

# 5 ways to get the most out of your reading with Sarah at Mom On A Spiritual Journey

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## Your Reading is all about your Personal Energy Field



After over 18 years of work and study Sarah has created a method that...

- **Connects you** with your Personal Energy Field
- **Opens you to new potentials** and possibilities for wellness
- **Increases intuitive capacity** and strengthens your connection to your Inner Wisdom
- **Helps you to understand** your Soul Purpose and Spiritual Journey
- **Enables you to learn** how to manage and balance your Personal Energy
- **Is great fun**, rewarding and fascinating to work with! :-)

### Having An Akashic Records Reading with Sarah?

'Akashic' or 'Akasha' means aether, or 'that which penetrates all there is'. An Akashic Records reading differs quite a bit from an intuitive or psychic reading because the energy is different.

Edgar Cayce is one example of a very famous Akashic Records reader in the USA. He would put himself in a light trance and read people's records to help them with their health. Many doctors still use his recommended treatments today.

**When you have an Akashic Records Reading, we are working with all of the energy contained in your Personal Energy Field...**

*Your soul, your emotions, your mind, your intuition, your connection to Gaia, your energy systems, your body's health, your relationships, your past lives. The light of the Akash can shine on all these aspects of YOU. It would be way too much to deal with at one time from our human perspective! How do we process all of that information and make sense of it?*

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## This is where your Akashic Guides come in

Your Akashic Guides are a *different* set of guides to your Spirit Guides.

Sarah helps you to connect with your Akashic Guides who decide what information is appropriate for you to receive at this moment in time. Sarah's job is to sense, feel, hear and see (clairvoyantly and with clairaudience) what your Guides want to have communicated to you.

Think of your Akashic Guides as your Personal Energy internet servers. They are not people or Ascended Masters with personalities, more like an expression of energy.

Now we've got some explanations out of the way, here are your 5 ways to get the most out of your reading. In my opinion, this can apply to any type of reading.

## 5 Ways to get the Most out of your Akashic Records Reading

### 1. Formulate some questions before coming on the call.

*"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.

#### 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?"**

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### 2. Meditate or focus on an intention before a reading.

If you do meditate, then spend some time in meditation and center yourself before coming on the call.

An intention can be helpful, since it's sets an energetic frequency when connecting with your Akashic Records. An example of a useful intention is 'to gain clarity'.

### 3. Get a good night's sleep and avoid alcohol.

Alcohol can make the edges of your energy field floppy and can sometimes reduce the effectiveness of a reading.

### 4. Connect with whatever higher power works for you and ask for the most appropriate messages to come through.

We may have preconceived ideas about what we think we ought to be getting from a reading. Being as open as possible is useful, you never know what you might learn on the journey.

### 5. Be prepared to be open to anything during the reading, from having your buttons pressed to being asked to do something really weird!

We might need to move energy, go back to Past Lives, delve into something niggly in this life. Quite often during Sarah's readings, you will be given a to-do list. Attempt at least one thing on the list before your next reading, you can then message Sarah and let her know how it went for you.

I hope this helps, and I look forward to connecting with you soon and helping you to start your work.

*To have a reading with Sarah, you must be over 18 years of age.*

[Use this link to connect to send me a message or book a reading>>](#)