

Sacred/soul contracts & the Akashic Record study guide:



What is a sacred/soul contract?

A soul contract is an agreement that takes place at the spiritual and consciousness level of all souls. Our soul's journey as a human is pre-decided.

Your soul contract is the agreement you make with your higher self before entering this physical realm. It's an agreement that you enter into willingly, one where your soul says, "I want to experience life here on Earth."

Your soul contract is unique to you, and it will determine how your life unfolds. It will also dictate the lessons you need to learn in order to grow.

Before this contract is created, your Spirit Guides empower you to decide which life lesson scenarios are going to enable your soul to evolve. These choices then formulate the basis of your soul contract.

Your soul contract doesn't only involve the relationships in your life. It also includes your life experiences, events and circumstances. But whatever your soul contract entails, remember you have chosen each and every experience, to help you to learn and grow.

Before we are born on Earth, there is an incubation period.

It's like a spiritual round-table conference! And the purpose is to help you decide which lessons you will learn in the life to come. You collaborate with other souls and take the help of your soul guides, to decide *who* is going to be a part of those lessons.

So for instance, to learn the act of forgiveness, someone must take responsibility for deeply hurting you. Thus providing you the choice to either forgive them or stay resentful.

To know how to be independent and strong, someone must ensure they abandon you at your worst hour. Thus, giving you the opportunity to either stand up for yourself or fall down and succumb to your circumstances.

your spiritual journey on Earth is designed in a way that you can get the most spiritual growth out of it, every single time. While the underlying lessons will be the same for all of us, *how* we learn those lessons will be unique.

Soul contracts are formed on a simple principle. It is only in being hurt and left out in the cold, that we find valuable spiritual insights. We learn to care for others and ourselves and to be true to our inner values. The journey of self-development is a deeply painful process that puts us through challenges. A rough diamond gains its shine by ruthless scrubbing and the same principle applies to us, for we, all of us, are diamonds in the rough, with potential for extreme spiritual growth and awareness. Don't confuse growth pain with the pain you get by being abused, neglected, and tortured. The Universe loves each one of us and it only subjects us to experiences that we have agreed to endure, before being born as a human.

You Asked For This

Your soul contract will dictate what your purpose is in this lifetime. It will be made up of all the things you need to learn and the lessons you need to complete.

It will also tell you how you are supposed to interact with other people, the world around you, and your higher self.

It's important that you honor your soul contract because if you don't, then not only are you cheating yourself out of a fulfilling life—you're cheating other people out of it too.

The reason is, if your spirit was meant to accomplish something in this lifetime, but doesn't because someone else got in the way, it could mean that person will have to make up for what was missed.

For instance, let's say your soul contract involves traveling or writing or music or whatever it might be.

If someone were to prevent you from doing those things and honoring your contract, then they would have to do those things themselves (or find someone who can) for as long as needed until the task is completed



The Benefits of Knowing Your Soul Contract

There are many benefits of knowing your soul contract.

You'll be able to see the bigger picture and understand why certain things happen in your life.

For instance, if you fall in love with someone and it doesn't work out, you can know that it was a lesson to teach you how to handle love in order to attract the right person for you.

Knowing your contract also gives you clarity on what kind of person or lifestyle is right for you.

You'll know when something is a false desire that will only bring harm, rather than good.

For example, if your soul contract involves being a doctor, but you're drawn to be an artist instead.

Then it means either one isn't really right for you or that taking the other path would mean you won't fulfill your full potential as a person.

But why don't we remember that we agreed to our soul contracts?

When we incarnate here on Earth, we undergo something called Soul Amnesia.

essentially, the consequence of our Soul Amnesia is that it prevents us from being overloaded with the past – it's like a soft reset, giving us permission to start with a clean slate. Ultimately, what we do remember from our past, are the lessons we've learned.

“But why would my soul choose such a difficult life?!”

I hear you! When my spiritual journey was in the initial stage called the dark night of the soul, I would often cry in despair, hoping for some kind of ABORT MISSION code to be activated.

The truth I've discovered is that suffering happens the most where we resist the most.

By knowing that everything is an elaborate play, we can let go of the suffering our life and relationships bring us. We can instead start using our “pain” as a guiding light to the deeper wounds that are now surfacing and asking us to heal.

Because now, we can see that we've all decided to do this together. We're here to build each other up even if it means, ironically, breaking each other down sometimes.

The good news is: we can speed up our spiritual growth by actively healing ourselves and learning the lessons this journey is offering to us.

not sure how to deal with a certain challenge and don't find your answers here, I'm just an email away and would be happy to point you in other potential directions.

"Do I *have* to work on healing my soul contracts?"

Sometimes working on our healing can feel so exhausting! We might want to give up or spiral down into unhealthy patterns (like vengeance, desensitization, self-sabotage, etc).

I empathize with the struggle. And... there's no easy "out".

As long as the lesson is resisted, it will resurface over and over again. And every time with higher intensity, and higher urgency. If you manage to let the lesson pass you in this lifetime, you'll have to take it up in the next.

This is one way to look at innocent children who take birth and die soon after, from grave illnesses.

Through their soul contracts, they had to grasp how to be taken care of when they are absolutely helpless and crippled. Perhaps because they held too much pride in their past lives to take favors.

So let's put it this way – the only way out of it is going to be through it.

