



# THE AKASHIC RECORDS FOR BEGINNERS

Your Soul's intentions  
through your Akashic  
Records

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## AKASHIC RECORDS – START HERE



**If you've had a reading with me before, it's most likely because you know me as an Akashic Records Reader.**

**My most popular reading is the *Soul Star Reading*, where you learn about your [Divine Soul Blueprint](#).**

I've been consciously connected to my Akashic Records through my Higher Self (also known as the intuition) since 2010, when I got a book in the mail I didn't order, and it started a catalyst of happenings. Here I am in 2025 reading the Akashic Records, past lives, and several other aspects of people's energy for clients.

### **So how can you begin your journey into the Akashic Records?**

The first thing to establish is your intention, or reasons, for wanting to connect.

Getting really clear on these factors will help you to release beliefs, fears or old ideas that can hold you back from getting a clear connection to your Records.

My reasons for starting this whole journey in the first place, to give you my story as an example, was because I kept having 'weird' experiences and wanted to understand why. Some examples of this were: -

- **Knowing what people were thinking** or intending before they spoke or acted.
- **Picking up accurate historical information** from houses and locations that I didn't otherwise know.
- **Having mediumship downloads** (reading guides, spirits) without asking for the information.
- **Having spiritual experiences that I didn't ask for** and couldn't explain from a big picture perspective.

As you might imagine, having these kinds of things occur on a regular basis was surprising, off-putting and frankly sometimes quite scary.

My intention was not *'I want to read the Records for others', or 'I'm scared, I need to clear and protect myself', or 'I can give other people healing through this'.*

These things happened by being a side-effect of the work, not its' focus. What also happened with my Akashic Records work is that my intuition expanded and grew.

*Experiencing intuitive growth can be a side-effect of working in your Akashic Records,* because you will create a stronger connection to your Higher Self, also known as your intuition.

Growing my intuition was also never a direct intention, but all of this grew because I asked the question "Why am I getting all these weird experiences?" – and the Akashic Records answered me with the above results.

*These results did indeed answer my questions, just not in the way I was expecting.*

So, I'd invite you to contemplate your reasons for wanting to learn to read your own Akashic Records. Here are some key phrases for contemplation, to help you to begin finding your own answers.

<b>Common Thoughts, Ideas that people have about learning to read the Akashic Records</b>
Soul growth, Spiritual Journey, Intuition, Spirit Guide Connection, Predicting the Future, Reading Auras, getting more Psychic, opening my Third Eye, getting the love Relationship I want, improving my Career, finding Abundance, managing my life better, interpreting and understanding my weird dreams, understanding my Spiritual Gifts, reading my Past Lives, Mediumship experiences, Synchronicity, Healing, Loss, Loneliness, feeling Disconnected.

If you find any of your thoughts and ideas in the above table, (maybe you have a different one?) then I'd encourage you to contemplate *why* you want to do this?

I needed to know why because the experiences literally kept interrupting my life!

Once you are clearer on your 'why', it's perfectly OK if the why at this point seems a bit controlling or fear based – or contemplating it brings up fears or worries for you.

It's also OK if you feel a bit scared or wonder if it's OK [to start working with your own Authority](#) and ask questions purely for yourself, in the Akashic Records.

No judgment here, I went through this too – just check in with yourself and consider your motivations. Doing this now, rather than later, will help you get clearer and more helpful access to your Akashic Records whenever you begin your work.

Most of what we are taught as socialized human beings comes from a fear-based perspective and approach, and because we are just leaving behind the Piscean Age of *thought and engineering*.

**The Piscean Age was all about control** – through social systems, mind and thought mechanisms, even control through engineering our environment via the Industrial Revolution. Piscean Humans needed to fit in, find their role and their position in society, and thrive that way. We've done that for quite a while now, but change is here to stay, as the saying goes.

**The Aquarian Age *is* the Akashic Age.** It's the age of new ideas, new approaches, globalism, even AI, because as humans we are evolving from the lower Chakra focus of needs, wants and desires (aka the Root, Sacral and Solar Plexus Chakras), to a bigger, more evolutionary focus of creating a stronger group connection from the Solar Plexus Chakra to the Heart Chakra.

**The Heart Chakra connects us to the 'higher' Chakras** (Throat, Third Eye and Crown) which relate to manifestation (Throat), Inner Vision (Third Eye), and opening to our Higher Nature and Higher Self (Crown).

Accessing these energies also opens our consciousness to developing more compassionate, global ways of living and relating as humans.

A lot of these social control mechanisms from the Piscean age are embedded in our subconscious minds, so it can take a bit of digging and contemplation to identify them.

*So, rather than going with your immediate need, desire, wish, or feeling of lack* when it comes to your intentions, work on opening to your intention(s), your calling or your unique reasons for wanting to connect to something that is more heart-based, if you are feeling any fear or nervousness around this.

