



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.

The Akashic Records are often described as a library of the soul, yet they are more than a storehouse of memories.

They are a living field of consciousness, woven with intention. Before you begin working with them, the most important step is to clarify *why* you want to connect. Your intention will shape your experience.

WHY INTENTION MATTERS

When I first stumbled onto this path, I wasn't seeking to become a professional reader. I simply wanted to understand why unusual, and sometimes unsettling, experiences kept happening to me:

- *Knowing what someone was about to say* before they spoke.
- *Picking up historical details* from places I had never studied.
- *Receiving information from guides and spirits* without asking.
- Encountering *unexplained spiritual phenomena*.

At times, these experiences were confusing—even frightening.

My question wasn't *how can I read for others?* or *how can I heal?*—it was simply: *Why is this happening to me?*

The Akashic Records provided answers I didn't expect. They showed me that my intuition was expanding, not as a goal I consciously set, but as a natural side-effect of connecting more deeply with my Higher Self.

The same can happen for you. Working with your Records often strengthens intuition, opens new perspectives, and deepens compassion. But it all begins with clarifying your intention.

REFLECTION: YOUR "WHY"

Take a moment to consider why you want to explore your Akashic Records.

People come with many different intentions, such as:

- Soul growth or spiritual development
- Strengthening intuition
- Connecting with guides
- Understanding dreams or past lives
- Healing loss, loneliness, or disconnection
- Navigating career, relationships, or abundance
- Exploring synchronicities or psychic gifts

Whatever your reason, there is no right or wrong.

Even if your motivation feels fear-based ("I don't feel safe" or "I want more control"), naming it honestly is powerful. Awareness itself begins to clear the path.

FROM PISCAN AGE TO AQUARIAN AGE

Much of our conditioning comes from the Piscean Age—a time marked by hierarchy, control, and fitting into societal structures.

We are now entering the Aquarian Age, which emphasizes connection, authenticity, and heart-centered awareness.

The Akashic Records are uniquely aligned with this shift. They help us move beyond fear-based motives and into intentions rooted in compassion and clarity.

EXERCISE: REFRAMING INTENTION

Try this simple exercise:

1. Write down your current reason for wanting to connect with the Akashic Records.
2. List any fear-based motivations that arise—scarcity, self-doubt, pressure to “fix” yourself.
3. Reframe your intention into one rooted in self-love and curiosity. For example:
 - Fear-based: *“I want to control these weird experiences.”*
 - Reframed: *“I want to understand these experiences with compassion and clarity.”*

By reframing, you open space for a gentler and more aligned connection with your Records.

WHAT ARE THE AKASHIC RECORDS?

The Records can be described in many ways:

- A field of information reflecting your soul's journey across lifetimes.
- Past-life memories accessible through your Higher Self.
- A mirror of your soul's purpose and blueprint.
- Emotional imprints stored in your aura.
- The memory of places, houses, and relationships.
- A field of potentials—possible futures shaped by your choices.

Think of them as a vibrational archive, magnetized to your soul's unique trajectory.

Like internet search results, what you “pull up” is linked to your focus and intent. The clearer your intention, the clearer the reflection you'll receive.

WORKING WITH FUTURE POTENTIALS

It's possible to sense future timelines in the Records, but it's important to remember: the Records only hold information up to the present moment.

What we perceive as “the future” is a field of potentials, not certainties. Manifestation depends on your actions, choices, and willingness to shift.

In this sense, **the Records don't predict your fate**—they illuminate the vibrational states you are moving toward.

What they can be most helpful with is *context*. Why you are where you are now, and what is holding you back, karmically speaking.

WHAT TO EXPECT

When you begin working with your Records, here's what is likely—and unlikely:

Most likely to experience:

- Deeper self-understanding.
- Heightened awareness of synchronicity.
- Gradual expansion of intuition.
- Richer, more meaningful dream life.
- Growing comfort in your own spiritual gifts.

Less likely to experience:

- Instant psychic powers.
- A sudden ability to see all past lives at once.
- Overwhelming visions or uncontrollable downloads.

The Records reveal themselves progressively, at the pace your soul is ready for.

This pace is managed by your *Higher Self*.

You can think of your Higher Self as a kind of energy management tool between your Soul and your body.

According to the Soul Vibration rate in your cells, your Higher Self can download appropriate information. We can work on expanding our Soul Vibration rate over time, through intention.

SUPPORTING PRACTICES

To support your work in the Records, I recommend adopting a simple meditation or contemplative practice.

Even a few minutes a day can stabilize your energy and help you receive more clearly.

Think of your daily meditative practice as brushing your energetic teeth, it keeps your field clean and responsive.

LEARNING TO READ YOUR OWN RECORDS

You can absolutely learn to read your own Akashic Records. This is no longer the exclusive domain of priests or rulers.

In the Aquarian Age, spiritual authority belongs to each of us.

Here's a suggested starting path:

1. Set a clear intention.
2. Begin a meditation or grounding practice.
3. Keep a journal of your reflections and experiences.
4. Explore introductory books or classes.
5. Consider a [Soul Star Reading](#) for deeper clarity and clearing.

I call the Soul Star Reading 'the mother lode'.

It gives you an immersive experience of your Akashic Records, as well as a deeper understanding of your divinity, through your Divine Soul Blueprint.

CLOSING INVITATION

Working with the Akashic Records is not about escaping life, it's about engaging with it more fully and discovering who you truly are.

The Akashic Records help you understand repeating patterns, release karmic knots, and remember who you are beyond fear and conditioning.

I hope this guide has given you a glimpse of what is possible.

On the last page, you'll find resources and next steps on the journey.

May your journey into the Records be filled with clarity, compassion, and a deepening connection to your Higher Self.

Remember:

Your Records are not outside of you.

They are the living memory of your soul.

By entering them with openness and intention,

You open the doorway to yourself.

Lots of light

Sarah

MORE ABOUT READINGS

How to get started.

Resource	Contents
<u>Soul Star Reading Page</u>	My most popular reading, connect with your Akashic Records through your unique Divine Soul Blueprint.
<u>Life Situation Reading (Level II Soul Star)</u>	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.
<u>Start Here Page</u>	Begin here to discover how the different Readings complement one another.
<u>Relationships and the Akashic Records</u>	Look into an existing relationship or one that has ended recently. Through the perspective of past lives and Life Lessons, understand present life dynamics more deeply.
<u>Soul Purpose Reading</u>	A deeper dive into Soul Purpose through your Primary Life Lesson, your Soul's specialization and your connection with your Higher Self.
<u>Spirit Guide Reading</u>	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 and go deeper.