

QUICK START GUIDE

TO CONSULTING THE AKASHIC RECORDS



Vincent Smith

Introduction –

You are about to embark upon a journey that could very well be life changing. It will be an exciting, challenging and perhaps, mysterious voyage. And like any journey, you should prepare properly for it if you are to gain the most from it.

The Ashakic Records contain the entire history of the universe. They are sometimes called “God’s Book of Remembrances” or even, “The Book Of Life”. The soul of every person who has ever lived, every thought they ever thought, every prayer they ever prayed, every move they ever made, every intention they ever had, every dream they ever dreamed – everything is recorded there, suspended in time, and added to moment by moment as time moves on.

Imagine that you are about to enter a huge, endless, celestial library. Of course, no one can really describe the experience of consulting the Akashic Records, because in many ways it is beyond words. However, the image of the beautiful library is helpful. It’s a library that goes on literally forever, but through which you can wander and read those volumes, which belong to you, and that are going to have the most impact on your life.

A reading will give you access to the elements of the past, which are of most value to you, the inquirer. Written on space and time, we are all interconnected by the threads of the life events of everyone who has ever breathed on this planet. You know how we are drawn to people, and we don’t know why. How we meet a person, and we instantly dislike them. It’s strange, isn’t it? But not when we consider that we are all linked by the people and events of the past. Our story is much more than the one that we see in the here and now.

You are about to have access to the records of your past lives. That may feel like an awe inspiring, even frightening, thought, but remember that this is a benign process, and works for your enlightenment and your good. The events of your past lives; the things you did, the places where you lived and crucially, the people who were important in those lives, will be brought into your conscious mind.

You can use those insights to shed light on situations, people, and events in your current life which you can't always easily explain.

Reading these records gives us helpful guidance for our lives today. It can give us so much help if we understand where our motivations and attitudes may have come from.

Remember that these are guides, not prophecies or instructions. We are still the "masters of our fate, the captains of our souls." They are entirely benevolent, as the Universe wishes us no harm. The things we will learn are possibilities; they are suggested by the Universe, not orders. We can learn from them, but we still have our own strength to deal with whatever hardships and problems our lives contain.

So, why not begin this fascinating journey which can reveal the innermost secrets of your soul? Do not be afraid! Travel with an open heart, with optimism, and in the expectation that this will improve your wellbeing and your life in every way

Lets Begin -

First, you need to allow yourself enough time and space. Find a quiet room where you can be undisturbed, and make sure that the other members of your household are out of the house, or know, and will respect, that you need to have absolute quiet and peace.

Create a beautiful environment for this encounter. Choose your most comfortable chair, or perhaps a pile of soft cushions or a couch, and make sure the temperature is just right – neither too hot nor too cold.

A plant or two or a vase of wild flowers nearby is helpful. Light a few candles, and if you wish, burn incense. Natural light is better than artificial light.

In the hours before you undertake this journey, eat light foods from the earth. No sugar, no meat, no dairy, no alcohol, no dairy – just fruit, nuts, vegetables and water. If you can fast, then so much the better, but make sure you keep hydrated

and don't feel hunger pangs – these will simply interfere with your ability to experience your journey.

Please also abstain from mind-altering drugs (yes, this includes alcohol) in the day or so before your consultation, and in the day after. It is important that your brain is clear so that you can fully engage in the Akashic records consultation experience, both during the reading of the Records, and afterwards, as you absorb the things that have been revealed to you. Of course, you should continue to take any doctor-prescribed medications.

Before your consultation, you should bath from head to toe in warm water. Relax and enjoy the experience. Feel fully in your body. A bath is preferable to a shower, but a shower is fine if that's what you have. Wash and dry your hair, and if it is long, allow it to hang loose. Dry your hair naturally. Use natural organic soap and shampoo if you can. Use the bathroom before you begin your reading!

Wear comfortable, loose fitting clothes in your favorite colors. It is important for you to feel very happy and relaxed. You are going to have access to the great computer record store of the Universe – it will be an exciting and powerful experience!

Consult the list of suggested questions that we have provided (25 Questions to Ask the Akashic Records). Remember, these are just suggestions. They may set off a train of thought that you want to follow for yourself. There are no wrong or stupid questions, but, you will not be able to access information about other people's Records unless they interact with your own past lives. The Akashic Records which you have access to are YOUR records, and belong to no-one else. They can only be opened to you, and even then, only with your permission.