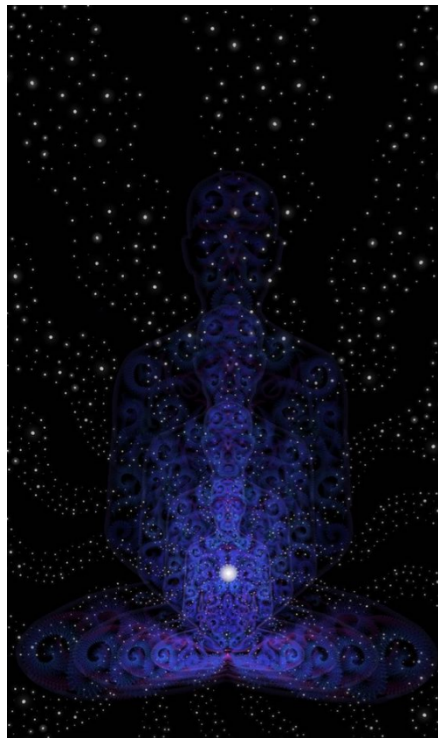
But don't let that frighten you! I love what spiritual teacher, A H Almaas says to this:

"Your conflicts, all the difficult things, the problematic situations in your life, are not chance or haphazard, they are actually yours. They are specifically yours, designed specifically for you by a part of you that loves you more than anything."

That part of you that loves you more than anything else has created roadblocks to lead you to yourself. You're not going to go in the right direction unless there's something pricking you in the side saying "Look here, this way". That part of you loves you so much that it doesn't want you to lose the chance. It will go to extreme measures to wake you up. It will make you suffer greatly, if you don't listen, what else can it do? That is its purpose."

Essentially what he reiterates to us is that by embracing our soul's plan and working on healing these planned lessons, we become powerful within! Enough to become unshakeable by the very challenges that once threw us off.

And THAT is the ultimate goal of this journey to Earth and back home.



11 points About Soul Contracts, Agreements & Debts

1. You Chose Your Name & Date Of Birth

Your time, date and place of birth are no coincidence. Neither is your name you *thought* you were given by your parents. These carry a unique energetic

signature and were all agreed upon to help you to understand your life purpose, strengths and personality blueprint.

This can all be better understood through your personal numerology.

2. You Chose Your Family

This can be challenging to hear, but you did this to enable yourself to learn specific lessons and broaden your awareness. At a higher level, we even sometimes agree to endure abusive or extreme relationships, to help us to reawaken to our purpose on the planet.

In previous lives, you may have switched roles certain other people in your family, and taken on different archetypes in their lives. So, for example, your parents or siblings may have been your children before. This is often arranged for the purpose of releasing karma.

3. Your Soul Family Helps You With Healing

Various people are destined to come into your life to help you heal something either from past lives or from this lifetime. These people have agreed with Spirit to enter into your life, to help you to understand your emotions with greater clarity, so that you can reach greater levels of compassion and forgiveness.

Even if a lesson is painful, trust that it was mutually agreed on a soul level, whilst you were disincarnate beings.

4. Life Events Help You With Healing

Whatever events transpire in your life, *they arise to help you evolve to a higher state of consciousness*. These events can be both good and bad. Try and hold off judgments as they are happening and look for the bigger picture. Perhaps you didn't get that huge mortgage because you are being called by Spirit to start a different spiritual journey?

Try to see each event as a self-empowering step in your journey.

5. You Have Free Will

You incarnated on this planet at a specific time and place with a soul purpose. However, one thing that's *not* predetermined is your free will and choice. This means that you decide how you want your life to unfold once you get here. Whilst these decisions are seen as your fate, one thing that you cannot change is your destiny.

Your destiny is essentially *to experience the unconditional love of the Universe*, and it can take many lifetimes and many dimensions, in order to fully return to oneness.

6. You Choose Your Death

The moment you die and the way that you die has been predetermined on your contract.

There may also be several other opportunities to leave the earth plane during the course of your life, which present themselves as 'exit points'. At these times, you'll get the chance to either stay or go. Once you fully accept that this pact has been made at a higher level, it will often release the fear and pain associated with the crossing. It enables you to recognize everything is unfolding perfectly and you are just waking up from a dream.

7. You Are Not Alone

We are all given some help along the way by our Spirit Guides, Angels and multi-dimensional aspects of ourselves.

To fulfill your soul contract, *you have access to Spirit Guides or Angels*, which change over time as your life unfolds. The more self-aware you become, and the more you develop and trust your psychic gifts, the more you'll be able to receive and translate the signs and symbols left for you. These will ensure you remain committed to your highest mission.

8. Synchronicity Happens

When you're fully aligned to your soul purpose, you will observe synchronicity or strange coincidences occurring to guide you effortlessly from one opportunity to the next.

Another reliable clue from Spirit, that you're following your highest path, is when you encounter the right people at the right time. These people have been placed on your path to deliver information, guidance, and assistance when you're in doubt or wanting to learn.

9. You Can Break A Soul Contract

When you feel that your agreements no longer serve your growth or actually stands in your way, *it is possible to free yourself from them*. For some people, this will truly allow them to blossom on their spiritual journey, and actually helps them to better serve the planet by raising overall consciousness. For example, if you have recognized a contract around poverty consciousness, that is no longer serving your highest purpose you can say the following:

"I am Master of my own creation.

I acknowledge that I feel fear about not having enough money and that it no longer serves my spiritual path.

With the power of my higher self, I release this fear back to the Universe for the greatest good, to be transformed into the highest form of Divine Love and Light."

10. You Can Clear Karmic Debt

Forgive yourself and others and free yourself from karmic cycles. Say the following:

"I forgive anyone I think has harmed me in this any lifetime, anywhere, on any dimension.

I forgive all debts and erase all karma. I choose true light for myself and all my selves."

You will feel gratitude if this has been achieved successfully. As forgiveness happens in layers it may take a few attempts before you feel true gratitude.

11. You Can Clear Ancestral Agreements

Release ancestral agreements by stating the following with focussed intent:

"I now reject any and all vows that I accepted in order to experience the illusion of unconsciousness and separation from Source.

As the light bearer of my genetic lineage, I break these vows for myself and my ancestors.

I declare these vows null and void in this incarnation and all of our incarnations across time, space, parallel realities, parallel universes, alternate realities, alternate universes, planetary systems, all source systems, and all dimensions.

*I ask for the release of all crystal devices, implants, negative thought forms,
limiting emotions, matrices, veils, dark cellular memory, misguided pictures of
reality, genetic limitation and the illusion of death.*

I break and release these limiting vows and blockages now.

