

**AKASHIC RECORD CONSULTATIONS  
Information Package**



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### Questions and Answers

#### What are the Akashic Records?

The Akashic Records contain all the knowledge and spiritual wisdom of our entire Universe. The records are kept in a unified field called the *akashia* – an energetic substance that can be accessed and read by those trained to work with the Record Keepers. All of your Soul's thoughts, feelings, emotions, and actions across uncounted lifetimes are contained within this field.

#### Who can Access the Akashic Records?

The information stored in the Akashic Records is available to everyone through those who have been trained to access them. The sacred process of accessing the Records and sharing the information requires a high level of personal, professional, and spiritual integrity, as well as some skill and training. Compassion and non-judgment are essential elements in the Consultant who shares the information with you.

#### How do I prepare for my session?

1. You must sign the Consent form and I must receive it before we can do the session.
2. The session must be paid for in advance.
3. Make a written list of questions beforehand and bring them with you to the session.

#### What happens during an Akashic Record Consultation?

Your consultation is about you and your life. During the session,

1. A sacred prayer is offered to open your Records.
2. You ask whatever questions you'd like to ask on any area of your life.
3. The consultant will help you formulate questions that elicit the information you are seeking. \*
4. You receive answers that are usually quite specific.
5. Information is presented exactly as it is received from the Record Keepers.
6. Information is given only with compassion and love, and often with humor.
7. You get to know your own higher perspective on the life you are living and the choices you have made.
8. You get to make new choices if you decide to do so.
9. The Consultant will summarize the information at the end of the session.
10. All information is confidential and will not be shared with anyone else.

\* Whatever questions you ask will be answered. If you ask a "yes or no" question, you will get either a "yes" or a "no" – but you will not get additional information. This is why the Consultant helps you formulate questions. You can also use the **Questions to Assist You** list for help in asking questions that will provide more information. (Last page of this booklet.)



**Questions and Answers, Continued**

**What are the benefits of an Akashic Record Consultation?**

The loving energy of the Akashic Records and the Record Keepers allows you the freedom to choose Grace in all things. You are given the opportunity to make new decisions that will bring about changes in your life.

As a result of your session you may

1. Experience increased self-awareness and alignment with God/Spirit/Source.
2. Learn about areas in your life where you feel stuck.
3. Learn what is holding you back and how to move yourself forward.
4. Learn how to align yourself more fully with your true path.
5. Discover the next steps that will move you forward on your path.
6. Begin making changes you have chosen to make.
7. Transform emotional blocks, limiting beliefs, and limiting choices.
8. Give up stress and struggle, and become filled with Peace.
9. Experience more Love, Grace, and Joy in your daily life
10. Feel more in charge of your life.

**How frequently can I have a consultation with the Record Keepers?**

Consultations are usually done every 6 months to a year. However, with the acceleration of the Ascension energies, I will consider doing sessions more frequently on an individual basis.

**All information is strictly confidential.**



**Questions to Assist You During the Session**

1. Is there another question I should be asking or that would be better for me to ask?
2. Is there a different or easier way to look at this subject?
3. Do I need more information?
4. Is there something I am not seeing?
5. What is limiting my view of this subject?
6. Am I being influenced by something outside of myself that colors how I see or relate to this subject?
7. What is it I am not willing to look at or deal with?
8. How is my ego, mind, or emotions blocking me from seeing clearly?
9. Am I holding an expectation of what the truth is in this area or subject?  
What is it?
10. Is fear blocking me from going deeper in this area or subject?
11. What is my primary issue and how is it blocking my clarity in this area?
12. Is denial playing a role in this, if so how?
13. What may I know now?
14. Is there something or someone, I have given my power to in the past, that is having a negative effect on how I see or relate to this subject?
15. Who says I cannot go into this area of life?
16. What in me is blocking me?
17. Is there anything masked, hidden, or concealed that I (may know now) or (keeps me from knowing)?
18. How can I handle this with greater grace or ease?
19. Why am I afraid of who I will become when I let this go?