if her mother was going to die soon, or if she was still going to be around awhile. Subconsciously, she had a fear about her mother dying with unfinished business between them. She was using the timeline of renting the condo as a way to gauge how much time she might have left with her mother. She knew the only reason she would *not* rent the condo was if she had to stay here because of her mother's illness or death.

A-ha! Now we were getting somewhere. We then spent some time exploring her relationship with her mother, identifying old, long term internalized negative feelings between her and her mother. She was able to finally let go of a good deal of her emotional pain, which freed her from the fear she was experiencing just a few minutes before. As this process continued, I simply held the space for her, giving her a safe space to process her emotions and her feelings of guilt. I invited her to release those old patterns of energy and to fill herself with Divine Love and Light.

So you see, even though she asked one question about a future related event, there was really a deeper fear about something in the present. This ended up being a very powerful, healing experience for this client, even though it was somewhat of a surprise to her. After all, she thought she just wanted to know if she should send in her deposit. She had no idea that simple little question would lead to such a strong emotional release, but I did! (Thanks to my connection to her Akashic Records!)

My point here is that if you are asking “superficial” questions related to future events, you may want to take the time to dig a bit deeper and see what lies beneath that superficial question. Beneath the surface is where you will find opportunities for growth! *Dig deep my friends, you won't be sorry.*

What to do When Your Answer is “Yes and No”

Sometimes when you ask a question in your Records you may get an answer of "yes and no." When this happens, *ask for clarity*. Ask “what is the *yes* part of the answer,” and “what is the *no* part of the answer?” This typically happens when the question you asked was too broad, and the Record Keepers are inviting you to explore yourself at a deeper level. It can also happen when there are multiple facets to the question or answer. Receiving this type of an answer is usually an indication to you to broaden your perspective, and to understand that sometimes questions cannot be answered with a straightforward yes or no.

I have decided to share with you one of my personal journal entries from February of 2003. I had been going through some enormous personal and spiritual growth during the previous 6 months, and as you will see, I received some pretty profound insights during this particular journaling session. As you read through it, notice the flow of the questions

and answers. Notice how my initial questions seem more straightforward, questions that seemingly would be answered with a simple *yes* or a simple *no*. Also notice how what I thought was a simple, straightforward question ended up leading me to some pretty profound and deeply healing messages about myself. This is pretty typical of an Akashic Record session.

My questions are in bold print and the responses are in italicized print. Once I typed the questions, I just immediately began to type the thoughts that came to me, without censoring in any way. It truly is an amazing process!

Q: Are my Records open? *Yes.*

Q: Who is with me now? *Everyone and no one. We are all one in the same. We are here as aspects of energy you give names to, yet we are all just aspects of you, as you are an aspect of God. The names of the aspects present are Jesus, Mary, Michael, Melchizedek.*

Q: Is my kundalini energy rising? *Yes.*

Q: Is my kundalini energy at the heart level, now? *Sort of.*

Q: Is it blocked? *No*

Q: Is the timing of the rising appropriate for my life path and highest good? (I was contemplating the need to take more “training” in this area from a previous teacher.)

Yes and no.

Yes, because it is easier for you to assimilate, for you to accept the power you have within you. It is easier to make the connections in your acceptance of your divinity when it is done gradually. Yet you can change this anytime that you wish. You do not NEED anyone else to accomplish this feat. You had the power and ability all along. You are the one who made the changes in your life. You are the one who released the negative energy, who initiated the shift in the energies.

You gave your power away to your teacher by expecting and believing that he could do something for you that you could not obtain on your own. It was appropriate for you to

believe this at the time. Everything is always appropriate. Because you believed in him and what he was telling you, you believed yourself capable of doing grand things. Do you see that it was you all along? By putting your power into him you were able to bypass a self-limiting mechanism that you put into place. Because of this mechanism you were unable to see the magnitude of who you truly are. You had to come to this realization through the eyes of someone else before you could see it for yourself.

Now that you have experienced a taste of what it feels like, and you now understand that it was you who created and manifested it, you can have it anytime that you choose. Yes, your teacher did provide supportive healing energy that was assistive in the process. You can do that for yourself. The truth is you could have done it before, you just did not.

It is time to take all of your power back. Call back all of your energies. Tell your teacher thank you, but you are going to do this on your own. Tell him that you are in the flow of the Universe and you are certain of your path. You were uncertain until this very minute, and that is why he was picking up on your energy, feeling like it was incomplete. In a way, you had been reaching out to his energy because you were unsure of the process. You felt like it had not accomplished anything.

It all happened according to the plan your own soul set up. There were many lessons in your spiritual adventure, as you have named it. You learned about giving away power, about accepting power, about staying in the flow without attachment to outcome. It has taken you until now to realize what you learned, but you are getting there. Each day you provide yourself with new opportunities to put into practice what you learned.

Q: What is the “no” portion of the question above? *The no is this, you could speed up the process. It would better serve you if you did speed up the process. You do not need to have another workshop with your teacher in order to speed up the process. **This is the key point. YOU can do it on your own by simply accepting that it is already DONE.** You do not need to **work** at it anymore. You simply allow, accept, and acknowledge.*

Q: How do I do that? *That is something that only you can do. NO ONE can do it for you. It is not in a class, or a prayer, or a tape, or a meditation. It is something within you. You either accept it or you don't. You are so close, so close. It is difficult for us to*

watch sometimes as you choose to suffer when you are so close and don't realize it. Can you feel our love and support? Can you feel our love and presence? (Yes, I do.)

So the question is, do you accept who you really are? Do you accept the divinity that resides within you? Do you BELIEVE in yourself, and LOVE yourself?

When you answer yes to these questions, then you have nothing more to DO. You can simply BE. Continue to stay focused in the "now" moment. Remember the segment in Mutant Message Down Under¹ when Marlo had to take the lead? The Universe always provides for you, you just have to recognize it when it comes, even if it looks unappealing at first (like eating ants, worms, etc.)

Q: How do I know when I am looking at a gift from the Universe in disguise, or if I am looking at something that I don't really need? *You already know the answer to this one. You had it before you finished typing the question (ha ha). You pay attention to how you FEEL. You knew when you were talking to your teacher that you did not need to have another workshop. You were afraid to tell him a definite no, you doubted your feelings and wanted to check with your Records. But you knew. It just did not feel right. Trust your feelings, and then open your Records for validation. **Feel first, Records second.***

The Importance of Fine-tuning Your Dial

By asking the Record Keepers for the clarity, it's like fine-tuning your personal "radio" dial to be on the exact spot to have the clearest reception. It is up to you in the physical body on the earth plane to direct the session in this fine-tuning process. You have to tell them, the Record Keepers, if you understand or if you need more information. Perhaps you need to "hear" it again because the information is too "fuzzy" or "clouded." This is what I mean by fine-tuning. You'll need to do more fine-tuning in the beginning stages of your learning process. Once a clear channel is established between you and the energetic flow of your Records, you will not need to work so hard to fine-tune.

¹ Morgan, Marlo, (1994). *Mutant Message Down Under*, HarperPerennial

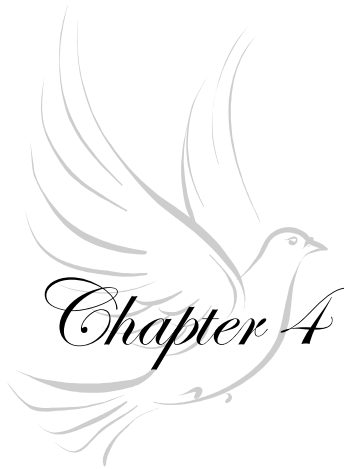
Allowing the Information to Flow

It is important that you ALLOW the information or energy to FLOW without trying to CONTROL it. Allow the information to flow into your thoughts without judgment or censoring. This is often the most challenging part for new students. There is definitely an element of trust that goes along with intuition. Intuition is not always logical, although it can be at times. It is fairly typical for new students to question whether the thoughts, feelings, images, or ideas they are receiving are really coming from some Divine source, or if they are just "making it up."

In the beginning, it can be helpful to give yourself permission to approach this intuitive process with a playful attitude, an experimental attitude, that way you are not worried about being right or wrong. You can simply allow the information to flow. You can voice whatever comes to mind, even if you think you are just making it up *because* it is just a game, something playful, not serious business.

Once you give yourself permission to play, then you must let go of your doubts, and trust in the process. Trust in the fact that whatever you get intuitively you are getting for a reason, even if you don't understand what the reason is in that moment. Again, remember that the information coming through the Records is always loving and positive, guiding you towards personal or spiritual growth. It is never fearful or negative. The information is never issued as demands or dictates. If you begin to receive information that is more negative and fearful, simply close your Records and try again later.