I am free.

I am divine.

I reclaim my natural power and co-create my reality with Source.”

Then ask your inner source for the voids left behind to be filled with harmony,
love, joy, happiness, spiritual growth and prosperity on all levels.

10 Facts About Your Soul Contract.

1. You chose your name & date of birth.
2. Your soul family helps you with healing.
3. Life events help you with healing.
4. You have free will.
5. You choose your death.
6. You are not alone. You have access to Spirit Guides or Angels.
7. Synchronicity occurs to guide you.
8. You can break a soul contract.
9. You can clear karmic debt.
10. You can clear ancestral agreements.

Be guided by your life path

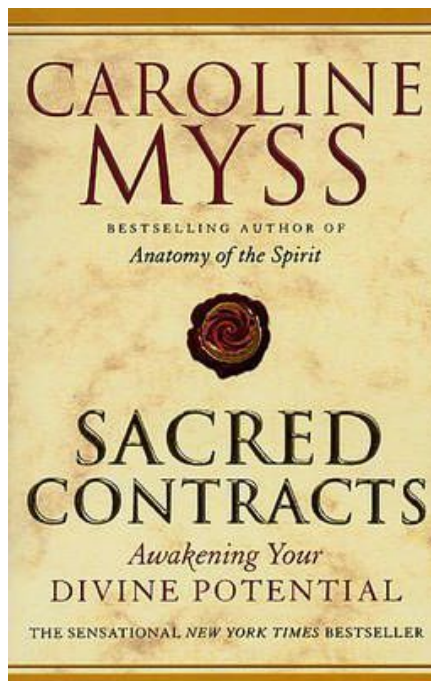
One of the best ways to find out your soul contract is through synchronicities. These are meaningful coincidences that mean something more than just a random event.

For example, if you kept seeing a number sequence of 11:11, this could be a synchronicity showing you that your life's mission is about love and sacred union. Synchronicities can come in many forms, from messages from animals to messages from the spirit realm.

If you start noticing a pattern in these messages, it likely means you're being guided by your life path.

In order for your soul contract to unfold as it should, it's important to pay attention to these messages.

They can help guide you in the right direction and help you avoid making mistakes that would derail your whole future.



Lets discuss soul contract vs soul purpose:

Your soul purpose is how you carry out this soul contract.

what exactly is a soul purpose?

Many think of it as a divine job description – entrepreneur, artist, healer – when what's important are the gifts and talents you've accumulated from numerous lifetimes. Specific paths you've chosen in other lives may be a piece of how you do things this time, but they don't necessarily equate to one single path.

You can use your many abilities in multiple ways.

What I've discovered, both from my own journey, as well as supporting others on theirs, is that most of us have multiple soul purposes that support our Soul Plan. There are three environments in which we live our Life Purposes :

1. work,
2. family, and
3. relationships.

Remember Not to Attach the "How"

Because you have more than one purpose, you may find that you are fulfilling one or more, at any given time. It's a path, not a destination. It expands and grows as you do. The other aspect I remind people of is not to be attached to the environment where your purpose is fulfilled.





Spiritual Connections

— Twin Flame —

Someone you share the same soul with. Breathtaking connection, filled with synchronicities. Everything about yourself that you have been running from, is suddenly in front of you.

— Soulmate —

Instant connection. Feel like you've known them before. Usually an easy relationship. Typically the one you marry. Teaches you self-love.

— Karmic Partner —

Not an easy relationship, yet really hard to let go. Brought together to learn a lesson you failed to master in a previous lifetime.

Cosmic soul connections of part of your soul contract

There are many predestined soul connections to be made on your souls' journey. Each connection is important as we all walk each other home.

Everyone you ever meet is a spiritual companion playing a phenomenal role that will help your soul's growth. From a person that you talked to for a brief moment in the lift, to a beggar on the street, and from your parents to your partner, your ex, your children, and so on. They're ALL here with you and *for* you.

Discovering your true soul family is not only essential but profoundly impactful when leading a movement. Why? Well, for starters, your soul family comprises individuals who resonate with your values, vision, and mission at a deeply spiritual and emotional level. These are the people who share your passion and

unwavering commitment to the cause, making them your most trusted and dedicated allies. Their presence provides unwavering support, understanding, and alignment, creating a strong foundation for the movement's growth and sustainability.

Secondly, your true soul family brings diversity and complementary skills to the table. Each member possesses unique strengths, perspectives, and talents that enhance the movement's overall effectiveness. This diversity fosters innovation and adaptability, enabling the movement to navigate challenges and seize opportunities with greater agility. Your soul family becomes a collective powerhouse, offering a wealth of resources and expertise to address complex issues and achieve the movement's goals.

The emotional and spiritual bond within your soul family fuels resilience and endurance. Leading a movement can be arduous and fraught with obstacles, and it's during these challenging times that the unwavering support and camaraderie of your soul family become indispensable. They provide a source of motivation, inspiration, and emotional sustenance, helping you persevere through adversity. Together, you share not only the triumphs but also the burdens, fostering a deep sense of unity and purpose that propels the movement forward, even in the face of daunting odds.

Finding your true soul family when leading a movement is essential because they provide unwavering support, diverse skills, and emotional resilience. They share your values and commitment, enhancing the movement's strength and sustainability. Their collective expertise and unique perspectives enable innovation and adaptability, while their emotional and spiritual connection fosters unity and endurance. With your soul family by your side, your movement becomes a formidable force for positive change, capable of overcoming challenges and achieving its noble objectives.

Here are some of the connections you can expect to encounter...

1) The Reminders

These are the people who remind us of our worth and who we really are. They may be family or friends. They are candles of hope in our lives when we have lost hope. They remind us of our gifts and talents and will want us to reach our fullest potential to live out our life purpose. These people invoke knowledge and remain etched on your souls forever.

2) People Who Help You to Grow

These are our teachers and can take many forms. It takes a village to rear a child and these teachers can hold many spaces and places in our lives, teaching us many things about life. From our educators to our spiritual teachers they all help us to grow into ourselves.

