



The Akashic Reading Guide

The Akashic Reading Guide is to supplement the course teaching you how to read the Akashic Records. It is something you can take with you if you forget everything else. Reading the Akashic Records (or the Quantum Field) is a skill to cultivate through practice and it becomes easier the more you do it. It is a way to contribute to others and your own life. Maybe you will do readings for others eventually, but the goal is to really become aware of all information available for you that are intuitive, in the field, just for the asking.

Always come from a place of

- 1.) Respecting privacy and having integrity.
- 2.) Using it to serve, to better attune yourself, for the good of others and your own life.

This means that you want to ask for information that is ethical for you to receive. Also, keep in mind that you are getting the essence and feeling of something and not necessarily black and white fact. The Akashic Records come through your human filter, so you can be wrong, and you must bring humility to the table. You don't want to use it to tell others what to do, but to help you and others bring more information forward that is helpful to everyone allowing them to discern what is right for them, and you to discern what is right for you. You will learn to “feel” what is truth and important as you practice. If you are going into another's field, you should ask permission.

A good way to get good at Akashic Reading is to have friends that you practice with; perhaps people in this course so there can be an exchange. You can do written readings, phone readings in real time, or go into the records beforehand (with permission) and see what you see, and then report it verbally in person or on the phone or Skype. It could help you to discern when people

are lying, whether there is a story behind the story, what your clients need through reading the field which can be done informally and ethically. You can read the energy of a situation in your life or work or even in the outer world.

For example, I have a massage client and I can use my multidimensional senses to read her field. Sometimes, I may ask if she wishes me to share what I am seeing, and I usually keep it simple. I am guided to connect certain points or chakras or see energy patterns. Other things I see I keep quiet about as the person is not asking me to share and it is a deep thing that doesn't feel right to share. First use it for yourself and develop your own routine or ritual in order to enter and view the records. There are no right or wrong answers in this, and all is an exploration. You may not get answers to what they asked but other information that is relevant that their guides or the field wants them or you to know. Ask the person who is a friend you are practicing with what resonates in what you shared, which can give confirmation or not as to how you are doing. Keep working at it and approach it as play without self-judgment.

The first part in this guide is a more structured and formulaic approach to the Akashic Records, which can give you a road map and confidence to the process. The second part is to show how easy it can be to access intuitive information from the quantum field. For me, it is where science meets spirituality. It is also a permission slip that the visions, messages and knowing are there for the asking and accessing, easily. It is making the process more down-to-earth, and acknowledging that we all have this ability to “read energy” while the Akashic Records are the essence of that.

In the course we will make this information more vivid and experiential by actually practicing it together. Then it will have more meaning and you will find your personal way to access. It will also be more fun! When you begin, get in a high vibrational meditative state and then go in to see the records, whether the Akashic Records or the Quantum Field of Knowing.

You could laugh at me if I describe how it was when I first began Akashic Reading. I had a child (who is now grown) so I had to choose a time when I would not be interrupted. Then I would get into my bed with my laptop, put on some gentle music with no lyrics to distract me. I had a headband that I would use to hold a special kind of rutilated quartz to my head on the third eye while having a blindfold. It harkens to New Age stereotypes of the seer who reads your cards. Then I would meditate, say the opening prayer. I studied the questions the person wanted to ask first and substituted their name in the spaces in the prayer. It helped that I had a photo of them to feel their energy before I began. I would type lying on the bed with my eyes closed. Lots of the readings had typos, which I would then have to correct because I was typing without seeing. That was my ritual and it worked, so find what works for you.

To this day, my way is similar, but I can go in without all of the ritual and have instant connection. I can also tap into a person's field for half an hour or so, write some notes with typos and all, and then meet with them. When I meet with them, I share what I discovered and more comes through. It helps if *they* don't talk so much but listen more. That is because I start getting logical and defending and discussing the results instead of reporting as I actually experienced

them, from an intuitive place. I want to respond to their feedback yet stay in the “zone” which is the zone of receiving from source and the field. Some other readers are better at in the moment readings that are conversations.

I have seen lifetimes of others and even entered them and interacted with a person. You are not getting details in time so much, but more getting the essence of someone, and what is most relevant to know and share. Essence vs. form. You want to give them the information and shy away from making decisions for them or making prophecies especially based on time.