If you consistently set your sacred space and intent by reading your prayer before doing any work in the Akashic Records, ***then you should never have any problems with "negative" or "dense" energies.*** You are completely safe while working in the Records when you use the prayer given in this book. (There are numerous ways to connect with the energy of the Akashic Records. My way is not the only safe way, but it is the only way I am addressing in this book.)



EXPLORING RELATIONSHIPS WITH OTHER PEOPLE

By reading this book and learning the tools, you have committed on a Soul level to healing yourself. You can approach this from one of two perspectives:

1. The victim mentality which causes you to believe that your life is the way that it is because of what *others* are doing *to* you. The victim mentality dictates that you have no control over your own life.
2. The other side of that coin is to have the “conscious co-creator” mentality. The conscious co-creator mentality dictates that you are responsible for all that happens in your life, the good and the bad. The sooner you accept responsibility for all that you experience, the sooner you can assess where you currently are on the scale of happiness/sadness, and take steps to improve the quality of your own life.

The differences between these two mind-sets are not always clear cut in our own minds. We come from the victim mentality in some instances, while we take a more responsible position in others. Your goal is to move more and more into the realm of conscious co-creator of your reality, taking full responsibility for all that happens in your life. There is no better way to do this than by examining your relationships with other people!

If you give yourself an honest assessment, you may realize that in the past you might have been quick to jump to conclusions as to why some person chose to do a certain thing or say a certain thing. You may have assumed that you *knew* the other person's motivations. It is important for you to understand that your assumptions were derived from your own personal history. In other words, your *perceptions* of the other person's motives were colored by your own life's experiences.

I can have 20 people attending a lecture, listening to my speech. At the end of that lecture, each one of those 20 people will take away something different from what I said. Each one of them will perceive what I said in a unique way because of the past experiences they have had in their own lives. I cannot control how each participant will receive the information that I am imparting. I can only control the manner or the energy with which I impart the message. Beyond that, I must simply *let go* of attachment to the outcome. Some people may have really enjoyed it, others may have been offended, yet I said the same thing to all of them in the same tone. How many times have you reacted emotionally to something that someone said because you *thought* they meant something else? Could it be that you made an assumption based upon past experience that just might have colored your perception of what was being said?

The ability to **let go of attachment to the outcome** is tremendously important to your spiritual growth, and it is an answer that you will see many, many, many times as you journal in your Records! Letting go of attachment to the outcome does not mean that you must be complacent in all that you do, but rather that you are so comfortable with your choice or your decision that you are not attached to what others think or say about your choice.

If you are attached to what others may say or do in response to what you say or do, then you are seeking validation from a source other than yourself. True validation must come from inside of you, not outside of you; it is something that only you can give to yourself. If you are seeking validation from others that you are *good enough*, then what you are projecting to the Universe is that subconsciously you do not *feel* good enough. So the Universe will respond to your energetic projections by sending people to you that will reflect to you the very concept that *you believe* to be true about yourself—that you are not good enough. Of course, you are not consciously projecting to the Universe that you are not good enough. From your perspective it may feel as if you continually attract people

into your life that treat you as if you were somehow “less than.” The only way that you will become conscious of what you are projecting to the Universe on a subconscious level is to examine the relationships in your life, and to see what opportunity for growth each one of those relationships brings to you.

By gaining clarity about why certain people are *in* your life, rather than why certain people *are the way they are*, you will begin to discover the hidden opportunities for your growth. Each discovery has the potential of becoming a new gemstone in your personal treasure box, a new piece of Wisdom, bringing you ever closer to feeling whole and complete and at peace.

So we come again to the art of asking a good question! When you are thinking about questions related to your relationships, you will want to frame them a certain way.

For example:

Initial Question:

Why is Johnny such a jerk? The answer to this question is not going to help you to understand yourself any better, or allow you to grow. In fact, it is totally irrelevant to **your** growth. He just is who he is. He just is who he *agreed* to be in order to provide *you* with an opportunity to learn something about yourself!

Re-framed Question:

What is it exactly about Johnny’s behavior that makes me think he is a jerk? Now this is a valuable question! This is a variation of the “if I were the only real person” question. When you get to the bottom of this question, you will then be able to turn that around to yourself, and find out what area in your life is asking to be healed.

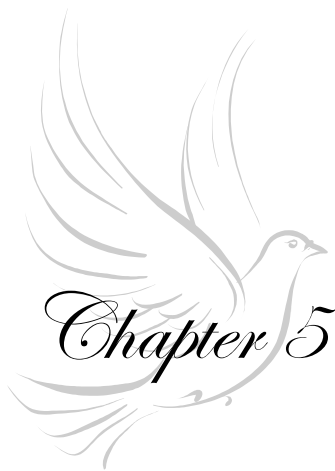
Initial Question:

Why does my wife have to be such a nag all of the time?

Re-framed question:

- a.) What do I need to know about myself to change the dynamic between myself and my wife into something more pleasant?*
- b.) What can I learn about myself from this issue?*
- c.) Why do I draw nagging people into my life experiences?*

In my experience, certain themes seem to surface frequently for myself and my clients. Some of these themes I would like to share with you now. Keep in mind that this list is certainly not all of the themes that could potentially surface. The most common themes I have experienced are healthy boundaries, respecting oneself, letting go of attachment, self-validation, self-acceptance, accepting others, letting go of judgment of yourself and others, and trusting yourself as well as others. As you explore your relationships, you begin with what may seem like one simple question, you get an answer, only to find that now you have more questions! This is a **GOOD** thing!! Life is a treasure hunt. The deeper you dig, the more wondrous things you are going to uncover; and it is always worth the effort!



JOURNALING

Keeping a journal is a great way for you to practice without any pressure, and this always provides you with a way to look back after a year or so, and marvel at your own growth (yes, I said **marvel!**). You'll be amazed at how much growth you actually go through in a year's time if you consistently work in your Records. In the beginning, I would highly recommend that you journal at least 3 times per week, preferably every day, for the first 90 days. This will firmly establish your *habit* of working in your Records. Before you know it, connecting with the energy of your Akashic Records will become an automatic response, just like breathing air.

Ready, Set, Go!

To begin, open your Records, write your questions in your journal, and then write whatever comes to mind. Don't think about what you are writing, just write. Don't worry about punctuation, grammar, or spelling. Just write. Don't try to figure out what it means. Just write. Don't try to anticipate what the answer will be. ***Just write!***

Framing Your Questions

It is also helpful to imagine that you are talking with another person, framing your answers as if someone else is talking to you. For example, I might write the question "what do I need to know for today?" As I write my response, it would begin with "you" instead of "I" as if another person were speaking to me. By framing your responses in third person, you make it easier to let go of trying to control the flow, and you just allow it to happen. If you write "I need to . . .," it will stimulate the doubt in your mind as to whether you are really receiving information from some other source, or if you are just logically answering the question from your own mind.

Please remember that the information from the Records is always filled with love and compassion. It comes in the form of suggestions, invitations, and opportunities for growth. It is not about receiving mandates as to how to live your life, or chastising you for choices you may have made in the past. If you are feeling fear or doomsday type feelings or thoughts, then you are not in the Records.

It may help for you to imagine yourself having a conversation with your best friend, who is, of course, you! You can ask anything that you wish, and no question is stupid, petty, or insignificant. You can ask as many questions as you like, and the Record Keepers will respond with the same amount of love and compassion each and every time.

The Element of Trust

Sometimes new students may dismiss an intuitive thought because they feel they "made it up" due to some recent experience they may have had. I often find that shortly after reading a book, or coming across new ideas, I will then have a client who would benefit from the information that I just found. Some people would say that I was only thinking of that information because I had just read about it. I say I found the information to read in order to prepare me for the needs of my upcoming client! There are no coincidences, only **synchronicities**.

I imagine the Record Keepers energetically using my brain like a typewriter. Through my life experiences I have stored an enormous amount of information in my brain, most

of which I am not even consciously aware of much of the time. However, the information I need always seems to come back to me at just the right times, whenever I need that information the most.

It is like each piece of data is stored in a unique place within my brain. When the Record Keepers are trying to pass a message to me, they "stimulate" the parts of my brain where certain words, memories, thoughts, ideas, concepts, and so on are stored. Just like typing on a keyboard, by energetically activating certain pieces of information within my brain, an entire thought or concept can be transmitted to me. So you see, when I read a new book, pieces of information are being stored within my brain, just waiting to be stimulated at the appropriate time. The greater variety of experiences I expose myself to, the easier it is to receive my intuitive hits.

Intuitive Messages Can Come in Many Forms . . .