Soulmates also help us to find the truth of who we are and our own internal power as we strive to find true love and connection in the world.

3) Our Cheerleaders

These are the ones who wish to see great good happen to us in life and they are eternal friends. We may even feel that we have journeyed with them before in other lifetimes. They are constant companions and they understand our soul story at a deep level and will encourage us to be our best selves and fulfill our dreams. They can also appear as pet animals and are steadfast in loyalty to protect and support our return to love.

4) The Messengers

These come in many forms and are often random people who we chance to meet who brings nuggets of wisdom to touch our soul in our brief encounter with them in a deep and profound way. These soul connections are divinely timed and have the ability to change the trajectory of our lives and are important cosmic connections that should be honored for their place in your lives.

5) Contrast Showers and Testers

There are people who come into our lives and the way they conduct themselves pushes our buttons and gets under our skin. These are important people who test our values and make us soul search our own truth in a bid to love them in life. They can show us so much about who we are and what we really stand for in our lives, as they test our patience and understanding of what life is really all about.

They can be family or friends and they are cosmic characters predestined to bring us face to face with our truth and to illuminate our souls' as we journey on our path.

SOUL CONNECTIONS

TWIN FLAME

Someone who shares the same soul as you and catalyses your spiritual awakening

KARMIC

An ill- fated soul connection that is meant to mirror your darkest energies and redirect your soul trajectory towards your highest good, not before destroying a part of you

SOUL-LESS PORTAL

A physical vessel void of divinity whose soul purpose is to deter your spiritual growth and sometimes cause harm.

SOULMATE

Someone who can be platonically or romantically connected to your soul throughout life times as a companion. Someone you have a unique bond with. You help each other grow, prosper and heal during your journey in positive ways.

ANCESTOR

A familial. A spirit who has either crossed the veil, or is stuck within it



AHNGREATLIFE
LOVE YOUR LIFE

KOSMIC COMPANIONSHIP

Two bodies which fit so perfectly together...

A pristine harmony of sexual energy between them...

Ebbing and flowing in synchronicity with one another, hearing each other's thoughts without words, intuitively knowing each other's desires...

All stemming from an ancient bond of two souls eternally intertwined...

They reunite on the cosmic timeline of course, as always, in divine timing, with more magic than ever between them, and more magic than ever to share with the world...

These two souls once again find themselves weaving through an ancient Kosmic Companionship, a bond so strong they rebirth and find each other in potentially every life...

Walking so tall, so full of peace and harmony, they cause ripples in the time space continuum for everyone that sees the beauty they behold...

Being the change they wish to see in the world, with all that they are and all they are yet to be..

This is a Kosmic Companionship, a new age of masculine and feminine energy union...

A divine ecstasy of love for all to see, nothing is hidden, all is love.

How to Identify Your Soul Contracts

Soul contracts affect so many areas of your life, and so identifying the contracts you have can greatly empower your spiritual journey, bring a great deal of inner peace, and immense joy in understanding, and even further empower your soul's growth. But identifying your soul contracts, held within the unconscious mind can be a challenging task.

Here are some ways to help you recognize your soul contracts:

Signs and Symbols

Awareness is the biggest key, and one way to begin expanding your awareness towards realizing the themes and contracts that underly your life experience is to pay attention to signs and symbols around you. These can come in many forms, such as through numerology or gematria, repetitive numbers, animal signs, and totems, or even through songs.

Observing the signs and symbols that are meaningful for you can help attune you to the messages from your spirit guides, and empower you to understand your soul contracts and the lessons you need to learn in this lifetime.

For example, if you keep seeing the number 11:11, it could be a sign that you are on the right path and that your spirit guides are with you. Or if you keep encountering a specific animal, such as a butterfly or a wolf, it could be a message about transformation or strength.

Intuition

Intuition is often said to be the voice of your soul, guiding you toward your purpose and the lessons you need to learn in your life. Trusting your intuition can help you to recognize the patterns and synchronicities in your life that are related to your soul contracts. Intuition can also empower you to recognize the correct path for you and the relationships, and opportunities that are meant for you. Intuition is innate, but accessing it can be developed. Pay attention to your gut feelings, instincts, and inner guidance ... The more you observe and illuminate your thinking, the more you're able to distinguish between the voice of your soul and the voice of ego.

Meditation

Meditation empowers you to connect with your higher self, soul, and your spirit guides, gaining clarity and insight into your purpose and path.

During meditation, focus on your intention to connect with your soul. Ask your spirit guides to show you any messages or signs related to your purpose and lessons. You may receive visions, feelings, or other intuitive insights that help you to understand your soul contracts more deeply.

Remember that identifying your soul contracts is an ongoing process, and it may take time and contemplation to understand them. Trust in the journey and have faith that your spirit guides are guiding you in the right direction.

Meditation is one of the most powerful ways to come back into alignment, sync, and harmony.

