

## What Are the Akashic Records and How Can They Help Me?

What Are the Akashic Records and How Can They Help Me? Put very simply, your Akashic Record is the energetic recording of your soul's journey since your beginning. It is everything about you, all around you, and within you. It is everything you are, have been, and the potentials you are yet to become. It is a special field of energy that permeates your entire being. It is not something separate from you, but an integral part of you. I believe the Akashic Records are living, changing "documents." As you change, heal, and grow, your Akashic Records are 'updated' to reflect those changes.

As you can imagine, your Akashic Records hold an infinite amount of information. There is no end to the information you can explore about yourself and your relationships with others when working in the Akashic Records. The information is always presented to you in a loving and compassionate way from your Divine Spiritual Family (father/mother God/Goddess, God/Goddess, Spirit, Universe, Source, Ascended Masters, Archangels, loved ones, etc.).

There are specific beings/energetic aspects that specialize in the energy field of the Akashic Records, and I call them the Record Keepers. I believe that in the end we are all ONE. So when I refer to the Record Keepers as "other beings," I also understand that they are just another aspect of me, from my perspective, and another aspect of each of you from your perspectives. For ease of discussion purposes I may refer to them as "beings" or as "energetic aspects." So these beings, the Record Keepers, are also a part of your Divine Spiritual Family. These Divine beings have always been at your side eagerly waiting to assist you. Out of respect for your free will, they do wait until you *initiate* contact and *ask* for help. Using the method taught in this book is really just assisting you to create a user friendly way of asking for guidance and receiving it!

The information that is obtained from your Akashic Records is a direct result of your questions. Your questions guide the Record Keepers and Ascended Masters to the "right" energetic space to retrieve the answers that you are *ready to know*. Notice the key words **ready to know** . . .

Sometimes we think we are ready to know something, but in reality we are not. In those times, the answers seem to elude us, only to become crystal clear in the oddest and most unlikely moments. Or as I like to say, in the Divine right moment!

Imagine an infinite apple orchard full of apple trees which are chock full of apples. Each apple holds the key to different experiences your Soul has had, and each tree represents themes that you have experienced throughout your Soul's journey. When you want to know a certain piece of information, you have to come up with a way to direct the Record Keepers to the right tree and then to the right apple. By choosing the right apple, you will get the information you are seeking, which will facilitate your healing and growth.

The Record Keepers are the energetic aspects that tend to these immense apple orchards, and when you ask a question it helps to guide them to the correct tree. The more specific your question, the closer you get to the specific apple that holds the piece of information you are seeking. The potential for healing occurs when you are able to really get down to the "core" of an issue, the seed of knowledge and wisdom that is hidden within the specific apple. Often the awareness of the core cause of an issue is enough to create the energetic shift that results in a healing.\*Other times you will need to put into practice the insights that you were given in order to manifest the energetic shift in your Akashic Records. Putting it into practice could be as simple as making a new choice when confronted with a repetitive pattern. *\*healing: A shift in energetic frequency to the next higher level of divine love and light, which may manifest in the spiritual, physical, mental, or emotional realms.*

There is an unlimited *potential* for healing when working with the energy of the Akashic Records. The extent of the healing itself is directly related to your level of commitment and intent to heal yourself.

Once you set your intent within yourself that you are ready to do your inner work, the Record Keepers readily come forward to assist you as best they can. Like all other Divine aspects of energy the Record Keepers radiate upon you the energy of Divine Love and provide guidance **when you ask or when you make it known** in some way that you want help. Your Divine Spiritual Family would never interfere with your free will. Therefore, you must initiate the connection and ask for what you want or need. They are eagerly awaiting your initiation and are ready to respond. Having a strong, clear connection with your inner wisdom is more than a gift. It is a *Divinely-given right*. You do not have to earn this special talent. It is not something that is only for the chosen few. It is for everyone who takes the time to make it known that they *want* it!

As a co-creator of your reality it is up to you to initiate change in your life. First you must ask for help, then you must be willing to *put to use the information you receive*. It is always your choice; but if you don't put into practice what you are learning, then nothing in your life is going to change. You know the old saying, "the definition of insanity is to keep doing what you have always done and expect to get different results!"

Our Divine Family of Light sends us messages and guidance all of the time. It is up to us to either acknowledge those messages or ignore them. They plant the seeds of light and knowledge, and wait for us to nurture those seeds. They wait patiently as we allow those seeds to mature into

wisdom. They also watch with infinite compassion and acceptance if and when we choose to squash those seeds instead of nurturing them! They radiate us with the same loving energy even if we choose to make the same old choices and create the same old patterns, essentially ignoring any guidance they were trying to provide. That is what free will is all about. You always have the right to choose without worry of being judged by your Divine Family. The main purpose for working in your Akashic Records is not to receive mandates about what to do with your life or how to live your life, but to provide you with the information, knowledge, and wisdom you need to broaden your perspective, allowing you to make healthier choices. In other words, working with the energy of the Akashic Records provides you with the support you need to grow and evolve personally and spiritually.

When you have clear intent that you are ready to heal all aspects of your life, then your true work begins. Spirit responds to your requests to heal and provides you with the opportunities for growth. Each time something comes up for you in your life that pushes your buttons, it is Spirit's way of providing you with an opportunity for growth. It has always been this way. The difference is that now you will have the ability to go into your Records, dig around, explore, and uncover the core of the issue at hand. Once you have uncovered the core issue, you are able to begin the healing process.

The Record Keepers are waiting with anticipation for you to begin this personal and spiritual journey. The moment you made the conscious decision to read this book, they were able to move even closer to your being. They have always been at your service, but were unable to interfere. When you chose this book, you were sending a message to them that you are ready, willing, and able. In response to your actions, they are able to step closer. They want you to learn how to connect with them and your own inner wisdom more easily so that they may be of more assistance to you during this time of growth. Self discovery, spiritual growth, and personal growth are all important parts of your healing process. Through your connection with your Akashic Records and your Divine Spiritual Family, you will experience deeper and deeper levels of self-empowerment and self-direction as you discover the euphoria of going within to connect directly with your Divine Source.

With each visit to your Akashic Records, you have the potential to heal another piece of yourself. With each healing/shift of energy, you feel more and more complete and whole. The more complete you feel, the harder it is for anyone or any situation to knock you off balance again. You are able to maintain longer and longer periods of peacefulness and centeredness each and every day.

With each visit to your Akashic Records, you also come to understand more and more of your true nature, your Soul and Spirit nature, your co-creative God/Goddess nature. The work is not always easy, but it is definitely worth it.

About Author Kathy Karlander is a gifted intuitive counselor, healer, teacher, and author known nationally and internationally for her work. Her greatest gift lies in her ability to facilitate spiritual awakening and growth in her clients while guiding them to a stronger sense of self-empowerment. She specializes in the [Akashic Records](#) and EMF Balancing Technique®, and guided meditation CDs. Visit her website at [www.SacredInsights.com](http://www.SacredInsights.com) to find out more! Now you can listen to Kathy broadcast live at [Contacttalkradio.com](http://Contacttalkradio.com) every Tuesday from 2- 3 pm EST.

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