We receive messages every single day. Most people just do not recognize the messages. Messages can come from animals that cross your path in unexpected ways, overhearing a tidbit of conversation that just happens to be an important piece of information for you, songs on the radio, channel surfing on the television and "accidentally" landing on a show that has some significance, and it just goes on and on. The really cool thing is that the more you acknowledge the messages in whatever form they may come, the more messages you will get. The more you bring into your awareness that receiving messages is possible and you trust what you have received, the more you will get in the future. When strange things happen to you, and you suspect it may be a message of some kind, but you aren't really sure what that message really is, then you can *ask in your Records* for clarification of the meaning of that particular message. A perfect opportunity to journal! This will help you raise your level of awareness and validate your experiences of receiving messages in a variety of forms.

Here is a true example from my life of synchronicity. I feel it is important to share it with you, so without further ado . . .

While in the process of writing this book, I "accidentally" erased my entire hard drive on my desktop computer. I lost everything, my calendar, client contact information, appointments, information about weddings I was supposed to officiate, and this entire

book, just to name a few. When I first realized what I had done, I was devastated. I cried, sobbed really, for about 15 minutes. Then I remembered that I had a chiropractor appointment, so I used my willpower to override my emotions, gathered myself together, got into my car, and began a 25 minute drive to my appointment.

The radio automatically came on when I started the car, and at first I was not even aware that it was playing anything. Then all of a sudden my awareness was drawn to the song that was playing. It was not a song I had ever heard before, nor have I heard it since. I have no idea what the name of it is, but one phrase stood out to me as I listened to the song, through my intermittent sobs. That phrase said, “You must smile even in the rain.”

It took a few moments before the phrase registered in my brain as being significant to anything happening in my life at the moment. After all, it was a beautiful day, certainly no rain pouring down from the heavens, but symbolically it aligned perfectly with my emotions from the morning.

The very next song was again a song I had never heard before, or since, and the key phrase that stood out was something like “the world is such a mess, and the only way it will ever get better is to have . . .faith.” At that point, I was really beginning to make the connection that my Guides were desperately trying to get a message to me: *Smile and have faith!*

Now because I have such a strong connection with the energetic flow of my Akashic Records and the Record Keepers, those phrases stood out to me as I listened. The rest of the words in those songs were entirely irrelevant, so I did not even hear them through my crying and feeling sorry for myself. I only heard the words that I was meant to hear, the words that were part of the message that my guides wanted me to understand. Well, it worked.

When I connected those musically synchronistic dots, I was also reminded that I am a co-creator of my reality. I get to *choose* how to create my day, I may not have been able to change the event (deleting my hard drive), but I could choose how I was going to **feel** about that event. I could either choose to continue to feel sorry for myself and play the role of the victim, or I could choose to co-create a better day. So I took a deep breath, asserted my will, and set my intent that all data lost on my computer that I truly needed would come back to me easily and gracefully with little or no money out of my pocket.

Then I just let go. I let go of the emotion, I let go of the worry, I let go of trying to figure out *how* I was going to find all of my missing information. As I let go, I felt my body relax, and my emotions shifted into a much more peaceful place.

My Guides weren't quite finished with me yet, though. They were going to give me one more song, and an opportunity to shift into a much higher emotional state, through the use of cosmic humor. (I have noticed on many occasions that the Guides/Record Keepers that I work with in my Records are often times quite humorous.) So they brought into my awareness one more song just as I pulled into the chiropractor's office. It was, "White Wedding" by Billy Idol.

Well, my initial reaction was "Oh no, I have weddings that I am supposed to officiate coming up, and I don't have any way of contacting them. I don't know the addresses, directions, or times. Oh my God, what am I going to do???" Okay, now here is where the humor comes in: the very next phrase in the song was "*it's a great day to start again.*" With that, I had a good chuckle, commented aloud to my Guides, "very funny," smiled and got out of the car. For me, it was over at that point. I knew that everything would turn out just fine. My point in telling this little slice of my life is to share a great example of how we can *choose* to notice the synchronistic events as messages, or how we could just as easily choose to ignore them, dismissing them as being unimportant.

Many people, given my same situation, would have gotten into their cars, totally dismissed any words from the songs, and continued on wallowing in misery. They might have been singing the songs without even registering what the message of the songs were. Other people might have registered part of the songs, but still chosen to stay in their misery because they were attached or addicted to the feeling of misery. Luckily for me, I chose to focus on the phrase "it's a great day to start again" instead of staying in the panic mode of potentially ruining several weddings. (By the way, I did make it to every single wedding where I was supposed to be, on time, and everything!)

In this moment, you now have a choice of your own. Were the songs that just happened to play on my car radio at just the right moment simply a coincidence or was it synchronicity? If it were coincidence, then I just happened to get lucky, and heard just what I needed to hear, totally unintentionally. If it were synchronistic, then it was meant for me to get into my car at just that moment, and be listening to that particular station, so that my guides could get me to focus on the words they wanted me to hear. With

synchronistic events, there is purpose, there is love. Synchronicity is a loving flow of communication between the individual and his/her Guides.

Personally, I see everything as synchronistic and nothing as coincidental. It really is just a matter of how you choose to view the world, the Universe, and your role in it. Do you see the proverbial cup as half full or half empty? Coincidence is like seeing the world as “half empty” while synchronicity is like seeing the world as “half full.” I choose to believe in synchronicity because it makes me feel better to think that I am not alone. It makes me feel better to know that I have a working partnership with the Divine Universe. Aspects of that Divine Universe, my Guides, are looking out for me, whispering hints into my ear about which way to go, what station to listen to, and so on.

So now I ask you, which way do you choose to believe?



PRACTICE MAKES PERFECT

Another key factor in increasing your ability to receive intuitive information is to put the information you have already received into practice within your daily life. This is especially true when working with your Akashic Records for spiritual and personal growth reasons. By putting the information into practice in your life you are honoring the part of yourself that is intuitive. The more you honor that part of yourself, the more intuitive you become. You are saying to yourself that you *believe* in the importance of doing this type of work on yourself, and that it is valuable. And as you put the information to practical use, you are also shifting energetic patterns in your life. You shift into an energetic state of *wisdom*. With wisdom, you are able to see and understand the point of life's lessons and to use that information to easily make different choices in your life. The energetic state of wisdom feels very peaceful!

Once you gain the wisdom and insight into one area of your life, you have healed that part of yourself. Then and only then, are you ready for the next aspect of yourself that is ready to come to the surface to be healed and to be transmuted into the energy of wisdom. If you ask questions while in your Akashic Records, and then do not put the information you receive into practice in your daily life, then no matter how many times you ask the

question you're going to get the same basic answers as you have received before because nothing in your life has changed!

Many times you may have questions that seem to be totally unrelated, yet you get answers that seem to be in the same theme. ***Trust the answers you are getting, do not censor the responses!*** Remember that lessons can and will come to us in many, many forms until we finally *get* it. So it is totally normal to think that you may have issues that are unrelated only to find out that they are indeed related to one another.

Practice with a Partner

I suppose this is as good a place as any to mention the ethics of working in the Akashic Records. It would be unethical to open the Records of any individual without that person's permission. It is also unethical to explore another person's life while in your own Records without making the question relevant to you somehow. For example, if I want to ask a question about a family member while in my own Records, I always frame the question relevant to me, such as "what do I need to understand about that person so that *I can* better interact with him or her?" You see, in this way I'm asking about the other person, yet I am also making it about me. I am only looking for information about the other person that is going to *help me* in my relationship with that person. Then it is more about *my growth*, and not about the other person. Think of the Akashic Records as a very, very personal diary. Treat it with the same respect that you would expect from others in regards to your personal and private information.

I should also mention here, that when you're exploring this information for your own benefit, it does not mean that you should run right out and tell the other person what you now understand to be true about him/her. That would be inappropriate. *If* that other person asks you a question about himself/herself, *then* you can share what you know.

If you're going to practice with a partner, choose someone with whom you are quite comfortable, someone with whom you can play, someone with whom you do not feel under pressure to be "right." In this practice session, you are the "practitioner," and your friend is the "client." Begin by asking your client to be open and to give you feedback as

you are learning to fine tune your intuition. Give your client a few guidelines, like the ones above, to help him/her formulate questions.

Next, open your Records. Later with more practice you could open the other person's Records with or without opening your own Records, and instruct the client to ask a question. Then you just say or describe whatever comes into your awareness. You may have a thought pop into your mind, or perhaps a physical sensation. Some people may even "see" a picture in their mind's eye.

Seeing a picture in your mind's eye is like the image you may "see" in a daydream. If you try to focus on them too much, the images seem to disappear! I like to describe the images I see in my mind as pictures imbedded in a thought. I see the pictures just long enough to stimulate a thought process for me. There are a few individuals who can actually see energy with their physical eyes, but more often you will find people who "see" with their mind's eye. Please do not be discouraged if you do not "see" anything at all, especially in the beginning!