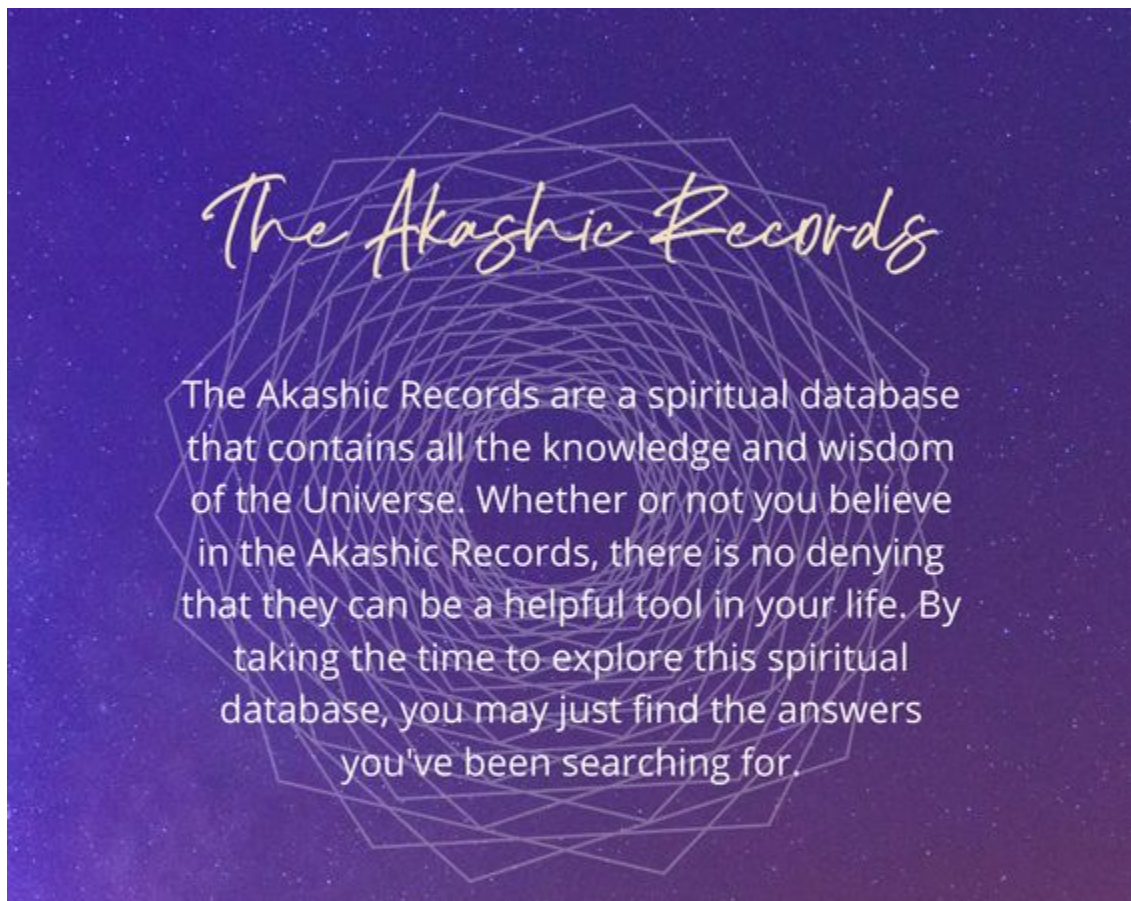
Meditation is the most powerful tool I know of in order to remember the truth of who you are.

It empowers you to connect with the different aspects of your soul's purpose and mission and reason for being here, and to remember your power to consciously co-create an incredible life of rich growth, vibrant fulfillment, and incredible experiences.

Akashic Records

The last and most effective way which I will go over in detail below is accessing the akashic records!

The Akashic records are a storehouse of information where records of all events are recorded. Stored in the etheric plane, they record psychic information about the lifetime of every person on the planet including their feelings, emotions, intentions, desires, mistakes, challenges and overarching intention as a soul for being in the physical.



So What Are The Akashic Records?

The *Akashic Records*, are also sometimes called the *Book of Life*, or simply “*Akash*”, and they indeed hold vibrational records of everything in existence, and all that has been... Every word, thought, emotion, action, thing, planet, being, consciousness, soul, personality, and idea that ever has been or that ever has the possibility to be in the future, has a record which is etherically recorded in the Akashic Record.

The Akashic Record is far more vast, complex, and high vibrational than can be explained in terms of a library or computer, however these are simple metaphors to begin to understand how it works. The very records of the lifetime of each and every soul journeying through time, space, physical and non-physical realities are held within held within this very fabric of creation.

You're Always Receiving Information From The Akashic Records

You're always receiving information from the Akashic Records whether you're consciously aware of it or not. This is what intuition is, information being received from the Akashic Records that the subconscious is trying to make you consciously aware of.

The different by intentionally accessing to receive knowledge or forms of healing from the Akashic Records is that you're consciously choosing aspects of what to receive.

Brief History Of The Akashic Records

The phrase Akashic Records which derives from the word Akasha which is the Sanskrit word for 'aether' which can be described as the fifth element/spirit that everything is made from.

Modern use of the word Akasha was made popular by Helena Blavatsky through the Theosophical Society. Which then the phrase Akashic record was established by Alfred Percy Sinnet in his book *Esoteric Buddhism* (1883).

References to the Akashic Records have been mentioned in other religions and mystical traditions for a very long time by similar or different names.

Example:

In the Bible the Akashic Records are referred to as the Book Of Life.

The Akashic Records were also described and accessed by Tibetan monks, Greeks, Followers of Judaism, Druids, Mayans, Indians and many more.

The French astrologer Nostradamus claimed to access the Akashic Records by using methods from Greek oracles.

Where Are The Akashic records located?

Held in the Etheric, this vibrational body of intelligent information is stored in it's entirety, everywhere, at all times. It's like a cosmic internet which can be connected to from anywhere in the cosmos.

In other words all of the records and knowledge of everything exists, and is continually updated and able to be accessed from within the Etheric that surrounds everyone and everything like a hidden layer or reality just waiting to be read and accessed.

How are they updated?

The Akashic Records are an experiential body of knowledge that contains the energetic signatures of the origin of souls, previous lifetimes, soul intentions and purposes, and future points of choice and possibility. With each and every choice, thought and action, the Akashic Records change and are updated. It is truly a living multidimensional library.

This is one of the main roles of the powerful multi-faceted and multi-dimensional Archangel Metatron.

Archangel Metatron is the angel who energetically encodes and records in the Akashic Record everything that happens in physical form and throughout existence. Because of this, Archangel Metatron can also help you gain access to records of your soul, and of that which will serve you on your journey now.

However, its important to know that much of what is recorded happens in an automated sense. So while Metatron is involved... He's not sitting there with a pen and book... You can't really ask him not to record something as most of the recording happens automatically.

