

Discover Your
ExtraOrdinary Life Through
the Akashic Records

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Over the past few years, I have had the great privilege of witnessing remarkable personal healing in individuals from every walk of life, religious affiliation, economic category and racial group. In the 21st century, powerful, permanent, energetic-spiritual healing is fast becoming the new norm, awakening humans and benefiting the collective consciousness.

Pioneers in the field of consciousness development are enjoying the well-deserved fruits of their labors. This level of healing has been hard won after centuries of effortful exploration not to mention blood, sweat and tears. We all reap the rewards of their efforts. Yet, as any one consciously navigating dimensions of awareness knows, there is plenty more to come - more to explore, discover, reveal and relish. It is up to the individuals experiencing transformation to discover the next step, as it is being revealed on a moment-by-moment basis.

The primary concerns of our post-2012 world are:

- *How do we maintain our emotional-spiritual sensitivities while effectively participating in the world?*
- *How do we shift into ExtraOrdinary Living while engaging with the world as it is – without sacrificing our hard won awakening and awareness?*
- *How do we bring our soul's purposes to life?*

Our personal transformation provides not only joyful relief but also significance for mass consciousness. We individually matter - more than we know! Personal healing is the first step. Doing our part in the transformation of the common good inspires and uplifts the whole of humanity, provided we maintain our personal equilibrium at this new altitude of awareness while engaging in ordinary life.

For the past 20 years, I have been both student and teacher of the Akashic Records, using the Pathway Prayer Process to Access the Heart of the Records. My specialty is using the Akashic Field for personal transformation. What a wonderful journey it has been! I describe my method in *How to Read the Akashic Records*, and requisite foundational elements based on the Akashic Absolutes. These three Absolutes - *Fear Not, Judge Not and Resist Not* - together establish and maintain a sacred sanctuary for identifying and embracing one's inner truth from the perspective of the soul.

In *Healing Through the Akashic Records*, I address issues of personal healing using Akashic Light to accelerate personal transformation. From an Akashic perspective, we see human wounds as spiritual opportunities to encounter the Divine Reality and experience our soul's perfection. Spiritual practices such as unconditional love for self and applying the sentiment "*Of course!*" can resolve lifetimes of self-rejection and abandonment. Bringing



this consciousness to others through extending the “Benefit of the Doubt” at the level of motive, frees us from long-standing resentments so we can become the people we are meant to be. Allowing ourselves to identify the safe and positive impact of freedom facilitates a propulsion into more and more expanded states of freedom -- freedom from old limiting patterns and the freedom to authentically self express.

This is a succinct description of a deep process. These practices can take many lifetimes to complete; all of which deliver us to this moment when we have the opportunity to live in this unique era. Here at the shore of *Discovering Your ExtraOrdinary Life*, I intro-

such, we are challenged to recognize that other humans may have access to greater power than we do, at times. Likewise, we may experience occasions of being more adept than others. This is the Circle of Life and our challenge is to accept it all - without judgment. As we accept that there is a power greater than ourselves, we take our place in the Circle. As we relinquish negative judgments about Authority, we are able to receive even more. Having received, we have more to give – because - giving is the heartfelt desire of all human beings. This precept is both simple and profound. We are the authors of our lives - and - our destinies.

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duce five concepts essential for living powerfully in the world -- Incarnation, Authority, Discipline, Responsibility and Commitment. Mastering these five pillars of consciousness allows infinite inner light to shine greater than ever before. We awaken full of purpose and are able to release outdated notions through acceptance and by making conscious choices.

We are infinite spiritual beings and also mere mortals. So we must accept our Incarnation without reservation in order to manifest our soul's intentions. Yes, we are human with all its innate imperfections and limitations. *In addition*, we are our soul's first and best choice for achieving our destinies. In fact, it is through our very humanity that our soul's purpose is best demonstrated. We are the right person, from the right family, on the right continent at the right time to reveal the magnificence of our soul. How wonderful!

While we may certainly be “god” in our own universe, none of us is THE God of the Universe. As

Standing in the flow of this incredible power, we discover a need for Discipline. Without it, we are unable to make good use of the Life force. Discipline is composed of repeated thoughts and behaviors weaving energetic structures; it supports the best use of this type of power. With appropriate disciplines in place, it is easier to listen to the inner promptings of our soul, which always leads us to our Destiny. Accepting Discipline without resistance enhances our effectiveness as we make our Earthly walk. Responsibility follows.

Soul-level responsibilities are obligations we have for ourselves and others; they structure our path. Responsibilities form a crucible through which our personalities transform. Conscious responsibility alters our relationships. For example, caring for others can be either enabling (in its lower form) or caregiving (in its highest expression). Through Responsibility, our human selves become more sensitive and refined. Thus, we are a powerful presence in our world.



How do we ride the wave when Life gets stormy? This is when the pillar of fierce, fixed, quiet Commitment enters the scene - empowering us to stay the course! Commitment attaches us to our path, so that the energy of the path is returned to us, gifting us with a sustaining, nurturing energy. We literally become turbo-charged to live our life and achieve our life's missions!

Take a few moments to consider your present understanding for each of these five concepts: Incarnation, Authority, Discipline, Responsibility and Commitment. Perhaps your relationship to one is stronger than the others. This is natural. Take time to give yourself a chance to make peace with the reality of your old ideas and the impact they have had on your well-being. Know that you are always doing your very best, so be kind to yourself. What would it be like to open to this truth? It is yours to hold! At this time,

you are entitled to consciously select new, supportive ideas to empower your flourishing. You are here to succeed. All of Life is rooting for your success! You matter and you are needed, now.

As you become aware of and master these five concepts, you may begin to see them standing as pillars of light surrounding a center core of light which is your inner being. Were we to glimpse this arrangement from above, we would see a five pointed star radiating infinite, eternal Light from the core of our being! This essential internal structure supports us to engage effectively in the world without sacrificing our spiritual sensitivities, awareness or Light.

Making peace with who we have been, accepting ourselves and others exactly "as is" relieves us of lifetimes of crippling confusing ideas and frees us to walk in the world and *Shine! Shine! Shine!* 