Some people will more naturally *see* information intuitively (clairvoyant), or *feel/sense* (clairsentient), *hear* either physically or in their mind (clairaudient), or just *know* (claircognizant). Whatever modality you rely on in your day-to-day life is most likely the same modality through which you will initially receive your intuitive information. Over time, you will receive information from a variety of your senses.

It is important for you, the practitioner, to *describe* what you see, feel, or think with as little interpretation on your part as possible, unless you are absolutely certain of the accuracy of your interpretation. With practice you learn to interpret more accurately, and you will also recognize when it is not up to you to interpret at all, but simply to transmit the information for your client to interpret.

For example, I may see an apple in my mind's eye as a response to some question my client just asked. As the practitioner, I can tell my client that I am seeing an apple, and ask the client if it means anything to her; or I can try to interpret what the symbol of the apple means. After all, an apple could be interpreted literally as a fruit, or symbolically as a person who is an "apple polisher." It could also represent health or any number of other things. Because there are so many ways the image of an apple could be interpreted, if I jump too quickly to what it means to me, and only give the definition rather than the

symbol itself, I may not be transmitting the correct message to my client. So, in the beginning as you are getting more comfortable with your intuition, I invite you to describe what you see or feel or sense, and *ask* your client if that description means anything to him/her. You will be amazed at some of the responses.

This type of feedback is invaluable to you as a student. It will allow you to fine-tune your intuition, to gain confidence in your abilities, and to prove your accuracy. Just remember to approach it with a playful attitude, don't focus so much on accuracy in the beginning. The accuracy will just happen if you practice and listen to the feedback of your clients. Accuracy is something that unfolds over time with practice. It is not something you can force.

Group Practice

Group practice is a great way to build confidence in your intuitive abilities by getting feedback from trusted friends. Of course to have group practice, you must first have a group of people you trust that are also learning to open their Akashic Records! The information presented in this section is meant as a tool for you to develop your confidence in your own abilities, and not meant to prepare you to be a professional practitioner. I am only using the terms “client” and “practitioner” in this section to make it easier to describe the process.

After you have established a group, you will want to nominate someone to act as a moderator/facilitator for the group, just to keep things moving in a timely fashion. You will also want to establish some basic ground rules up front, such as a time limit for each person, the order of individuals to give responses, unexpected arrivals, late arrivals, or departures. By creating ground rules up front, you will be less likely to find yourself in a situation of becoming resentful for any reason. Of course, you can always add new rules along the way on an as needed basis. The first job of the moderator would be to remind the group of any rules that exist, and then to choose the first person to ask questions. It is also the job of the moderator to remind each person to close his/her records at the conclusion of the group practice. With experience, individuals may choose to open the akashic records of the client. However, the focus of this book is on personal growth, and not training to become a practitioner.

In a group situation, each person would open his/her own Records and not the Records of the client. Each member in the group would then take turns offering the impressions, feelings, or thoughts, he/she is receiving. The moderator can help keep this process moving along by keeping an eye on time, and making sure each person has a chance to speak who chooses to speak. It is not a requirement for each person to share insights with the client, only those who feel comfortable sharing. Sometimes it is good for the practitioners to simply listen to what others are saying, and to see how that compares to what information they might have been receiving. It is a good way to help build confidence. It is also a good idea for the moderator to remind the client to use his/her own discernment about the information being received.

From the perspective of a student practitioner, it is important not to compare yourself to anyone else. Each person will have an entirely unique experience working with the Records. Each person will vary on how much information he/she receives, the form the information takes, and how he/she chooses to implement the information into his/her life. Some people are going to be more natural at this type of intuitive work than others. ***That is okay!***

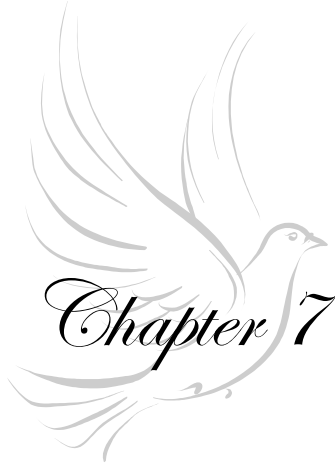
Think of it this way, not everyone is cut out to be a famous artist, but does that mean that only those destined to be famous artists should learn how to paint? Absolutely not! I can study the mechanics of oil painting, and I can certainly paint something; but it will not be a piece of artwork you will ever see hanging in a museum. I am okay with that, but that does not mean that I don't still have an interest in learning how to paint just for the sake of painting. By learning the basics of painting, I can allow my creative energies to flow freely, gaining the pleasure without getting frustrated on the "how to's." *The value is not in the end product, but in the process itself.* By learning the basics of painting, I can simplify the process, creating more joy for myself in the process. For that reason, there is value to me in learning the basics.

My point is that not everyone is cut out to be an expert in every field, and it is not necessary to be an expert in order for something to be valuable and joyful. Please do not judge yourself harshly and unfairly against another person. I firmly believe it is possible for every human being to develop his/her intuitive senses. However, the degree and depth of that development is going to vary. Some of you will get paragraphs of information from the very beginning, while others may only receive a single word or

short phrase. If you are the latter, do not be discouraged! ***Any piece of information that you receive is valuable if you put it to use in your life!***

With practice over time, you will get better and better. It just becomes a natural part of who you are, like breathing air or drinking water. Not everyone reading this book is going to become a professional intuitive that works with clients, but everyone can certainly strengthen his/her abilities to increase his/her own sense of balance and grace in daily life. Remember, *where you place your attention you get more of the same*. If you tell yourself that you are intuitive, then you are. If you tell yourself you are not intuitive, then you aren't, and never will be, until you change the message!

As I have mentioned before, the "how" part of accessing the Records is easy. The "getting good at it" takes lots and lots of practice and a commitment to put the information into practical use in your life. This commitment to self-healing and growth is what we Lightworkers like to affectionately call "our work!"



UNIVERSAL CALIBRATION LATTICE AND YOUR AKASHIC RECORDS!

What is the Universal Calibration Lattice, or UCL?

We are energetic beings as well as physical beings. We have an energetic body complete with systems just as we have a physical body with systems. One system within our energetic body is called the Universal Calibration Lattice, or UCL.

The UCL was identified and studied by Peggy Phoenix Dubro, and she has worked extensively to develop an energetic technique that works specifically with the UCL to promote deeper and deeper levels of balance within our being. The technique is called the EMF Balancing Technique®. Over the course of many years, I have studied to be a practitioner and also a mentor teacher for this technique. I find that it has many correlations with the work that I do in the Akashic Records and, therefore, deserves some discussion in this book.

Peggy's definition of the UCL

The UCL is a system within the human energy anatomy composed of fibers of light and energy that radiate from the chakras. These horizontal energy fibers form figure 8 loops that feed into long vertical fibers of energy that surround and permeate our energy anatomy. As these patterns are strengthened through the EMF Balancing Technique®, you strengthen your connection to the universal energy source, the cosmic lattice. You increase your ability to co-create. While the basic pattern of the lattice is universal, the calibration to the individual is uniquely determined by each individual's vibrational frequency. (Dubro, 2005).



This description of the picture on the left may help you imagine or visualize what your UCL may look like. The center above begins approximately 24 inches above your crown chakra, while the center below is approximately 24 inches below your feet. There are multiple long fibers of light that stretch from the center above to the center below, and are found in all directions around the body. We are currently working with 24 long fibers around the body; however, this may change as we continue to evolve. Radiating from each chakra you will find infinity loops to connect with the long informational fibers that surround the body. There is also a central column, or core energy, that runs from the center above to the center below through the center of the body.

It is the structure of the UCL that provides a vehicle for energetic movements. The energy is always flowing and moving, adjusting, releasing, transmuting and calibrating.

Each time we have a thought, speak, or act, that information is energetically recorded in our Akashic Records, which I believe is a part of our UCL. This information is recorded like tiny data discs, little blips of light, that cycle through your infinity loops and eventually to the long informational fibers. Once it reaches the long informational fibers, it sends out a message to the Universe that says “this is what I choose to create.” The Universe does not differentiate between what is good for us or bad for us, it simply

responds to what we ask for, literally. This is just one level of how our thoughts and feelings create our reality!

This is the communication process of biology to Spirit, and Spirit to biology.

What does the UCL have to do with the Akashic Records?

I have always believed that the energy of the Akashic Records was something that was integrated with the human body/energetic body, and not something that was "out there, somewhere." The Akashic Records are an integral part of Who We Are, and I believe that the energy of the Akashic Records exists within the structure of the UCL. As we give intent to know ourselves better, we give permission for information to flow into our awareness as insights, or intuition. In essence, we give permission for that piece of our energy in our UCL to be released within our fibers, and allow it to make its way into our conscious awareness.

