

Akashic Records Consultation Preparation

Understanding the Records

The Akashic Records are the energetic recording of your Soul's journey over every lifetime. The Records can be understood as a limitless storehouse of knowledge in regards to the evolution of your Soul. Every thought, word and deed is registered in the Akashic Records, including your Soul's intention for this time period. Accessing this storehouse of information can assist you in better understanding your purpose and life circumstances and can offer guidance in regards to the choices you have available. Information from the Akashic Records will never tell you what to do; rather it will give you all the information you need to make appropriate decisions in the present.

Preparing for a Consultation

Please refrain from using any recreational drugs or alcohol 24 hours before the consultation.

An Akashic Records Consultation can provide insight and clarity into many different domains of your life, including:

- a. Clarity about your life in the here and now;
- b. Deeper understanding of your Soul's intention for patterns of behavior, fears, types of situations or people in your life (for example: toxic/controlling people, money issues, procrastination, self-sabotage, unexplained fears or unsatisfactory relationships) with techniques of how to release them and move forward;
- c. Insight regarding right livelihood or career choices;
- d. Methods to release negative/unsupportive beliefs and expand your joy;
- e. Parenting information and insight about what your children AND pets need from you;
- f. Any global issues or conceptual questions on which you desire more clarity.

It is important to remember that an Akashic Records Consultation is based entirely on your questions. Before the consultation, you will formulate several questions based on which circumstances or topics you wish to ask about.

The more specific your questions are, the clearer your answers will be. Below is a list of suggested questions to help you get started. Please feel free to ask questions that are not on the list as well.

Suggested Questions:

1. What is my Soul's intention regarding the pattern of _____?
2. How can I open my heart to _____?
3. What action steps can I take to _____?
 - ... attract and maintain a healthy, loving relationship?
 - ... create/attract/accept and maintain the abundance & prosperity of the Universe?
 - ... move forward with _____?
4. Please give me insight into the situation of _____.
5. What do I need awareness of to _____?
 - ... learn to trust myself?
 - ... accept myself and feel whole and complete?
6. What is/was my contract with (full name)?
7. What is my relationship with (full name) showing me or teaching me?
8. How can I best communicate with (full name) for the highest and best/most harmonious outcome/understanding?
9. How can I best support (full name)?
10. What is my greatest fear/challenge at this time? What are my resources to resolve it? What lesson am I to learn from this?

The above are only samples of how to phrase questions. Allow your questions to come from your heart.

Please have your questions written down and have a pen and paper to take notes during our session.

I am so looking forward to working with you! Feel free to e-mail (willenev2@gmail.com), call, or text at 330-701-0161 if you have any questions at all.

Sincerely,

Emily Willen

Akashic Records Sample Questions