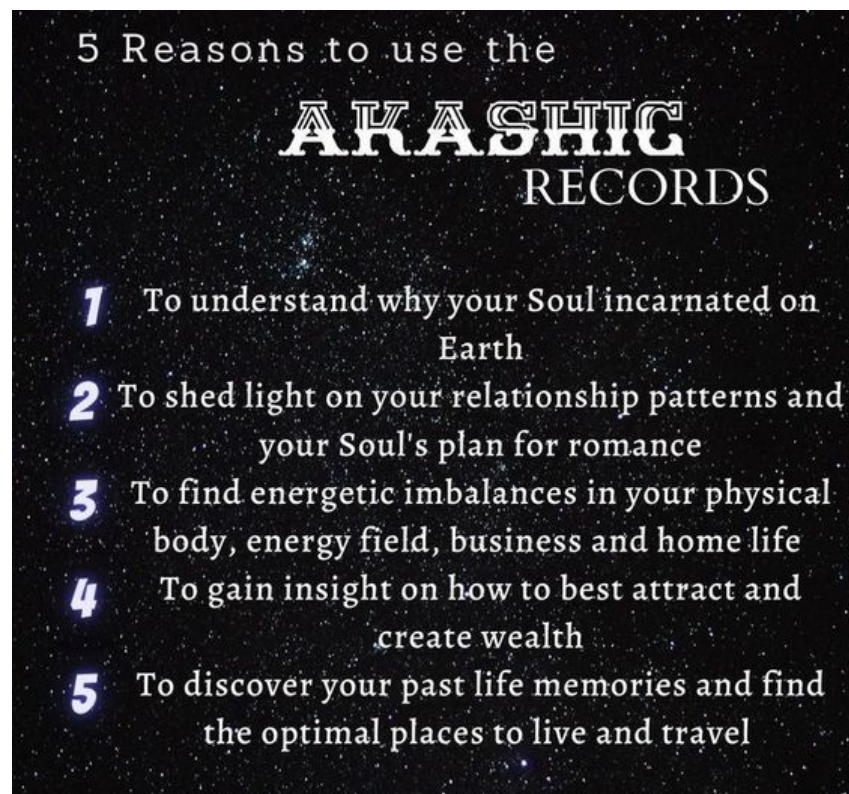
And while you cannot change your Akashic Records... You can update and add layers, which can be of immense benefit to your personal development and growth as a soul.

In terms of learning to read the Akashic Records... There are some things you aren't meant to know now. There are things which are recorded which would change your present trajectory, and point of choice now if you knew them. There are many things that you're meant to discover for yourself through personal experience.

So although these things are indeed recorded in the Akashic Record, vibrationally you may be blocked from access at a certain point time, and then later, once you've gained a prerequisite of experience and what you needed to know, the vibrational record on this matter may open up for you.

In other words it's all there, but governed by Divine Mind and Divine Will and so you'll only access that which is in alignment with what serves you at this point in your journey, according to Divine Will.

When looking for information on certain parallel lives or future possibilities, I've encountered records I couldn't access. I saw they were there, but just out of reach. If this happens for you, trust that you will align with that information on Divine time, and keep exploring in other areas.



How To Access The Records

There are a number of great meditations which, I personally have tried and will share them below. To access your records you need to find a quiet comfortable space. When you access the records you will feel a deep sense of familiarity with the place that you find yourself in. This is because in our dream time we often access our records without realising so we can use and bring this information into our consciousness to help with our current reality. I often feel like when we are accessing our higher selves and our souls in meditation we are also accessing our records.

Sometimes you will have a sense of words coming through, images or symbols. It can be handy to have a journal and pen next to you so that you can write everything down that maybe of importance. When you are within the Akashic Records you can also ask questions, get more clarity or even advice. All you need is an open heart and mind.

Meditations:

New Horizons – https://www.youtube.com/watch?v=n_rx4pGsf8E

Joe T – <https://www.youtube.com/watch?v=NttW4t768F0&t=2706s>

Unlock Your Life – <https://www.youtube.com/watch?v=AvTkms6QYMk>

How To Use the Akashic Records

When I meditate and access the Akashic Records I feel like I'm in a large etheric library, surrounded by lots of light beings, which I call the keepers. They are the guides of this realm and can assist you if you require it. Before accessing the records it can be helpful to know what you are needing guidance on. What would you like to learn? How can you work on your own spiritual development? Ask questions that will truly help you with your current situation. The more specific the better.

To use a simple model for working with the Akashic Records we will use two main areas which are:

1. Sending the request – Before receiving the desired information you must first send the request or better put set the intention to know or experience the desired knowledge.

2. Receiving the message – This will involve allowing our limited conscious minds getting out of the way allowing the knowledge we seek to come in a way that we can understand.

More will be covered on how to apply these 2 steps later.

Simple Meditation For Working With The Akashic Records

In a quiet room when you know you want be disturbed by anything for the duration of the meditation. The duration will depend on how quickly you intuitively know that you should end the meditation which may vary anywhere between 5-30 minutes.

Step 1: Create A Clear Intention

Get clear in your mind on what you want to experience or know the answer to. Then set the intention that you're going to find the answer from the following meditation, you can do this as an affirmation.

Example:

"I now know whether I should go for a promotion."

"I now know what I need to do to for optimal health."

Step 2: Relax Your Body

Use any technique that you know works for you to relax your body, if you're unaware of any. Visualize a purple velvet light pouring from the top of your head down to from your toes and gradually filling your entire body.

With each area the light touches feel how the muscles in that area become heavier and relaxed.

Step 3: Focus On Your Mind And Breath

Focus on both the inhalable and exhale of your breath whilst creating a rhythm of

- 4 Second inhalations
- 4 Seconds of holding your breath

- 4 Second exhalations

Repeat whilst watching your mind like a cartoon cat watches a mouse hole, constantly being on “alert” allowing thoughts to pass by. When you start struggling to maintain focus on the duration of your breathing move onto the next step.

