

# Healing (Yourself) Through the Akashic Records

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**R**emarkably, today is a dramatically new day for healing and we are the healers we need! Unprecedented changes are afoot in our understanding of "healing" - the ways we perceive ourselves - who we understand healers to be - our relationship to healing - our expectations of results - assuming personal responsibility for our well-being - and - even appreciating the benefits of our distress.

Good fortune has provided me with the opportunity of participating in this shift through my work in the Akashic Records. My conscious quest for peace, relief and physical well-being began at age 24 during a moment of intense spiritual awakening. In that moment, I became aware of my oneness with every person and every living thing. I experienced a sense of being liked and loved by the spirit of Life, which, at that time, blew me away. Off I went to discover how to live my everyday life rooted in this awareness.

Decades later, I continue to grow into this startling realization -- I am loved. Along the way, I have encountered scores of useful approaches to self-aware-

ness and enhancement which kept me intrigued and moving along my path. However, it was not until my encounter with the Akashic Records in 1994 that I felt anything close to that original spirited moment. I was simply riveted by the Akashic Presence, which I have discovered to be the convergence zone of the Love, Light, and Power of Life, with the compassion, wisdom and energy of the Source. Since then, I have taught thousands to work in the Records, with incredible results.

My early endeavors into the Akasha revealed it to be an infinite spiritual resource. Initially, I felt certain I knew what that meant. Years later, truth be told, I am just beginning to grasp what this infinite spiritual resource entails. I am constantly amazed that the Record has no ending, no finish line. Plumbing its depths, I see that this realm can never be exhausted.

Another insight that still amazes me years later is the simple accessibility of this infinite resource. Through a surprisingly simple process of living life, meeting challenges, exploring everyday human struggles from

within the Akasha and applying guidance gleaned, over time, I have adapted a new approach that reliably brings about significant change. Like yours, my life's challenges have run the gamut - from health concerns to raising a child to caring for aging parents - all the while nurturing an intimate relationship with my spouse and assisting students and clients with all of the above. Working in the Akasha provides reliably consistent results, seemingly tailor-made to each situation, always providing me with inner peace and perfect outcomes.

### What are the Akashic Records? What perspectives define the Akashic Approach?

How can this infinite resource support your healing? The Akashic Record is a vibrational archive of the journey of every soul, without exception. Akasha is a Sanskrit word meaning primary substance or essential life force, that which is unaffected by human intention, thought or feeling. Basically, this is the raw material of Life. Every set of Records has two parts - the blueprint of each soul's potential and destiny, as well as, the corresponding catalogue of human incarnations, through which an individual soul grows into awareness of their blueprint and lives a human life expressing their magnificent truth. In other words, as I like to say, our Akashic Records tell the story of our becoming awake, aware and aligned with our soul and then acting to honor the truth of our fundamental goodness. From an Akashic point of view, this awakening takes place through space and time and is our ultimate destiny.

I use the Pathway Prayer Process to Access the Heart of the Akashic Records, which I fully describe in my first book, [How to Read the Akashic Records](#). This Prayer is perfect for moving consciousness to a highly receptive state and then calling forward one set of Records at a time for review. This system is a marvelous crucible for examining issues, patterns, limitations, beliefs and actions from the perspective of the soul, looking at the identity of an individual, as well as, their purposes and intentions for this life within the context of all lifetimes. Ideal for personal empowerment and consciousness development, the Records are known for endless compassion, acceptance of

human imperfection and an ability to bring the light of the soul into focus no matter what the difficulty. Quite different from fortune-telling, the Akasha contains all past, present and future possibilities, in an atmosphere suited for cultivation of growth. This is why I say healing "through" the Records rather than healing "by" the Records. Here, in the Akasha, we can register the Truth and allow healing to unfold through that revelation.

The Akashic Approach invites us to explore the governing absolutes, their influence on the atmosphere and how this relates to healing. Three imperatives safeguard the sanctuary of the Akashic Records -- "**Judge Not**," "**Fear Not**" and "**Resist Not**." The cooperative relationship of these principles ensures an atmosphere of kindness, respect, acceptance, appreciation and compassion. Making the effort to be less judgmental reduces our fears, and when fear is diminished, resistance becomes unnecessary. We are called to consider the possibility that everything in our experience is a component of a structure supporting us in recognizing the perfection of our own (and everyone else's) soul, even when human behavior suggests otherwise.

Energy corresponds to human emotion and thought. Negative judgment and criticism act as crazy glue, attaching us to that which we do not want. Whereas, acceptance and allowance cause release of that which we do not desire. It follows then, that when dealing with undesirable conditions, it is energetically advantageous to accept what happens, freeing the condition for transformation. Do not confuse this approach with approval - I am not suggesting you prefer unpleasant or harsh circumstances. Rather, simply accept and see that, "*Yes, this really is the way it is right now, and that's okay.*" Your acceptance is precisely what releases resistance and activates liberation.

As a healing resource, the Records are nonintrusive and noninvasive. From the altitude of the Akasha, the inherent integrity of the soul becomes obvious, as is the reality that everything exists as part of the grand conspiracy to awaken all souls to their immutable goodness and connection to the Source. From this vantage point, our relationship to human