Another extremely common feeling or thought is that 'you are not good enough' to do this.

### EXERCISE – SET AN INTENTION

Pick your reason, intention or calling, and use a reframing technique.

(By the way, if you are not sure about your reason, intention or calling in the first place – an [Akashic Journey Reading](#) will definitely help you sort that out).

*What is reframing?* It's a way to see your intention, reason or calling from a different perspective – which is one of the things the Akashic Records are all about!

So, in my case my question or intention was "Why am I getting all these weird experiences?".

I just wanted to know, so that I could live comfortably with myself, rather than in situations of surprise or overwhelm when these things kept happening.

**That was my positively aligned intention – to exercise more compassion and care towards myself,** rather than stuffing down the experiences, using alcohol or sugar to block them, or ignoring them at my peril. I had tried all those things already, and they had stopped working.

This way, I released any needs, wants and desires that were fear-based – such as trying to grasp onto the ideal relationship (which would make everything better, right, or at least, that's what females are taught!). Also, I let go of the

need to control what was happening, leaving the outcomes open, just intending to receive answers.

If you so choose, please contemplate the following questions to work on your own reframe.

Why do I want to \_\_\_\_\_? (connect with my Guides, expand my intuition...whatever it might be for you).

Note down all the fear-based answers (relationship, career, abundance, feeling not enough, scared of experiences, what stops you, blocks you from the spiritual journey, the yucky stuff.

Remember – these are the influences *up until now*. Working in the Akashic Records will help you get a new perspective. We are all working on shifting into the Akashic Age from the more controlled, structured Piscean Age.

We all have karma from that age from our Souls, and social and genetic conditioning from the family lines we have incarnated into this time around.

*If my intention for accessing the Akashic Records is pure and clear through self-love and compassion, without fear-based intentions – it would be* (fill in the gap):

- \_\_\_\_\_.

This might seem long-winded and if you already have your answer - great, you were on the way already.

Perhaps you have surprised yourself with your reframe, or even with what came up from the fear-based depths – that is great, too. It means you have already started the work.

If you're still struggling, that's fine—take the time you need to process this work.

If you feel like you need a better definition of the Akashic Records and your place in this whole system of consciousness and energy to even *answer* this question, then that's [where a Soul Star Reading can be so helpful](#).

You'll learn about your Divine Soul Blueprint through the Akashic Records (which relates to how your Chakras are focused in this lifetime through your Soul's intentions) and you'll learn about a past life which has a karmic pattern that may be blocking you in present life. You'll also learn how to clear it.

(A karmic pattern is like a 'knot' of choices and decisions that your Soul made in a particular life, and has not had an opportunity to clear, yet).

If any genetic karma exists through either parental line, it will be identified.

Learning about, recognizing and clearing things that are blocking us, whether it's a karmic issue, subconscious drivers, or genetic karma, can be extremely helpful.

Sometimes clearing these things with a Soul Star Reading are what clients came for, in the first place!

Now you are clearer about your intention, or at least the reasons for it, let's dig into the Akashic Records in some more depth.

### **NOW YOU KNOW YOUR REASONS, INTENTION OR CALLING...**

#### **What *are* the Akashic Records, anyway?**

Hopefully by now you are getting a sense of how helpful it can be to learn how to understand and even read *your* Akashic Records, and how important clear intentions can be for doing work like this.

Accessing your Akashic Records is like accessing a library of information that is magnetized to your unique Soul patterns and Soul trajectory through many lives.

When you look up several different things on the internet without an ad blocker, you find these things appearing as ads on your social media or when you search the internet again. These ads are 'stuck' to your online identity because you searched for them, and they 'noticed' you.

So, what you pull up from the Records is magnetized in a similar way – but what gets 'stuck' to you is based on what your Soul has chosen to learn, clear and reflect this time around through life experience.

The Records help to magnetize energy that is a match for your present life situations, much like a reflective mirror, so setting the clearest intention possible for accessing your Records will get you the clearest and most useful reflective response.

The Akashic Records have been described as many different things: -

- **past lives that are stored in the Ether** (energy field surrounding us), or sky, as an influential 'fifth element', often recalled by children when they are young, aged 8 or less.
- **Past life memories** that we can connect to via our Soul or Higher Self during an intuitive reading.
- **Our Soul Purpose.**
- Electromagnetic emotional energy stored in our Aura. Energy that is activated when we encounter similar life experiences through karma, **or Akashic memories through the lens of Life Lessons.**
- Pictures we can see activated by blood flow through organs and stimulus from our Higher Self, sometimes even transferred from other people's organ transplants.
- Energy stored in houses and locations (**the Akashic Records of a house** can be read under certain circumstances).
- **Multi-dimensional mediumship through your own Past Lives and previous relationships** (e.g. being able to read past lives and connections to current and past life partners, rather than mediumship. (Mediumship is defined as reading the energy of a Loved One who has passed away in your present life).
- **Attuning to future potentials** – also known as reading the future, but don't be misled by this term, it has been known!\*
- A method to help us begin **Connecting to Spirit Guides.**

**Note\*:** We can certainly look into future *potentials* within the Akashic Records. The Records themselves are only stored or *recorded* up until the present moment. Future potentials must be upheld by your actions, behaviors, decisions and choices in order to manifest them.

