

Akashic Records FAQ

1. **What exactly are the Akashic records?**

- The records are a non-physical plane or dimension, often described as a universal ether or cosmic library. The records contain a vibrational record of every soul and its journey. This means they contain everything that every soul has ever thought, said, done over the course of its existence, as well as all its future possibilities.

2. **What kind of questions can I ask?**

- Avoid questions that start with “when”. Time does not matter in the records because they are eternal. They exist everywhere, all at once, and always in the here and now.
- Avoid questions with yes-or-no responses. These don't work well because the outcome is ultimately up to you; it's determined by your choices and life circumstances.
- Stick with questions that answer *what*, *why*, or *how*.

3. **What should I expect from a reading?**

- Access to your soul's journey. You may gain insights into past-life experiences, challenges, and achievements that have shaped your current life path.
- Clarity and understanding. The reading can offer clarity about your life's purpose, the lessons you're meant to learn, and the challenges you're facing. This understanding can help you make more informed decisions and navigate your life with greater awareness.
- Healing and resolution. Readings can help you identify and address unresolved issues or traumas from the past. By acknowledging and healing these wounds, you can release emotional baggage and find greater inner peace.
- Guidance for the present. The reading may provide guidance on your current life circumstances, relationships, and choices. It can empower you to make decisions that align with your soul's journey and spiritual growth.
- Spiritual growth. A reading is a tool for spiritual growth and self-awareness. It encourages personal transformation, self-discovery, and a deeper connection to your higher self.

- Respect for free will. Readings respect the principle of free will. The insights and guidance provided are not set in stone; you always have the freedom to make your own choices and decisions.
- Confidentiality. Akashic readers typically treat the information with confidentiality and respect. It's a safe space to explore your innermost questions and concerns.

4. **Are there aftercare practices?**

- Journaling
- Self-care: Prioritize activities that promote physical, emotional, and spiritual well-being, such as exercise, relaxation, and spending time in nature.
- Integration: Work on integrating the insights from the reading into your daily life.
- Gratitude: Express gratitude for the insights and guidance received.
- Patience and Self-Compassion: Understand that the information from an Akashic reading may take time to fully integrate into your life.
- Continued Spiritual Practice: Maintain your regular spiritual practices, whether it's meditation, prayer, yoga, or any other practice that resonates with you.
- Follow-Up Questions: If you have additional questions or need further clarification, don't hesitate to reach out to me.