You may want to write a few special questions down, as consulting the Akashic Records can be an overwhelming experience at first. Please don't be afraid to ask questions that might seem trivial to you. There are no trivial questions in the Universe. It's absolutely fine for you to make notes as your session progresses – this is your space and time, and you can use it as you wish. Writing notes down

will not usually interrupt the flow, but you may wish to wait until after your session if this feels more right for you.

If something occurs to you during your session, it could well be the Spirit prompting. These kinds of seemingly trivial questions often contain the key to unlocking important information for your life.

Repeat the prayer before the consultation that we have provided. You can say this prayer several times as you make your preparations. You may also add suitable prayers from your own faith tradition, but we suggest that you always make our prayer the last one you say before you begin your reading.

Remember that the Records are open to everyone. They are forbidden to no one. They are the common property of the human race, so you are entitled to read them. An open and receptive mind is perfect for a good reading.

Your experience is unique to you. It may take more than one attempt before you "tune in". We can't tell you what to expect, as everyone's experience of accessing their Akashic Records is different.

Once you've got your environment set up, make sure you turn on the accompanying audio track we've included with your Akashic Ascension program, either via headphones, using some other type of speakers. It doesn't have to be very loud, just enough for you to be able to hear it. This will greatly aide you in accessing the records by helping to tune your brain to the correct frequencies required.

Now, close your eyes, and begin to meditate and focus on your question, spend time in meditation before you begin to access the records. This will relax you and open your mind to the universe. Believe that the Records are there for you to use, for your good and for your wellbeing.

It's normal to feel a little nervous if this is your first experience of consulting the Akashic Records. Don't be nervous; the Universe is benign, it loves you, and it will receive your inquiries gently.

After about 10 minutes of meditation and focus, you may hear voices, see visions, feel sensations, smell perfumes – or unpleasant smells – or the whole thing may be very gentle and low key. You will be entirely safe; think of it like visiting a celestial library. YOU are the reader! Be prepared to encounter your Spirit Guide or Guides. We call them the Masters, Loved Ones and Teachers. You may see them in a very real way, or hear them, or simply sense their presence. Don't be disturbed, they are there to work with you to help you understand your life and move forward.

Be prepared for odd or unusual physical experiences. You may have a feeling of floating, or of hovering. Don't worry; the experience will always be pleasant, although perhaps a little surprising and disorienting.

By all means take notes on your experience as it takes place. You have all the time you need. It may be some very slight thing that will afterwards mean a lot to you. Go over your notes, and think about your experiences in the coming days. This reading is a valuable and long lasting resource to which you can turn again and again. You are accessing Divine Energy, which can only ever be for your good.

Finishing Up -

At the end of your consultation with the Akashic Records, please close with our finishing prayer. This will close the Records for the time being, and put the divine seal on what you have learned. Please do take time to wind down, to think about what you have learned, to take in the whole experience, to decompress and return to the world, perhaps equipped with vital knowledge, which can reshape your life.

You will feel at peace, and you will have a lot to think about. You have been accessing sacred energy, so it's natural to feel tired and perhaps a little overwhelmed. It's a good idea to take a nap; it's very likely that you will feel both energized and exhausted (in a good way). It's also a good idea to hydrate yourself; it's surprising how beneficial this is after the intense feelings and experiences of

most readings.

Remember, that this information and knowledge is not a prophecy; you use what you have learned as you wish – you are not obliged to follow any particular path. Think of it as a lesson, or a suggestion, not an order. What you have learned will not be in the form of a simple, “Yes” or “No” to your questions. The Masters, Loved Ones and Teachers who you will encounter in some form or other want you to learn, and to think. So some of what you learn might seem obscure; just ponder on it, and in time it will become clear.

Some of the things you will hear may be puzzling, or even sound foolish. Don't question at the time, but allow the things you hear to be absorbed. This is soul level knowledge, and it will take time for you to feel the full impact of what you have learned on your life, loves, decisions and relationships. A quiet session just thinking about your Akashic Records experience the next day is a great idea.

If you don't have success the first time, please do not be discouraged, it just takes a bit of practice but eventually it will be like riding a bike. You can freely revisit the Akashic Records at any time. You may want to do this, because as life moves on, more Records become available to you. As new situations will arise that will make you feel as if you need the guidance of the Akashic Records. Take comfort in the knowledge that they are there for you to access at any time you wish.