

AKASHIC RECORDS READING GUIDELINES

Thank you for your interest in Akashic Records consultation.

Explanation of the Akashic Records

The Akashic Records are the individual records of a soul from the time it leaves the Source Father/Mother's house until it returns.

At the time we make the decision to experience life as an independent entity, there is a field of energy created to record every thought, word, emotion and action generated by that experience. That field of energy is the Akashic Records.

Akashic, because it is composed of Akasha (the energetic substance from which all life is formed), and Records, because its objective is to record all life experience.

By opening the Akashic Records with a sacred prayer, we align ourselves to the vibration of the one receiving the reading (either ourselves or another). The prayer works with energetic vibration to "key in" to the specific name of the life-form, and carries with it the Source's protection through Masters, teachers, and Loved Ones.

The information in the Akashic Records helps us bring our past and future present in our now. By accessing the Akashic Records, we can identify and release anything that we have created that has become a block to our present realization of our oneness with the Source.

We can look at why we have addictive patterns, why we choose the relationships we do, why we have created our habitual responses, and how to create action in our lives instead of re-action.

The healing energy of the Akashic Records allows us the freedom to choose grace in all things and thereby overriding any illusion we have created that causes us to believe we are separate from God/Spirit/Source.

It is one of the most powerful tools available on the planet today to help us remember our oneness with God/Spirit/Source.

Guidelines for a reading with me

In preparation for a consultation please follow the following guidelines:

- ✿ Make a list of 6-8 concise questions concerning the areas of your life that you are interested in receiving information about. You don't want to waste your time during the session to think about your questions. Examples of questions are listed below. Please develop your own list so the consultation will best serve you. Feel free to ask other questions and give feedback about the information you receive during the session.
- ✿ Do not use any recreational drugs or alcohol 24 hours prior to the consultation. Prescription drugs are acceptable.
- ✿ Allow at least 1 hour for your consultation. This is a Sacred time and you want to give ample space.
- ✿ It is best to allow yourself some quiet time after the session to reflect and process the information.
- ✿ Drink plenty of water afterwards.
- ✿ You can record your session with your own phone, or I can record for you for an online session.
- ✿ I have a 'No Show Policy'. You must cancel or reschedule 24 hours in advance or pay 50% of the fee.

Complete and sign the Consultation Consent form. Please return it to me before the consultation. It is a Word document so it's easy to complete and return.

After confirming your appointment with me, your payment can be made with a credit card, cash at the CrystalBall Bookstore or you can pay with Pay Pal. Please use my email alexandraca@hotmail.fr for your Pay Pal payment.

Thank you for adhering to these guidelines. I look forward to our sacred time together.

Sincerely

Some suggestions for your questions:

- ✿ What is my greatest challenge/fear at this time? What is at the root of it? What are my resources to resolve it? What lesson am I to learn from this?
- ✿ What talents did I incarnate with that I need to use now to further my growth?
- ✿ What resource(s) can I utilize to assist me with parenting? In my marriage? Etc.
- ✿ What messages do my spiritual assistants (angels, guides? Masters, etc.) want me to know at this time related to....?
- ✿ What is my purpose in this life?
- ✿ What is the biggest self-sabotage pattern in my life?
- ✿ What aspects of my genealogy are slowing me down with.....? How can I clear it?
- ✿ What is my purpose in this life?
- ✿ What is my biggest fear which prevents me of being fully accomplished? Where does it come from? How can I clear it?
- ✿ How can I transition to a career that fulfills me?
- ✿ How can I improve my relationship with...?

Some suggestions for past lives readings:

Personal Identity and Life Purpose

- ✿ What was my primary purpose or role in a significant past life linked to...?
- ✿ How does my past life influence my current personality or habits in.....?

Relationships

- ✿ Have I shared past lives with (name) in my current life? If so, who and what was our connection?
- ✿ Why do I feel a strong connection or aversion to a specific person in my life (name or relationship)?
- ✿ Is there karmic energy I need to resolve with (name or relationship) from my past lives?

Talents, Fears, and Habits

- ✿ Why do I have an unexplained fear or phobia for.....? Could it relate to a past life?
- ✿ Are my talents or skills in this life with.....are connected to things I've learned before?
- ✿ What explains my intense attraction to a specific culture, time period, or activity (name it)?

Spiritual Growth and Karma

- ✿ What karmic lessons am I working through in this life?
- ✿ Are there unresolved issues from my past life affecting me now with....?

Mysteries and Curiosities

- ✿ Why do I feel a strong connection to a specific place or historical period
- ✿ Why am I drawn to a particular type of work, art, or spiritual practice?

Thank you for your decision to heal. Thanks to you, your life will improve, so will the life of your loved ones, so will ours.