## THE AKASHIC RECORDS *ARE* ALL THOSE THINGS I LISTED PREVIOUSLY

People can experience *resonance with their past lives* through the Akashic Records, often through noticing and working on clearing repeating patterns in present life.

*Past life memories can feel extremely emotional and resonant* and can sometimes help to give us a new perspective on the lives we are living now.

*Our Soul Purpose is stored within our Divine Soul Blueprint* and can be interpreted.

*The Soul does carry forward life themes or life lessons which we live out in real time*, they can be intuited and measured for completeness in your Records.

*Ancient spiritual texts talk of pictures which we read from our blood* – think of this as our DNA lighting up our blood and bodily systems with memories from other lives. Some people can actively recall memories like this either innately or with training.

I've attended a medical talk at a Wichita hospital (Wesley) where doctors discussed patients having memories 'not their own' after organ transplants, especially heart or kidney transplants – and they were asking one of my teachers, an acupuncturist, why this was happening!

(Someone like the His Holiness the Dalai Lama can do this consciously, with much practice and training – and it's how the next Dalai Lama is chosen, through a child being able to activate past life memories of previous Dalai Lamas).

All houses (and locations) have an Akashic Record, you can think of this form of the Akashic Records as a memory field that can be tapped into. If someone owns or rents a property and gives a reader permission, a property can be read.

*When people are having relationship difficulties, they often wonder if the issues relate to past lives.* With focused questions, relatable reflections can be found in the field of energy to help deepen understanding within a relationship. **Present life relationships dynamics can be read through Human Design**, which is a whole other kettle of fish, but also very helpful and interesting, since it helps to explain human alchemy and chemistry in energetic terms.

We can create a new relationship with our future goal-setting intentions through the Akashic Records. People tend to get very excited about this, since it is exciting when 'future predictions' come true.

Sometimes the possibilities are very clear, and only one step forward is available in someone's future, so it's easy to 'predict'. At other times though, the future can seem less clear.

*This is because some outcomes need a lot of focus and intention to manifest fully.* Perhaps we need to change our behavior, drop something out of our life, or change our lifestyle to manifest a change, and that can be hard to do.

So 'predictions' can be made and resonated with because we were already thinking about them, but we might need to shift our vibration in some way to meet that goal *and* uplevel our efforts to make it happen. An Akashic teacher of mine describes the future as "a vibrational state we intend".

This is much more empowering (and much less karmic) than having your fortune told, or acting on what other people are telling you to do. Although, of course, having your fortune told and getting excited about it is a lot easier, as is doing what others say is best for you! My mum and dad always used to say at the end of a movie as the hero and heroine rode off into the sunset - "*And then the real work begins*". And, of course, they were right.

There is nothing wrong with excitement and following your bliss as Joseph Campbell would say - but running off to Costa Rica because your guides 'told' you to start a healing center may fizzle out if you don't have the funds or haven't put the work in to create a network of clients to market your healing center towards.

Yes, you can engage with your future potential and possibilities through the Akashic Records - but be aware that you might need to make shifts and changes to bring your desired plans and intentions to full fruition.

As Abraham Lincoln was quoted as saying: -

*"The best way to predict the future is to create it."*

## CONSIDER A MEDITATION PRACTICE OF SOME KIND

So, you have spent some time clarifying your intention for working in the Akashic Records, using the exercise on page 5, or in some other way.

Perhaps you want to connect with the Akashic Records to identify why you are having energetic experiences, like I did.

Or maybe you want to clear some blocks or repeating patterns in your life that are really bothering you, preventing your growth or personal development in some way...or something else that may or may not be mentioned in the table on page 2.

As with any spiritual or energetic practice, I would strongly recommend that you begin some kind of meditation or contemplative practice if you haven't already done so to support your Akashic work.

Meditating, even for a couple of minutes per day, is so good for our all-round health. I like to compare meditation practice to teeth-brushing. Most of us prefer not to skip brushing our teeth, because it makes our mouths feel nice, *and* it means we have more of a chance of having a good result at the dentist when we go.

Think of meditation practice as an energy brushing or cleaning of your field. It doesn't need to take long. The first consistent meditation practice I undertook was for 2 minutes per day, 3 times per day and I could even do it in public, if I needed.