First work with your own records. I studied with a teacher (channeler and reader Lisa Gawlas) after I taught myself. Her suggestions were :

1.) If they want their guides to show up, ask them to show up and they will.
2. Don't edit or censor, say whatever comes through as your conscious mind needs to not second guess. (do discern whether it is uplifting and respectful, though sometimes there are messages that want to be shared that are bitter truth). This is why it is important to have a safe supportive person to practice with.
- 3.) Decode what something means to *you*, not what “snow” for example (or whatever you see/feel/sense/hear) means to another. The Quantum Field/Akashic is speaking to you in *your* language. Notice what shows up and even build a lexicon for you of the meanings by writing down notes of words and the meaning in relation to readings you have done. This is an optional thing to do, as it comes pretty naturally. You already know what things mean to you. Consciousness speaks in your language in your own head through the heart.

Thank you for participating and enjoy the rest the Guide.

How to Enter and Read Your Own Akashic Records

You can learn to read your own Akashic Records, tapping into your soul's knowing with a higher perspective that can help you on your journey. What it takes is the desire to do it, the practice of meditating to let it come in, and a ritual that will open up the records for you. Ask for a messenger to show up, like a guide or spiritual teacher. You might be surprised that a guide can be an object, a color or a waterfall, not just a person, as all of the imagery you receive has meaning and purpose. Ask for a message while in receptivity to whatever way the message comes in. Be sure to ask questions that are open ended and see what shows up. Record your experience, and enjoy the process of learning and discovering. The science of reading your Akashic Records is vast, and I will give you some tips to get you started in accessing information for yourself from your soul and higher self. The same method for your own record reading will apply to reading the records of others when you are ready.

First things First: Practice Meditation

The first step toward reading your records is to practice meditation. I suggest breaking the rules about how meditation is *supposed to be* so that you find a way that is fun for you. Try different ways of meditation, and there is likely to be one for you. There are so many ways of meditating from guided meditations to simply being quiet. You can lie down or sit up. I find the time between waking and sleeping to be really great for receiving information, so try to meditate first thing in the morning or before you go to sleep. Otherwise, setting a positive tone for your day can be created if you meditate sometime in the morning.

Three Possibilities that I Love for Meditation

1. **You can imagine being in your own heart space and ask to meet your guide.** Make yourself small and imagine going down physically into your heart chamber, and then the high heart area. I imagine a little spiral staircase upward from the heart chakra to the high heart. See your inner world as a room and ask to see it, feel it, and experience it. Ask to connect with your guides who are aligned with unconditional love to do so, and ask one to show up for you. See if the form of the guide is a message in itself. Ask if there is a message for you. You may see imagery that you can then decode, or you may hear words or just know something. Be sure to write down what you experience so you can build this skill, kind of like keeping a dream journal. Spirit speaks in metaphor and symbols, especially designed for you. And if you get anything you want to share, I would love to hear how you are doing and what you are discovering.
2. **You can connect to the earth and bring up earth energies to your heart and then you can mix them with celestial energies coming in through your crown chakra.** You can feel yourself in column of light, connected to the earth, as if the core of yourself extends to the earth and there was spiral flow up into your body from the ground. I see Mother Earth's energies as feminine, and landing in my heart. They mix with the father's energies that are celestial coming from the heavens and there is also a spiral flow through my crown and core. In the heart, the feminine and masculine energies mix and balance inside. It sounds complicated but for me it is something I see and also feel in a short amount of time. Change the visualizing to your own preference by adding or subtracting what you want. This meditation is to get started and then you can see where it goes from there. Being in the heart space and feeling the vibration or tingle there is always something that I find useful as a focal point of awareness.
3. **Meet your teacher or guide inside, and ask questions. Use automatic writing to get answers.** Once you imagine your guide is with you, you can start. It takes going into the heart, or calling forward the connection with all spiritual guides and teachers aligned with unconditional love. It is perfectly okay if at first you don't see or hear or get much, but keep going and celebrate something small. It will grow as you practice this. Once the presence of your guide is there, you can ask questions. Imagine they are across a table from you and writing on a piece of paper. You write a question and they answer. You can

do this on a real paper, or you can do it with a computer. It is likely to help if you have your eyes semi-closed. You ask to see answers written down for you in your imagination if you prefer. I start by asking “Are you there?” to my guide. I get a yes, or a feeling that they are there. In automatic writing, it is like text chatting on the Internet. You type or write a question, then receive an answer, which you type out from them. Ask open ended or yes/no questions. For example, you might ask if they have a message for you. With yes/no questions you can either feel yes and no that is kinesthetic in your body, use a pendulum, or try this idea. Ask to see *yes or no* written in the air in your mind's eye. I see it in gold writing in script but it can be anyway your subconscious wants to show you.

