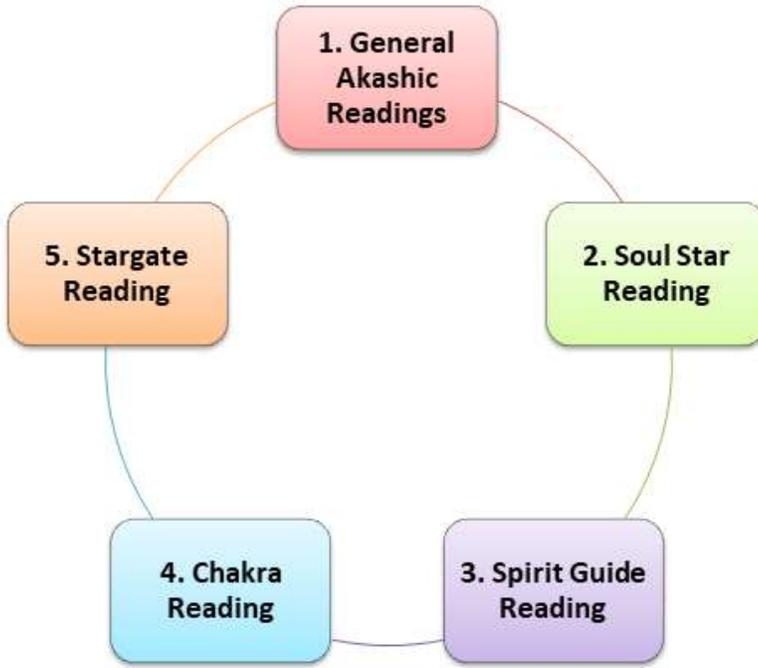


Guide to useful questions for your Akashic Records Reading with Sarah Lawrence

How to get the most out of your general Akashic Reading and more...



*Welcome to the client portal!
This document is designed to help you get the most out of your general reading.*

- **Have a pen and notepad handy** if you like taking notes (if you'd rather not, I record the reading so you can listen again later).
- **Send me** your full legal name(s) in this life, date of birth, place of birth before the reading.
- **Relax and enjoy!** I have given a lot of readings, many hundreds, in fact, so I will guide you in the process and help you with questions.

What else do I need to know?

Make sure you are somewhere quiet so that you can focus. Unless you are having a relationship reading with a partner, it is best if you can listen to your reading in a private space without others present. (Cupboards or cars are common places for readings in the current world circumstances!)

Sometimes you might feel energies during the reading. You may, or you may not, either way it's OK. The Akashic Energy may introduce itself to you in a number of different ways, everything from images through to the chills, or chicken skin, or even heart bumps. It's all OK, just part of the process of awakening.

If I like this reading and want to go deeper, what's next?

If you haven't had the [Soul Star Reading](#) yet, I would highly recommend it as the next step in the process of Akashic Awakening. This reading answers 49 different questions about your Akashic Records, introduces your Divine Soul Blueprint (gifts, talents and abilities) and helps you to clear karmic patterns and energetic blocks and restrictions which may be holding you back. It's the motherlode!

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When you have a general reading, Sarah connects with your Akashic Guides and Inner Circle Spirit Guides.

I help you to connect with your **Akashic Guides** who decide what information is appropriate for you to receive at this moment in time. My job is to sense, feel, hear and see (clairvoyantly and with clairaudience, and some other clairs) what your Akashic Guides want to have communicated to you from your Akashic Records.

I also connect with your Inner Circle Spirit Guides, who you can think of as your spiritual 'A' team. They are souls who have not incarnated this time around, they are here to guide and support you on your path in life. If you want to connect with your Guides more deeply in future, I recommend the [Spirit Guide Reading](#).

Useful questions to keep in mind when having an Akashic Records Reading

"God may be in the details, but the goddess is in the questions." Gloria Steinem

Here are some great questions you can mull over related to any problem, circumstance, thought process or restriction you wish to bring to light during your reading. These questions will all get the energy moving and help you get the most out of a reading. Use them as a guide if you would like.

Great Questions to Ask

- What are the spiritual themes and motivators at this time in my life?
- What is the true nature of this difficulty?
- When did it begin? What were the circumstances?
- How does this problem help me to become more aware of my essential goodness?
- What are the advantages of this option?
- What are the disadvantages of this option?
- How can I best progress my relationship with my _____? (fill in the gap)
- Why am I having difficulty with my _____?
- What is the best path for my spiritual development at this time?

Describing a problem also helps - we can have a normal conversation in the light of the Records and *the energy will start moving around the problem as you describe it* - then we can really get things moving!

If you start to feel stuck, another great question is "Is there anything else I need to know?"

I hope this helps, and I look forward to connecting with you soon. See the next page to learn more about other types of readings.

To have an Akashic Records Session, you must be over 18 years of age.

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What's next?

If you enjoyed your Akashic Records Reading and found the guidance helpful, here is a guide to some of the more detailed readings.

Akashic Reading type	Why have this reading?
 <p data-bbox="228 932 846 993"><u>The Soul Star Reading</u></p>	<ul data-bbox="1011 562 1409 1241" style="list-style-type: none">• One time reading• Sarah reads your Records remotely for 1 hour beforehand.• This 1-hour reading includes• Soul Group of Origination and Soul Families• Healing Soul Story• Clearing of Karma and blocks and restrictions• Introduces you to the nature of your personal Akashic Record
 <p data-bbox="186 1690 889 1751"><u>The Spirit Guide Reading</u></p>	<ul data-bbox="1011 1297 1425 1871" style="list-style-type: none">• One time reading, about 1 hour, Sarah reads your Records remotely for 1 hour beforehand.• Learn who your Spirit Guides are and how many are active (up to 6 Inner Circle Guides)• You'll be able to connect with your Guides more strongly in the future to increase intuition and insight.

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Akashic Reading type	Why have this reading?
 <p><u>The Chakra Reading</u></p>	<ul style="list-style-type: none">• You can check-in and have this reading every 6 months or so.• Chakra imbalances relate to lifestyle imbalances• You'll be able to figure out why you are stuck or unable to manifest and move forward in life.• Akashic Guides and Spirit Guides can help you with solutions so that you regain balance.
 <p><u>The Stargate Reading</u></p>	<ul style="list-style-type: none">• This is a high vibrational reading for when you really need to get out of your head space!• Using the consciousness of the Stargate created by sacred geometry, you move up to 12D• Connect with Ascended Masters, Star Beings and your Soul Family• Your Spirit Guides and Akashic Guides can help you with solutions and new perspectives.

[Also connect with me if you'd like to experience the 7 step Akashic Tarot Reading>>](#)

Lots of light, Sarah