Step 4: How To Send And Request For Information Or A Solution To The Akashic Records

If you want to know a suitable solution for a challenge you’re having at work or another area of your life that you can’t figure out what to do.

Rather than focusing on the challenge, shift your awareness and focus to the thoughts and sensations as if you already had the answer and what it will feel like.

This will begin to shift your reality and what you will experience which will eventually lead to the answer to what you’re seeking to be presented to you as either one of the following ways:

1. An instant clear logical idea, similar to the feeling of remembering something important that you had forgotten.
2. An intuitive feeling of knowing what to do even though you don’t have a logical reason to why.
3. Will attract synchronicities that lead to the desired information, such as coming across a book or a course that will provide the answer to which you’re seeking.
4. A sensory experience perceived from one of the five senses such as sound, smell, or a visual flash that gives you the answer.
5. In a dream or flash of an image in your mind.

Step 5 Receiving The Answer

You may receive the answer in a variety of different ways as mentioned above, once you’ve set the intention and mediated on having the answer you need to consciously forget about it and let it go.

The conscious mind will block the subconscious from delivering the message you’re seeking and can prevent it from manifesting.

This is why people usually come up with their best ideas when they're in the shower or doing something mundane that is completely irrelevant to the topic they gain the answer or insight into.

Make a note of the intention because if you forget about it completely which is ideal you may not notice the signs/synchronicities that you attract.

You will feel intuitively know when to end the meditation which usually happens when you have created the sensation of having the answer. But after a few minutes is still not becoming consciously clear what the answer is to your intention.

Answers may come instantly or during another day entirely when the conscious mind is out of the way and open to receiving the information from the subconscious or through synchronicities that lead to finding the answer.

How to Access the Akashic Records

Through accessing the Akashic Records of your soul, you can align with past skills and resources, heal present blockages tied to the past, and learn about and heal the future from the present.

The only way I've found my way into the Akashic Records is to consciously align through a meditation session.

I like to use the analogy of a radio to describe gaining access... The stream of music that is the Akash is already playing all around, but you have to have your radio set to the right station to pick up the frequency so you can hear and experience the music.

In Accessing the Akash, you're like the radio, and the stream of etheric encoded information which is the Akashic Record is all around you, and by entering into a relaxed meditative state you can begin to tune into the right frequency so you can tune in.

Find a quiet and comfortable place to meditate and close your eyes. Start by taking some deep breaths as you begin to focus within.

Akashic Record Meditation

Ask to be surrounded with Divine White Light, and call upon Archangel Metatron and your own guardian angel for help accessing the Akashic Record for knowledge, wisdom, healing, and truth.

Breathe, relax, and simply be for a while.

Imagine breathing in white light, and as you exhale let go of tension, stress and pain.

Breathe in the white light filled with positive energy, love, relaxation and strength, and when you exhale let go.

Enter within.

The Akashic Records are held within a very pure fine and light frequency, and so you'll need to lift in vibration to gain access.

When you're ready, ask Metatron to consciously guide you into a dimensional understanding of the Akashic Records.

Imagine an elevator of light appears before you and opens it's doors. Visualize yourself stepping in, and when the doors close behind feel yourself lift.

As the elevator rises into the light, feel yourself moving into closer alignment with Source, Spirit, and All That Is.

Let your heart open as you begin to tune into the infinite connections of Divine Source flowing throughout All That Is. Feel your mind expanding, your heart opening, and the peaceful energy of love, light and joy washing over you as the elevator of light continues to lift.

Go up as long as you're guided. Then when the elevator seems to stop and the doors open, step into the sacred space before you.

Know that you've arrived, and you're submersed in the conscious realm that is the Akashic Records.

Allow yourself to simply be here for a while. Notice the knowledge encoded within the light that is all around you. Feel the vast and intricately connected records belonging to each and every soul. Notice how each soul is closely tied to another, how each individual choice ripples out far and wide and influencing all.

Notice your connection to the records, to the Universe, to everyone and everything, and when you're ready...

Think of a situation or question you would like insight regarding. Archangel Metatron is here to help you access the information which will most serve.

Ask your question, and allow the answer to appear in the way and shape which is right for you. You may get the sense Metatron is handing you a book, a mental

movie or scene may flash across your minds eye or you may simply download the knowing of lifetimes, information, or the insights which will most serve you now. For me, the answers and knowing seem to simply emerge from the light that is all around, but be open... You may receive information in an entirely different and unique way.

Just know that you're being assisted and guided to tune into knowledge which will serve you. If you're doubting the process, or tuning into the chatter of your ego mind, call on Archangel Michael to quiet your mind and to help you focus. Open your heart, gaze into the realm of the Akash emerging before you and receive the download, images, feeling, inspiration, knowing of a course of action, or whatever is available for you now.

When you've finished receiving this information, or the scene seems to be fading away, thank Metatron and the Akashic Records and imagine you're stepping back into the elevator of light which gracefully, swiftly, and safely returns you to the present point in time and space.

Return to the awareness your physical body, and right away take a moment to write down your insights, impressions, and feelings of what you received. If you wait to record what you've learned it will likely drift away like a dream.