When we learn to access our Akashic Records *consciously*, we can direct this flow of information by asking questions, journaling about issues, and so on. As we work with the information we are given, we are able to heal aspects of ourselves. As we heal, or shift energetic patterns/frequency, we simultaneously update the recordings within our Akashic Records (in our UCL) to reflect this shift. The more we heal, or shift our energy, the more balanced we become. The more balanced we become, the more we radiate from our Core Energy, or our Spiritual Intelligence. The more we radiate and live from our Core, the easier it is to receive insights. The easier it is to receive insights, the easier it is to live a life of Peace and Joy, easily and gracefully. Now who wouldn't want that?!

You can see how this is a self-perpetuating cycle that benefits us tremendously. The more you repeat this cycle, the more you *become* the energy of the Records. As you become the energy of the Records, you realize that you have always been connected to the Records and that your Divine connection has always been a part of you. You were never really separate from it, and you never will be. Now you live a life of total integration between your own Spiritual Intelligence and your Divine Spiritual Family.

Another way of accomplishing the same thing is to work with the EMF Balancing Technique®. Each of the phases works with our inner wisdom to direct the energy received during the session to bring us into our next level of balance, which in turn, facilitates a natural, gentle unfolding of Who We Are. By having phases done on you, you can shift the energetic patterns within your UCL, which in turn allows you to radiate more and more of your Core Energy, or Spiritual Intelligence.

What's the difference?

When you work with the Akashic Records directly, you have a *conscious* understanding of your issues, lessons, and opportunities for growth. This type of “direct knowing” is more of a “hands on” approach. It can be very emotional, even cathartic at times. It can also be exquisitely joyful when you experience one of those profound a-ha moments! Sometimes in healing it is important for the individual to understand *why* something is the way that it is. It is through the understanding that the energy is able to shift into the next higher level of balance and evolution. Sometimes it is *not* necessary to know *why* in order to let go and move on. However, the Akashic Records are great for those times when you *do* need to have the deeper understanding and conscious awareness.

When you work with the EMF Balancing Technique®, you do not always need to know the details, or to have a conscious awareness of the issue prior to it being healed, or calibrated into the next level of balance. It is your inner wisdom that will guide you to have a session done, and it is your inner wisdom that will guide the energy as you receive the session. It is a gentle unfolding into your True Self. You may find that after receiving sessions you do gain more insights and have increased awareness of the synchronicities in your life. It is not something that you have to plan or to work at, it just happens with gentleness and grace.

Final Notes about the UCL and the EMF Balancing Technique®

I have found that it can be quite helpful to do the **Spiral Sweep meditation** prior to opening your Records for the first time. The meditation is a simple way to work with the

energy within your lattice to better prepare you to consciously work with your Akashic Records. Of course, you can do the meditation any time that you like and as often as you like, and it will benefit you each and every time. As beneficial as the Spiral Sweep meditation is for anyone that uses it, it is *not* a requirement for you to do *any* type of meditation as part of the process to access your Records.

If you have followed all the steps in this book and still feel as if you are having a great deal of difficulty in connecting with the flow of your Akashic Records, and you are serious about developing your connection with your Akashic Records, then I would invite you to find an *accredited* EMF Balancing Technique® practitioner to have sessions done on you. Each session, or phase, has a specific area of focus and is specifically designed to work with the UCL.

Phase 1: to balance the head and the heart.

Phase 2: to gracefully release karmic issues, transmuting your history into a column of wisdom.

Phase 3: to radiate more of your Core Energy, allowing you to experience even more of your own Spiritual Intelligence.

Phase 4: communication with your future potential self, opening to your own potentials and planting the energetic seeds for manifestation.

Phase 5: activating the template of Infinite Love.

Phase 6: activating the template of Infinite Compassion.

Phase 7: activating the template of Infinite Presence.

Phase 8: activating the template of Infinite Wisdom.

I am sure you can see how the intents of these sessions align so nicely with the work of the Akashic Records. While you can certainly pursue one form of energy work without the other, if you pursue them jointly you increase the benefits exponentially. In fact, I invite you to consider EMF balancing sessions as part of your regular health maintenance plan, especially since we are all exposed to low level EMF fields each and every day by a wide variety of electronics in our lives, and these low-level EMF fields have a negative effect on our physical health.

Working with the EMF Balancing Technique® is one way to counteract these effects by calibrating our fields into the next level of balance. The more balanced we are, the better we can connect with our own Spiritual Intelligence, through the Akashic Records, our

Core, and our Higher Self. The more we can connect with our own Spiritual Intelligence, through the Akashic Records, our Core, and our Higher Self, the more balanced we become. *Each method or modality strengthens the effects of the other, and facilitates our Spiritual Growth!*

**Spiral Sweep meditation can be found at www.emfbalancingtechnique.com/spiralsweep.html in a variety of languages. You can also order the meditation on CD from www.emfbalancingtechnique.com*



CONSCIOUS CO-CREATION THROUGH PRAYERS AND INTENT

Many people have many different concepts of the definition of prayer. To me, prayer is focused intent infused with a feeling. The feeling we experience is the fuel for the intent. It is our goal to align our feelings with our intents. When those two things are in alignment with each other, we will manifest/co-create our experiences much more quickly. When our intents are not in alignment with our feeling, we send mixed messages to the Universe, so it can seem like we can only manifest our intents *sometimes* but never anything consistently. In fact, when the two are not in alignment with each other, it is the underlying feeling that will bring about the manifestations. So it is important for you to be aware of how you are feeling as you set your intent. Are you coming from a feeling based in Love, or are you coming from a feeling based in Fear?

It is generally very easy for people to state what they *don't* want, but much more difficult to state what they *do* want. Our entire existence is about having experiences. Some of those experiences bring us results that we like, and we file that experience away in our mind to remind us that we would like to experience that again if we could. Other

experiences bring us results we don't like. When that happens, we file away that bit of information in our mind to tell us we don't want that to happen again (kind of like the old saying "been there, done that, liked it, will do it again," or "been there, done that, did not like it, will not do it again"). The problem is that when we experience things we don't like, we don't simultaneously file away the information that tells us what we would rather experience *instead*.

When you have a "bad" experience, you must make a conscious effort to determine what you would rather have had instead. This is where access to your Akashic Records can come in handy, because before you can truly know what you do want, you first need to understand exactly what it was about that experience that you did not like. You may be thinking that it would be pretty obvious what you did not like, but I would invite you to consider that it may be much more complex than you realized. Getting to the core of the experience will help you to understand the nature of the experience, the essence of the experience. When you understand the nature or essence of the experience, then you can craft an intent that will bring you the essence of what you truly desire.

For example:

Sally felt like she had been struggling for years with her finances. She was barely holding on, making just enough to scrape by, and sometimes not even that. She was steeped in debt, and could see no way out. She hated living this way. She hated worrying about whether or not she would be able to pay her rent, and still have money for groceries. She hated not being able to go out to the movies with her friends because she did not have enough money. She was frustrated, depressed, and about to give up when a friend told her about a class he had just taken on co-creating your reality. She listened intently as he shared the information he had learned.

She decided to apply the techniques shared by her friend, and thought about her finances (as one aspect of her experience in this lifetime). She decided she did not like this experience of being poor, and she wanted to do something to change it. She figured if she just had more money each month that she would be fine. So she figured out how much money she would need to pay all of her bills, and still have just a little bit left over to do something fun for herself, nothing extravagant, maybe a movie or dinner out somewhere.

She figured out that she would need to manifest \$2000 each month, and then she would be fine. So she started stating her intent to manifest \$2000 each month, and she did this every morning before going to work for the next 30 days. At the end of the month she had manifested the \$2000, but she did not feel any better about her life; she did not feel “fine.” She was very frustrated wondering what she had done wrong.

Now let’s look at this little story. Sally was looking only at the surface of the problem. She was looking at just the money aspect. She thought if only she had *more money*, then everything would be better. She thought that the *lack* of money was her problem, and that having *more* money would solve her problem. On the surface, that certainly makes sense logically, but we know different, don’t we?

Sally set her intent, manifested the extra money she thought she needed, but then discovered she still did not feel any better about herself or her life. Why? Because it was never about the dollar figure! What she was really after was a **feeling**, a feeling she thought she would get if she had more money. She wanted to feel secure, safe, and happy, and she thought money was the only way to get those feelings. But, unfortunately for Sally, that is not the way it works!

Sally has been the co-creator of her reality since her first breath as an infant. She did not just all of a sudden become a co-creator of her reality the moment that her friend shared the information from the class he took. If her thoughts, intents, and feelings had been creating her life experiences up to that point, it would be important for her to figure out exactly what was the underlying cause of her current financial situation. It would be important for her to examine and understand her emotional framework that led up to her financial situation, to determine what her “lesson” or “opportunity for growth” was in that situation.

