

## **The Akashic Records**

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Imagine a book. But not just any book; a book that contains the entire history of your soul, as well as every aspect of who you are now and what you may be in the future.

A book so immense that it could never exist physically. Rather, a book that is recorded energetically and with the Love that makes up everything in the Universe.

These are the Akashic Records. An energetic stamp of every thought, activity, feeling, and experience that has ever occurred in time and space. An imprint of all experiences, of all lifetimes, in all realities.

The Akashic Records are, in essence, the fingerprint of the Universe. The energy that makes up the Akashic Records is the energy of Love.

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The Akashic Records are a collective store of knowledge, written on the delicate space of the Akasha. Every vibration that occurs in the Universe, through our thoughts, words, and actions, creates a permanent imprint in the Akashic Records.

The knowledge contained in the Akashic Records is imprinted upon a substance called the "Akasha." This term comes from Sanskrit and means "the basis and essence of all things in the material world." It describes the energy of Love that pervades and creates everything in the Universe.

Because we are all created by and connected to this energy of Love, every being in the Universe contributes to and accesses the Akashic Records. It is through the vibrations of joy and compassion that each of us has contact with this wisdom. It is our heavenly birthright.

Every individual soul – as well as the souls of each group, topic, association and place – has its own unique Akashic Record.

*The Akashic Records have a long history*

The Akashic Records have been referenced in every spiritual tradition throughout time. They are believed to have existed since the beginning of the time-space reality we experience on planet Earth.

In the Bible, the Akashic Records are referred to as “The Book of Life.” In Hindu theology, Akasha is thought to be the fundamental principle of nature, from which the four other natural principles of fire, air, earth, and water are created. Other traditions refer to The Akashic Records as the Universal Mind, the Eye of God, and the Word of God.

The Akashic Records contain a divine truth, one which guides us in choosing grace in all things. This allows us to release any misconceptions that we are separate from God, Source, or Spirit.

They help us recall our Oneness with the Universe and with every being within it, and to create, through our personal power, whatever realities we desire.

*There is much to be learned from your personal Akashic Record*

Your personal Akashic Record contains every piece of information regarding your soul's experience – every thought, feeling, and action that has ever occurred in time and space.

Within the Records you can discover truths about your relationships, your physical well-being, your soul journey, and more. It encompasses every conceivable topic regarding you and your life's path.

And, because the information in the Akashic Records is held in the energy of love, the answers you receive offer guidance, hopefulness, and deep empowerment. This information allows you to understand the truth of your life and the possibilities it offers.

*The Akashic Records are available to everyone, everywhere, at any time*

Every person, creature, group, organization, event, and place on Earth has a unique Akashic Record. By divine birthright, we are able to access our own personal Akashic Records, as well as those of any group of which we are a part.

However, no one can access our personal Akashic Records without our express consent. The Akashic Records are protected by spiritual beings known as the Guardians or Keepers of the Akashic Records. These illumined beings help us gain access to our own Akashic Records, while also protecting the information within them.

### *There are many ways to access the Akashic Records*

You are already accessing your personal Akasha. Whether through intuition, prayer, meditation, or other means, the flashes of insight that occur every day are glimpses into the divine wisdom contained in the Akashic Records.

We can learn to access the Akashic Records more consciously through specific techniques. These may include the use of meditation, breathing techniques, a spoken prayer, or some combination of all three.

In addition, you may find greater clarity through an Akashic Records consultation. This is a process through which someone with expertise and experience can open your records, allowing you to more easily receive the information you seek regarding your own life's journey.

### *Conclusion*

As an energetic, all encompassing repository of knowledge of Love for all that has been and will be, the Akashic Records contain answers to every question we may have about our lives and personal journeys.

The more we can consciously open ourselves to this inner guidance, the more we will learn and benefit from the wisdom it contains. Wisdom that is written, with great love, and for the highest good of all.