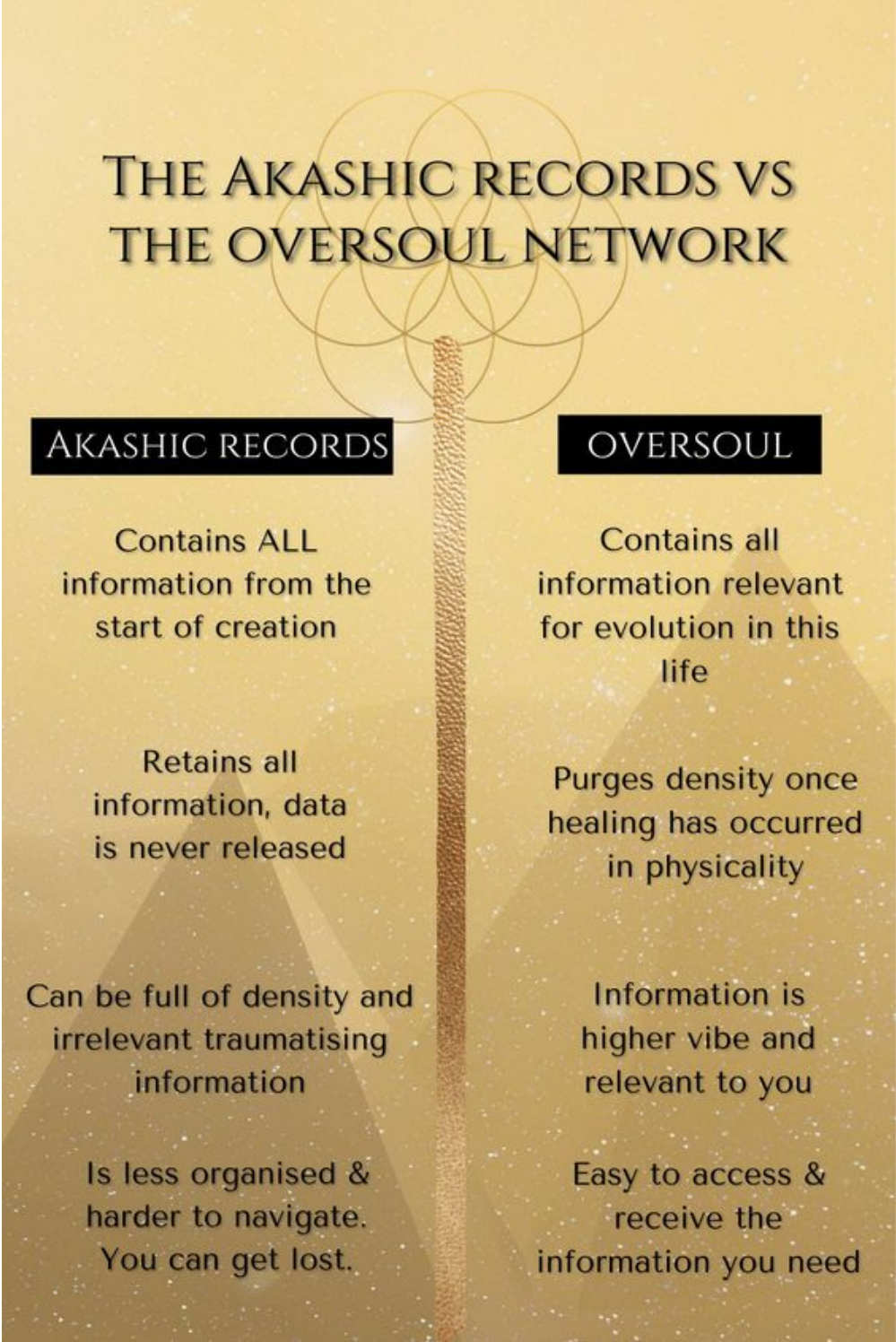
You may not fully understand the symbols, images, and knowledge you've received, but as you write it down, contemplate it, and ask Metatron to help clarify, it will come more into focus.

With practice, you can tune into lifetimes of information from your souls records in a single visit to the Akash. Be patient with yourself as you learn to attune to the proper frequency, and enjoy the process of connecting to the vast realm of the Akashic Records for the highest and greatest good, for healing, wisdom and truth.

Summary Akashic records

- The Akashic Records is not a library, collection of records or something in a specific location. But rather an analogy to help describe a concept that contains unlimited information that can be accessed by finite minds.
- Someone that has developed clairvoyant/psychic abilities has pathways open energetically that allows them to access information from different levels of consciousness and aspects of the Akashic Records.
- The Akashic Records is just a label which coincides with the superconscious, collective unconscious, infinite intelligence, divine mind, mind of God, storehouse of infinite intelligence and higher self.

- The Akashic Records can be used for accessing information on past lives, for healing, solutions to problems including discoveries of all kinds and the thoughts and emotions of everything that has ever existed.
- The conscious mind can block communication from the higher self which the subconscious tries to “decode” in a way the conscious mind can understand.
- Just because you don’t get an answer immediately doesn’t mean that you won’t eventually. You might attract synchronicities that lead you to finding the answer.
- Most people who claim they can directly access the Akashic Records can’t, but that doesn’t mean you can’t benefit by consciously intending to receive information even with undeveloped abilities.
- Consciously and intentionally working with the Akashic Records is a great way of developing intuition.



THE AKASHIC RECORDS VS THE OVERSOUL NETWORK

AKASHIC RECORDS

Contains ALL
information from the
start of creation

Retains all
information, data
is never released

Can be full of density and
irrelevant traumatising
information

Is less organised &
harder to navigate.
You can get lost.

OVERSOUL

Contains all
information relevant
for evolution in this
life

Purges density once
healing has occurred
in physicality

Information is
higher vibe and
relevant to you

Easy to access &
receive the
information you need

SOUL CONTRACT REVOCATION

**IN THE NAME OF I AM THAT I AM,
IN THE NAME OF MY DIVINE SOUL PRESENCE,
AND IN THE PRESENCE OF MY SPIRIT GUIDES
& ALL DIVINE BEINGS OF LIGHT,
I (STATE YOUR NAME) DECREE, COMMAND & INTEND, TO
CANCEL ALL CONTRACTS, AGREEMENTS, BINDINGS &
ALLIANCES THAT ARE
NOT OF MY HIGHEST GOOD.
IN LINE WITH MY VIBRATION AND DETRIMENTAL
TO MY LIFE'S PURPOSE. I AM A SOVEREIGN BEING,
NO LONGER INFLUENCED BY THE LORDS OF KARMA.
I AM IN AUTHENTIC ALIGNMENT WITH MY SOUL'S
FREQUENCY AND CHOOSE AND DESIGN MY OWN LIFE
WITH FREE WILL, SO BE IT, AND SO IT IS!**