If she had taken the time to truly understand the nature of the *essence* of what she did not like about her financial situation, she might have discovered that it had nothing to do with how much she *made*, but rather that she disliked *feeling* insecure, she disliked *feeling* unhappy, she disliked *feeling* alone, or maybe she disliked *feeling* unworthy of receiving help. After all, it had been *these feelings* that had been manifesting her experiences all along.

She may have crafted a beautiful intent, an intent that seemed to solve her problem, but that intent did not really address what she truly wanted (feeling security, happiness, etc.) The intent did not address what she truly wanted because she did not *know* what she really wanted. She only thought she knew. She thought she knew what she did not like, not having enough money, so she thought more money was what she was looking for; but even when she made more money, she did not feel any different. Why didn't she feel any different? That's right, it was never about the money. It was about achieving a certain feeling. Her intent was crafted to create more money, which she did, but it did nothing to co-create a specific *feeling*. So in the end, she was right back where she started!

If Sally had known how to access her Akashic Records she could have asked questions to determine what was the "lesson" or "opportunity" that was being presented by her financial situation. She would have realized that her financial situation was not a punishment for something that she did. She would have realized that it was simply a manifestation of her thoughts and feelings up to that point. If she wanted the outward situation to change, she would have to change how she thought *and* felt inwardly about herself. She could have asked for assistance in how to create the positive feeling she really desired. And, in the end, she would have actually felt better, which was what she was really after all along!

It takes time and practice to be able to craft an intent that truly expresses what we desire to experience, what we desire to consciously co-create. Working in the Records is a good way to uncover what it is that you really want to experience. The more you heal within yourself, the more clarity you have about what you truly desire to experience. The more clarity you have, the easier it is to come up with just the "right" words that will assist you to generate a feeling that is in alignment so that you may manifest exactly what you would choose to manifest quickly and efficiently.

So as you craft your own intents, pay particular attention to how you are *feeling* as you read them silently or aloud! Your feelings will act as a barometer to your ability to consciously co-create your reality.

In my opinion, the key to conscious language is not so much becoming conscious of the words you speak, but becoming conscious of your *feeling* behind the words. Some words are better at expressing your true feeling than others. What is important is for you to

choose words that are in alignment with your intent in such a way that you can feel good about it. This should be a natural flow. If you spend too much time analyzing which word to use only to find yourself feeling like you used the “wrong” word, then you are hampering the manifestation process by projecting the feeling of “wrongness” or “unworthiness.” (The feeling was not in alignment with the intent.)

The more emotionally charged your intent, the more power given to the manifestation process. If you are feeling really great, then you fuel your intent with positive emotions. This will help you to manifest your desires more quickly. If you get flustered and upset because you “accidentally” used the “wrong” word, then you have charged your intent with a negative emotion. Fueling intent with a negative emotion is like taking one step forward and two steps back! (In reality emotions are not positive or negative. They are simply different frequencies. Each frequency serves to either take you closer to your intended outcome or further from it. If it takes you closer, that is what I would call “positive.” If it takes you away from your goal, I would call that “negative.”)

So I say, ***Lighten up!*** Don’t get hung up on the words. Spend that time instead on getting clarity through your Akashic Records about what it **is** that you are *choosing* to create. Charge the intent with positive energy by feeling happy and joyful as you visualize and intend. Allow yourself to imagine how it would feel to already have that which you are intending to create, and feel gratitude for your ability to co-create your reality.

My three favorite words . . . IN THE PAST

In the past, I had an issue with how to express something that was happening in my life that was less than desirable, and yet not put it into present tense language. For instance, at one time in my life I had ulcerative colitis. Sometimes it would flare up and cause me great problems. So my dilemma was how to speak honestly in expressing that I was having problems with the disease without putting the conversation into present tense. I believed that speaking of the disease in present tense would continue to perpetuate the manifestation of that very disease. Yet, I also felt dishonest by saying I was healthy when I was really running to the bathroom every 15 minutes and afraid to leave the house! I desperately wanted and needed to find a way to resolve this issue of how to

honestly speak about my current state of health in the present moment while simultaneously shifting into a more balanced state.

Then I discovered three magic words, **IN THE PAST**. Now I had a way of honestly stating what I was experiencing and putting it into the context of the past. “In the past” is anything that happened before *this* instant of time. So now with any topic I wanted to discuss, I could preface it with “In the past . . .” and I would be able to keep it in the past. In this way, I could also *feel* positive about what I was saying because it did not feel dishonest to me. Now I could make my statement without having conflicting feelings, bringing my thoughts, statements, and feelings all into alignment with each other.

Here is another example: Let’s say that you have an issue with judgment. You are telling someone that you realize you have a tendency to judge people, and you realize that this is not healthy; yet you don’t know what to do about it. So you continue to talk with people about this issue, each time stating that you “have” an issue with being judgmental. Notice that the way it was phrased, “I *have* a tendency to . . .” This puts the issue into the present tense, and you have the corresponding feeling to go with that statement. You are telling the Universe that you *choose* to continue the state of *having*, so it dutifully obeys by bringing you more situations that provide you the opportunity to continue being judgmental.

This is an example of how we are unconsciously creating a condition through intent. By becoming aware of where you are sending your energy, and with what feeling you are fueling that intent, you will become more conscious of your creations. By simply changing the phrase to say, “In the past, I *had* a tendency to judge others, and *now* I accept others as they are,” you are telling the Universe that this was an issue in the **past**—not something to continue in the present—**and** you are clarifying what it is you are intending to experience instead of the previous way of reacting. Phrasing it in this way also makes it easy for you to align a positive feeling with your intent, thus making it more powerful.

IN THE PAST... three simple, yet powerful words! You may use these three simple words to shift your thinking patterns in such a way that it does not cause emotional conflict within your being.

Recurring Patterns

If you have recurring patterns in your life that seem in contradiction to what you “think” you are creating, then I invite you to take inventory of where your mind “wanders” during the day. **Remember that energy follows thought, and form follows energy.** The Universe does not distinguish between what we are thinking *consciously* and *unconsciously*. It will send energy to where we consciously focus our thoughts with the same intensity that it sends energy to where our thoughts *wander*. Remember where energy goes, form follows!

As you take this inventory, ask yourself what percentage of your day did you consciously spend focused on what you were choosing to create or bring into your life, and what percentage of your day was your mind allowed to wander. The more you practice this, the more aware you will become when your mind begins to wander in areas that are in contradiction to what you consciously choose to create. When you catch yourself with wandering thoughts, take a moment to become aware of how you were feeling. Then simply redirect the energy into the form you do wish to create, and fuel that with a positive feeling.

Personally, I double the amount of time I suspect my mind may have been wandering off into negativity. For instance, if I spent 10 minutes consciously visualizing an outcome, and then found my mind wandering later for a period of 10 minutes, then I refocus my intent and feelings again for 20 minutes.

The Universe does not question where our will/intellect directs the energy. It lovingly and dutifully obeys. The only thing that can change the intensity of the energy being sent is the degree and quality of the emotional charge that is tied to a particular thought form. ***So in other words, it is not the degree of our conscious awareness that makes a difference. It is the degree of the emotion!***

Here are some of the intents I have used for myself over the years. If they resonate with you, you can use them as they are. If nothing on this list strikes your fancy, you can open your Records, and craft your own. Just be sure to fine-tune your intents, so that you are really co-creating your true desires. (And don't forget to be aware of what you are feeling!)

- ❖ I AM a magnificent spiritual being.
- ❖ I AM at peace with my body.
- ❖ I AM a strong, healthy vital body balanced in every way.
- ❖ I love and accept myself and all that I AM.
- ❖ I access the Akashic Records easily and gracefully.
- ❖ I easily receive information that is in my Highest Good.
- ❖ I willingly and lovingly accept change that brings me into alignment with my Soul's purpose.
- ❖ The food and beverages I consume are nourishing to my body.
- ❖ I enjoy eating foods that are healthy for my body.
- ❖ I efficiently burn excess fat in healthy and balanced ways.
- ❖ I feel abundance in many ways, for which I am grateful.
- ❖ I intend to create my day with gentleness, wisdom, love, grace, joy, and pleasant surprises!
- ❖ As a co-creator I may choose to create a life of abundant peace, joy, love, health, and prosperity. I lovingly open all channels to easily accept and assimilate this abundance into my life.
- ❖ Knowing that the Universe has unlimited resources and is abundant in every way, I may have as much as I choose without taking anything away from anyone else. I open all of my receiving channels to allow the abundance of the Universe to flow into my life joyfully, with ease and grace, for my Highest and Greatest Good.
- ❖ I acknowledge myself as a co-creator of the Universe. The Universe is an abundant place. As a co-creator I choose to have open pathways which allow abundance to flow easily into my life. I understand that through Love all of my needs, earthly and otherwise, are already met. It is with great joy that I accept the unlimited and unconditional Love from God/Goddess and the Universe into my life. Love is the true creative force, so through love all things can be made manifest.
- ❖ I know I am integrated with the energy of God/Goddess and the Universe; therefore, the abundance of the Universe is also my abundance. I do not have to work to earn it, it is already mine. I simply have to acknowledge it, accept it, and allow it to flow to me easily and gracefully.