### **It was something called Autogenics, which I still practice occasionally.**

I was in a high-stress job, with a big mortgage, and doing lots of traveling, and that life situation was taking it out of me.

Autogenics helped me to balance my nervous system and manage my workload. So, you see, meditation doesn't have to be done for hours, and you don't have to sit like a pretzel to do it, and there are lots of different options for practice.

Taking up a practice of regular meditation will help to clear your mind, body and spirit and you'll get more out of your Akashic work, too.

**WHAT TO EXPECT WHEN YOU BEGIN WORKING WITH YOUR AKASHIC RECORDS**

People do tend to put a LOT of expectations into spiritual work, and often on spiritual practitioners!

I remember my first Akashic teacher recalling that when she began to work with the Akashic Records, she thought everything would just become great, and she could sit and happily drink tea!

The Akashic Records are a system of energy that can be read (interpreted, and that information reflected back to you by a reader), and you are a Soul that has chosen to incarnate into form *through* this Akashic system. That's it at the simplest level. So, your Akashic Records are YOU – warts and all.

Here are some things you may possibly experience as you have readings or learn to read your Records and apply what you are learning to your life - and some things that you are less likely to experience.

<b>What you will most likely experience</b>	<b>What you are less likely to experience</b>
A deeper understanding of yourself and the nature of your energy, or Aura.	An immediate ability to see colors or 'read' auras. It takes practice and may not be one of your innate gifts.
A greater awareness of synchronicities (simultaneous event awareness).	An immediate ability to read, predict or foresee the future.
A gentle expansion of your intuitive awareness, which involves the clearing and rebalancing of all Chakras over time.	A massive third-eye opening where you can 'see all'. I have met people this has happened to, and it takes 6 months to a year to begin recovery.
A deeper and more meaningful dream life, more lucid dreams.	A sudden ability to astral travel and move through multiple dimensions.
Growing Spirit Guide connections over time, and with practice.	Suddenly, all your Guides appear and do a song and dance for you.
A shift in self-perception around your innate gifts, talents and abilities that helps you to shift and grow.	An ability to do everything and change everything that you are ready to let go of all at once (impractical and tiring).

## YES YOU CAN LEARN TO READ YOUR OWN AKASHIC RECORDS

Since you are a Soul, and you are currently incarnated, you have your own Akashic Records, and you are perfectly entitled to read them for yourself.

Long gone are the days when only priests, rulers and politicians were entitled to their own personal 'seers'.

We are in the Aquarian Age, the Akashic Age, and people are beginning to learn to express their own authority in all things, even spiritual practice.

There are plenty of books about the Akashic Records, and courses too. **[I offer a 3-part personal coaching class to help you learn to access your own Akashic Records.](#)**

Within your Records, you can ask questions, meditate, and even create (writing, drawing, painting, coming up with ideas...).

Or you can work with your Aura or Personal Energy for energy clearing and personal development purposes.

There are lots of books out there on Akashic Records, too.

My personal recommendations are: -

1. Set an intention.
2. Begin a simple meditation practice that you like.
3. **[Keep a straightforward spiritual journal for reflection.](#)**
4. Pick a book to start with (if you like to read).
5. **[Have a Soul Star Reading!](#)**
6. Take a class if you feel ready.

I hope you've enjoyed this short journey into the benefits of working with your Akashic Records, and that you understand a little more about my approach.

On the last page, you'll see some recommended readings for those just starting out, or digging deeper on the spiritual journey, and a link to all my free Akashic Resources on my site.

**BEGIN HERE IF YOU WANT A READING, PLUS MORE RESOURCES**

How to get started with readings, and a list of free Akashic Records resources.

Resource	Contents
<a href="#"><u>Soul Star Reading Page</u></a>	My most popular reading and how it can help you begin to connect with your Akashic Records through your unique Divine Soul Blueprint.
<a href="#"><u>Life Situation Reading (Level II Soul Star)</u></a>	If you really resonate with the Soul Star Reading and want to go deeper into more karmic clearing, then this is for you. Cords, hooks, implants and more to be cleared.
<a href="#"><u>All Articles to date about the Akashic Records and Past Lives</u></a>	Lots of free resources here, blogs, podcasts, videos (nearly 60 articles).
<a href="#"><u>Relationships and the Akashic Records</u></a>	Look into an existing relationship or one that has ended recently through the perspective of past lives, to understand present life dynamics more deeply.
<a href="#"><u>Soul Purpose Reading</u></a>	A deeper dive into Soul Purpose through your Primary Life Lesson, your Soul's specialization and your connection with your Higher Self.
<a href="#"><u>Spirit Guide Reading</u></a>	If you are new to Spirit Guide connection, then this will get you started. Already having some Guide experiences? This will help you get some validation.