Keep playing with meditation and do it regularly, and enjoy it. Doing this is for the fun of it, not for some outcome until you are more skilled, will yield better results. It will deepen your connection to yourself.

Starting places for the Akashic Records

The starting places things you do to get ready to read the records, and ask to see them,; all to get you in sacred space of meditation. Make sure you are alone, comfortable, and it is quiet. Do some meditation on your own, perhaps taking ten mindful breaths as you relax and settle in. Usually I have silence, but sometimes I use music. For me, it has to be without words as they distract from what message I am receiving. I listen to singing bowl music and today I found a good toning harmonic YouTube Video to listen to while meditating. It has an earthy energy as it is **C# The Resonant Tone of the Earth, Binaural beats, Native American Flute Music, Reiki Whale Music by Kamal are good options as well.**

1. Start by say the prayer, such as The Pathway Prayer for entering the records. Linda Howe shares this in her book on Akashic Record Reading and **you can find it on the web** (<http://thesoultribe.blogspot.com/2010/10/accessing-akashic-records-pathway.html>)
See below this page, the Opening Prayer. It is an invocation to open the records of a certain person (you use your own name when you speak it or read it silently to yourself).
2. Imagine and feel yourself in your heart space, in meditation like I mentioned before. Once there see where you go or end up. For me it happens spontaneously, but you can imagine either of the places below as a place to start if you don't see anything or go anywhere (yet.)
3. See yourself in a record room with files or books. I see a light above as I sit on a wooden stool, opening up a file that has my name on it. Open up the file and see what you discover. Ask questions like I mentioned before. Maybe you will see words, or you will see images or hear words or feel something. Another place to go to read the records is a crystal cave. The crystals store the information. Reading Akashic Records can include text, symbols, and imagery. You can hear stuff as if it was being

conveyed to you from source, or you can experience a place as if you are in it. If you are shown a picture of something or a scene, ask what it means. Think about what that thing means to you!

As an Akashic Reader, I see the Akashic Records as the source field of us, and all that is, and everyone who reads sees it differently. You can learn to do this by practicing. To do so is accessing the non-physical and non-linear information with your intention, and asking being open to what comes in. Your soul wants to speak to you and guide you. You will discover your magnificence on a soul level that you can tap into and bring forth, with a feeling of guidance and knowing.

Wishing all the best in discovering and exploring! Thank you for reading. ~ Shivrael

PS: Here is the Akashic Records Prayer to say aloud when you enter them. Have an intention for the *highest* vibrational Akashic Records you have access to for the highest information. Also be sure to enter with permission of another person.

Accessing the Akashic Records:

“ We acknowledge of the eternal forces of light. Asking for the guidance, direction & courage to know the truth as it is revealed for our highest good & the highest good of everyone connected to us.

Oh Holy Spirit of God, The Eternal Sacred Source protects me from all forms of self-centeredness & direct my attention to the work at hand.

Help me to know myself in the Light of the Akashic Records to see myself through the eyes of the Lords of the Records.

Please enable me to share the wisdom & compassion that the Masters, Teachers, Healers and Loved Ones of me have for me.

Help me to know (full & current legal name), in the light of the Akashic Records. To see (full & current legal name), through the eyes of the Lords of the Records. Enable me to share the wisdom, compassion & insights that the Masters, Teachers, Healers and Love ones of (full & current legal name), have for him/her.”

(Repeat the above 3 times)

The Records are now open.

Proceed with absolute respect and through an open heart of purity & divine love.

Source: Book by Linda Howe

Note: The article above was one that I wrote a while ago. I have an updated perspective on the Akashic Records. In the beginning of learning the art of reading the records, go into the Akashic Records, then once that is easy, simply go to the Quantum Field of Knowing with a positive intention of finding out what is in the highest good for the benefit of all.