To sum it up:

1. Acknowledge that you would like for something to change in your life.
2. Take responsibility for your role in the creation of your current situation.
3. ***Go into your Records*** to assist you at better understanding the **core cause** of the situation in your life, your part in it, and what you can learn from it.
4. Gain the clarity about what it is you are really after by understanding what it really is that you do not like about your current situation (this usually boils down to a feeling).
5. *Ask for assistance from the Records* to create an intent that will assist you at manifesting what it is that you do want to experience in place of what you are experiencing at the moment (again, this is often a feeling, but not always).
6. **Pay attention to how you feel as you state your intent.** Is your feeling in alignment with your intent? Do you feel positive about what you are asking for, which is a feeling based in *love*; or do you feel doubtful about what you are asking for, which is a feeling based in *fear*? It is important to fuel your intent with a positive feeling. If you find yourself feeling doubtful, fearful, etc., that is a red flag for you to go back to your Records, and do some more digging around until you discover where the fear or doubt is coming from.
7. Have gratitude for *all* of your experiences and your ability to co-create them!

Sample Prayers for Specific Purposes

These are some useful prayers I have learned through the years or have received as a result of sessions with clients. These are pretty simple, and you may modify them in any way that suits you. You may find them useful for your own growth or for working with clients, but by no means are these the only way of accomplishing that task. Above all, remember that all of these words are simply the catalyst to initiate a feeling within you. It is the FEELING that IS the PRAYER. You may find it helpful to place your hands in prayer position or upon your heart as you say these prayers. Deep breathing can also be beneficial in creating a peaceful feeling within your body, and can be a wonderful 'boost' to any prayers that you choose to say.

A forgiveness prayer:

I forgive and release anyone or anything, including myself, that has ever caused me pain, in all directions of time, space, and dimension. I further release all residual energies associated with this release to be transmuted into the next Higher Level of Divine Love and Light.

A bedtime prayer for integration

(CAUTION: Do not use this prayer unless you are truly ready to do the work of integrating. Ask in your Records to see if it is appropriate for you.)

Father/Mother God, Angels of the Light, Ascended Masters, I invite you into this space to create sacred space where only the Highest Knowledge, Wisdom, Love, and Truth may exist. I further invite my entire Divine Spiritual Family to be with me as I journey through my sleep and dreams. I ask that they nurture me, guide me, teach me, heal me, and assist me with reintegrating all of the Highest pieces of me, thus anchoring all of the wisdom I have gained from all of my experiences into this consciousness with ease and grace, and for the Highest and Greatest Good. Amen.

A prayer to create sacred space around your home, car, workspace, etc.

(This is a very long prayer. I have broken it up to make it easier to read.)

I invoke Archangel Michael to manifest four pillars of white light on the four corners of my property. I invoke the legions of Light to manifest the walls to connect these four pillars of Light. I invoke the God most High of the Universe to manifest a canopy of Light, and the Goddess Most High of the Universe to manifest the flooring and support. I give gratitude for all of the assistance I am given as we co-create together an encapsulated sacred space.

I invoke St. Germaine to manifest the violet flame to blaze and transmute all energies currently present within this sacred space into their next higher level of evolution in Divine Light and Love, with ease and grace, and for the Highest and Greatest Good of all. I give intent to place a wall of violet flame at every door and every window so that all energies that pass through these walls be immediately transmuted into their next higher level of evolution into Divine Light and Love with ease and grace and for the Highest and Greatest Good of all.

I invoke all Ascended Master energies, both masculine and feminine, to be present with me in this sacred space, radiating me with their loving energy, healing, balancing, and facilitating the awakening of my true self, so that I may express my Divine Masculine and Divine Feminine energies in balance.

I invoke the orbital hologram of Love and give intent for it to expand ever outward to infinity, encompassing all with Divine Love and Light, for the Highest and Greatest Good of all.

As always, I am grateful for all of the assistance I have been given during the co-creative process and for all of the assistance I am given each and every moment of each and every day. It is my intent that this sacred space remain in full force until such time as I revoke, renew, or change it. And so it is, Amen.



HUMAN PERSPECTIVE vs SOUL PERSPECTIVE

When we watch a really good movie, we lose ourselves in the characters. We feel the feelings that the director intended for us to feel, we hate the bad guy, we cry at the injustices, and we cheer for the hero that overcomes the obstacles. Yet when the movie is over and we go home, we realize and remember that it was just a movie, with actors playing characters. If we were to bump into the actor that played the bad guy on the street somewhere, we would not hate that actor just because we hated the character the actor played in the movie. We would see the real person, not the character that he or she played in the movie. In fact, it would seem quite silly to hate the actor based upon a character he or she played in a movie. Sometimes, though, an actor can be so good at playing a particular character that it might take us a moment or two to come to our senses if we found ourselves face to face with that actor. Our initial response to the actor might be based upon the emotional memory that we have associated with a particular character. Then given a few moments, our logical brain kicks in, and we remember that it was *just a movie*.

Our life on this planet is like one gigantic movie, granted one with an extremely intricate plot line, but still just a movie. Our human form is the character, while our Soul is the actor. Before we incarnated into this particular movie, our Soul wrote the script for us to follow. Of course, being the wonderful actors that we are, we were given some creative license to modify the script along the way if we so chose. And we don't want to forget about our Guides, the audience to our fabulous movie. Just like a real audience cannot change what is happening on the movie screen as they are viewing it, our Guides cannot interfere with our "movie" while we are in it. And just like real fans can send emails, letters, and make phone calls to the actors to express their opinions, our Guides can send us messages along the way. What we choose to do with those messages is entirely up to us.

So here we are in this epic movie adventure, and we are all going for the Oscar for Best Actress/Actor! Our goal is to play our role convincingly without totally losing ourselves in the process. Method actors like to become their character, both on set and off set, until the movie production is completed. They feel it gives them a more authentic portrayal of that character. In essence, we are the ultimate method actors, we get so involved in our character that we often forget that it is just a character, and not who we really are. Even if we begin to remember who we really are, we still have difficulty seeing the actor behind the other characters in our lives, especially those that cause us pain.

While we are playing human, we experience things from the human perspective. If we can step out of the human experience, remembering that we are really so much more, we can begin to see the events in our lives from the perspective of our Soul. The human perspective is full of emotion, as it should be. The Soul perspective is full of peace and understanding that the **events** in our lives are irrelevant. They just are what they are. However, what we *choose* to **do** about those events, and how we *choose* to **feel** about them, are what is relevant.

You can use your access to your Akashic Records to help you to see the bigger picture by asking questions that will help you see things from the perspective of your Soul. This in turn, helps you to transmute your human experiences into the energy of Wisdom.

I would like to share a true experience from my life that illustrates this concept beautifully.....

I had been planning a trip to Boulder Creek, California, for a training seminar for several weeks. I had planned and booked my airplane several weeks ahead, and had the foresight to remember that in December there might likely be snow delays with connections out of Denver; so I intentionally booked my connection through Dallas. Never did it cross my mind that there would be snow delays here in Indianapolis!

We got about 7 inches of snow overnight on Dec. 8th and the morning of the 9th. I checked online prior to heading out to the airport at 7:30 am for my 9:30 flight and everything appeared to be on time. So I headed out into the dark, snowy morning to embark upon my next adventure (or learning experience). After navigating through the snow covered roads, I finally arrived at the airport, parked my van at the valet parking lot, and took the shuttle to the airport. Upon entering the main door I noticed what seemed like far too many people standing in line for my particular air carrier. This did not bode well for me!

After a bit of waiting and searching I found out that my flight was in fact delayed for two hours, which meant I was going to miss my connection in Dallas. So much for well thought out plans, I thought to myself. But oh well, what could I do? I figured I could not do anything about the weather or the delays. I had no choice but to wait. What I did have a choice about was how I was going to feel while I was waiting. I figured I could either spend the next couple of hours sour and frustrated, or I could just accept the situation and make the best of it. I opted for the latter. So I checked my bag and headed to the food court for some breakfast.

After breakfast I made my way to the gate, sat down, and began to read my book to pass the time. As time passed by, I began to get pretty sleepy so I created a makeshift pillow with my backpack and tried to rest as best I could. Again, I had a choice. I could have easily slipped into frustration due to my tiredness, but I made a conscious choice to keep a positive attitude. I was comfortable, trusting that there must be some reason for all of this, even if I had no idea in that moment what that reason could possibly be.

One delay led into another, and it was almost 1:30 in the afternoon before I was finally able to board my plane. I wasn't too worried, though, because I had made contact with the folks hosting the conference I was headed for, and let them know of my troubles getting out of town. They were very understanding, so that helped me to maintain my

state of peacefulness. Besides, I thought with any luck my connection in Dallas would also be delayed, otherwise I was going to miss that one, too!

When we landed in Dallas, I hustled over to my next gate hoping that I could still catch my flight. Sure enough that plane had also been delayed. I found one of the last remaining open seats in the waiting area and sat down. My attention was drawn to the young lady sitting next to me. I can't really tell you why, but suffice it to say that I noticed her. We did not speak at all. I just noticed her. After about 10 minutes I decided to find some food to take on the plane with me, and went in search of some restaurants in the airport. After about 20 minutes I headed back to the waiting area and sat on the floor until it was time to board the plane. I hadn't even thought about the young lady I had noticed before. But that was about to change.

*They began calling for us to board the plane. So I got my ticket out, joined the queue, and boarded the plane. My seat was almost all the way to the back, somewhere around row 25 or 26, you know in the **very loud section** of the plane. I took my seat next to the window and waited to see who was going to be sitting next to me.*

*Well, imagine my surprise when none other than the young lady from the waiting room sat down next to me! Well, I realized this was no **coincidence**; this was nothing short of true **synchronicity**. I mean, of over a hundred people, what are the chances we would just "happen" to sit next to each other twice? She immediately put on some head phones, so I figured there was not going to be much conversation between us; but I was confident it was no accident that she was where she was, and that sooner or later the reason would become known to me. That "reason" came to me about 3 hours later, just before we landed in California.*

As the pilot came on and announced that we would be landing in about 30 minutes, I peered out of the window to see a beautiful display of reds and pinks bouncing off the clouds. It truly was a spectacular view, like a piece of heaven. My neighbor leaned over to try to get a peek of the view for herself, so I took that as an opportunity to break the ice.

I asked her if she was going home, or going on vacation. Her answer was neither; she was going to try out for the WNBA! Wow, I was not expecting that for an answer! We continued chatting politely above the roar of the engines, which I might add was no easy

feat. Then we both fell silent again as we gazed at Mother Nature's breathtaking display, watching the colors dance on top of the clouds.

*While I was looking out the window, I felt that distinct feeling of being in the Records, and that I was supposed to give this girl a message. I really am not comfortable passing messages to strangers that have not even **asked** a question. After all, I knew nothing about this young woman. For all I know, she might have thought me the devil for even mentioning such things; but if nothing else, I have learned to trust in the Universe and all that it brings. So I gathered up my courage and asked her if she believed in angels and guardian angels. (I figured that was a safe "opener," and if she reacted negatively I could just bail on the rest of the conversation).*

*She said she guessed she did, but she wasn't really sure. So I told her that I did intuitive work with angels and guides, that I had a message for her, and asked if she would like to hear it. She said she did. So I gave her the message as it came to me. Needless to say, in that moment I **knew** why my planes had been delayed, and that reason was to place me in that moment next to this young woman to pass along the message she most needed to hear... How cool is that!??*

I told her I was not even supposed to be on that flight with her, and pointed out the synchronicity of sitting next to her at the airport, and then finding out we were sitting next to each other on the plane, and so on. It was a very cool experience for both of us. She had recently lost her grandfather (3 weeks prior), and felt the message was probably coming from him.

Just after we touched down, her cell phone came on. She really started to freak out because she was convinced that her cell phone only worked in the state she was from, and no where else. On the screen it said "2 messages." I told her that could very well be a confirmation or validation that she received 2 important messages just now through me, and that sometimes the deceased will use cell phones to try to get messages to their loved ones (like it might ring, but no one there, message notification, but no message). She checked her message, and one of them was related somewhat to her grandfather. Then she was even more freaked out, but in a good way.

In the end, I gave her my card in case she had other questions, and I also recommended she read some of Doreen Virtue's angel books. Then we walked to the baggage claim

area together. We talked some more. We were separated as we took our bags from the carousel. So, I just headed out to the car rental lot. About 150 feet away I turned around, and I finally spotted her. I almost went back to say good bye, but felt the push to keep moving, that somehow it was part of her experience to have it end this way.

I wanted to share this with you, the reader, because it is such a good story. This “little story” is a great example of how easily it could have been to have missed such a wonderful opportunity to really connect with another human being in such a touching and sacred way. In the past I might have been much more frustrated with the delays, angry even that I would not land until after dark in a city in which I had never been, not to mention trying to find my way to a town somewhere in the mountains. From the *human perspective* it would have been so easy for me to slip into the negativity of the day’s events, but from the *Soul perspective* I realized that there was more than meets the eye happening around me and I chose to accept the situation. Had I chosen to succumb to the negative emotions, I would not have been as open to receiving the message. I probably would have been too bogged down by fear about sharing a channeled message with a total stranger to actually share any message I might have received, thereby completely missing out on such a beautiful experience.

Thankfully, I remained calm; I chose to see the situation through the eyes of my Soul, rather than through my human eyes. It was not always so easy for me to do that. I am getting much more comfortable with my ability to trust and have faith as time goes by, without needing to know what “it” is all about. Sometimes I do get to know the “whys” of things that happen in my life and sometimes I don’t. I enjoy the times that I do understand the “whys,” and I have faith in the times that I don’t know the “whys.” And somehow, it always seems to work out just fine! Let Go and Let God, I say!

As far as the Akashic Records go, I did not have to formally open my Records or the girl’s Records. This experience is a great example of how your connection to your Records becomes an integral part of who you are. In the beginning, you work consciously to “open” your connection with your Records. Then with time and practice you shift enough of the stagnant energy patterns in your field so that you may have longer and deeper connections with the energy of your Records. Eventually, you become them, you realize with every fiber of your being that you are always connected, that you are never alone or without guidance. You realize and trust in your intuitive guidance. It seamlessly integrates into your daily life, permeating everything you do and everything

you are. You finally reach a point where you cannot even remember what it was like to live life any other way. If you follow the guidelines presented in this book, you will be well on your way to such a life, integrated with the energy of Peace and Joy. If you have made it this far in the book, then I can safely say:

*“With all of my heart and Soul I congratulate **you**. I know you have it within you to reach any goal you choose, you have the tools to assist you to reach those goals, and you have a deeper connection to your Divine Spiritual Family to support you as you reach for those goals. Finally, I invite you to choose to have the discipline to put into practice all that you have learned, and integrate gracefully the wisdom that is yours for the taking. All that is left now is for you to simply **choose**. Choose wisely, my friend. Blessed Be.”*



*Peace,
Kathy Karlander*

Afterward

If you enjoyed this book please visit my website at www.SacredInsights.com to view my upcoming events. At this time, I am available for one-on-one mentoring, as well as group teleconferences, for those individuals interested in further developing their skills and talents in this arena. (Just a few of the many offerings I have to share!)

I also do some personal Akashic Record sessions, either in person, via the phone, or via instant messenger. You can also listen to my weekly live internet radio show on www.ContactTalkRadio.com every Tuesday from 2-3 pm EST. Can't listen live? You can catch up on any episode through the archives!

As a special bonus, you may visit www.SacredInsights.com/bonus.html to listen to a recorded version of the introduction, Spiral Sweep meditation, the opening prayer, and the closing. Enjoy!

Resources

Here are some great websites for more information on related topics

www.SacredInsights.com

www.Angeltherapy.com

www.emfbalancingtechnique.com

www.ContactTalkRadio.com –Spiritual Radio Station

These are some websites of products that I personally use and feel are beneficial. Of course, you can open your own Akashic Records and ask if they will be of benefit to you!

www.greensfirst.com –a truly great tasting green superfood drink. This product is currently only available through health professionals, or directly from the website.

www.gardenoflife.com –The Probiotics are a must. They have been a Godsend for me.

Here are some of my favorite books, I highly recommend them. You can probably find most of them at the library or visit my Amazon.com ‘storefront’ to purchase your own copies.

***Journey of the Soul* by Michael Newton**

***Destiny of Souls* by Michael Newton**

***Conversation with God* by Neale Donald Walsch**

***Mutant Message Down Under* by Marlo Morgan**

***The Gift of Dyslexia* by Ronald D. Davis**

***Ask and It is Given* by Esther and Jerry Hicks**