This is the updated perspective that is recent.

Article 2: The Quantum Field of Knowing

What is it?

There are readings that are called Akashic Readings with the premise that a library exists in which all memories of whatever has occurred in reality is kept. I have visited this library many times and seen in different ways. Saying we are going to access the Akashic Records and the process of entering is a permission slip, a structure, for receiving encoded information as a download in which the reader can interpret. This has worked wonderfully for me, and the process has gotten easier and less systematic with time. Sometimes I see a library with books and a person's life or lifetimes represented as those volumes. Or I sit at a desk and hold a folder with the needed information. I enter a cave in the center of the earth with crystals and in these crystals are encoded information stored in layers of lifetimes.

What is relevant for the person's current life is what usually shows up, along with responses to their questions, yet it is woven in with a larger narrative of what is seen and then interpreted. Images have meaning as to what they are depicting. We all have this talent to interpret our dreams and synchronicity. Akashic Records are another example of such. One can see a person's crystal and feel into it and enter the crystal, unlock past and concurrent lifetimes and themes that are relevant. Everything one sees wants to communicate something. It is the quantum field or source field speaking. You can focus on the energy field of a person and unlock lots of information, and within the information are clues to solve problems and reminders of who they are, what they are here for. Reading the Akashic Records is like being a mirror to the light of a person, to their potentials. It is also what is illuminating to the unconscious. The Quantum Field of a person speaks in words that are heard, in images, and in messages made of words or symbols. All of us can unlock this for ourselves and for others, and also tap into times and places we want to know about. Of course, we want to be respectful and not look at what is not ours to see, bringing a code of morals and ethics to the process of opening and looking at the Akashic Records. That means we only look at what we have permission from a person to look at. If a person has a relationship they want to ask us about, we can simply add the spoken caveat that only what pertains to them and what they are allowed to know, for the highest good.

Recently, instead of going into the Akashic Records with my usual process, I simply have been shortening the process to enter the Quantum Field of Knowing for an individual. We

can enter the Quantum Field of Knowing and see what wants to show up. Then we can write it down as we also toggle back to the Quantum Field of Knowing for them, a multidimensional space. Going back and forth between writing or typing and also seeing with the inner eye is a challenge of doing this.

For me, entering the Quantum Field of Knowing has made the readings more potent. More information is coming through. It could be described as the difference between a structure in which one reads something off a page and one experience it in a virtual reality. Going non-linear with the entering process used in Akashic Record Reading has allowed an openness and expansion. It allows instant connection with whatever is relevant. And what I find in these new readings is that they are asking the recipient of the reading open questions for them to answer, to meditate on. When somebody receives the reading either in conversation or written word, they can then feel into what questions are relevant to them.

I really love how this is happening as I have long wanted Akashic Readings to take people to their own guidance, to their own meditation, to their own accessing their own Quantum Fields of Knowing, and their answers and solutions. I want everyone to know they can do this. Asking, "What am I holding onto that I can let go of?" is an example of an open question. It is helpful, with these questions, to dwell within the question and be present in it. Then you can allow open possibilities. You may find multiple answers to the questions. The nature of multidimensionality is open ended and infinite. The inquiry to yourself can help you resource your infinite self and infinite solutions.

A Poem

The Quantum Field of Knowing is dancing all around you and within
 The Quantum Field of Knowing remembers who you are
 it wants to gift you with authenticity
 it wants to hand you precious pearls of wisdom
 from You to You
 The Quantum Field of Knowing vibrates with information
 shimmering in wave form that wants to land inside you
 Opening like a lotus flower of understanding
 The Quantum Field of Knowing that is you
 is the Field of Love, before anything else
 Unlimited in how love expresses itself
 the seeds you have planted many lifetimes are here being watered
 growing and flowering in perfection

The strands that connect the dots of points of this lifetime to others
 are there in a pattern that makes sense

The pattern of you is beautiful; there is divine order,
 you are meant to be and there is reason underneath it all

Your soul wants to hand you the key to yourself
she points to your very own heart and says go here
and hear the whispers within, the still inner voice
you are being called to that

Meet you in the field of love.

~Shivrael