

# A Quick Guide to the Akashic Records

## What are the Akashic Records?

*Akasha* is a Sanskrit word for ether, essence, the primary substance of all things.

The *Akashic Records* are the vibrational or energetic catalog of every soul's past, present, and potential futures.

The Akashic Records are described in many spiritual traditions. For example, in the Hebrew Bible:

*You had scrutinized my every action, all were recorded in your book, my days listed and determined, even before the first of them occurred.*

Psalm 139:16

and in the Christian New Testament:

And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works.

Revelation 20:12

## How are the Akashic Records helpful for spiritual growth and healing?

Wisdom from the Akashic Records can help us understand patterns of life-limiting behavior, unhealthy relationships, chronic pain/illness, and other forms of suffering that affect our peace of mind and well-being in this lifetime. The Records can also provide insights about the future, which depends on choices we make.

It would be too overwhelming to access all of our Records at once, so we only receive information that will best serve us at the time of our request.

## Can anyone access my Akashic Records?

All ethically based shamanic work with your spirit, including access to your Akashic Records, requires your explicit permission. I use the vibration of your current legal name to gain access to your Records. Spirit entities that protect your Records reveal only what is helpful at that time, and I do not have access to any other Akashic information during that session.



## **What's the best way to frame a question for the Akashic Records?**

The most common question I ask on behalf of clients is *What would be most helpful for [your name] to know at this time?*

If you have specific concerns or curiosities, it's best to ask questions that begin with *How*, *Why* or *What*. Spirit often provides answers through dreamlike experiences, images, and symbolism, which can make *Yes/No* responses challenging to determine. Questions that begin with *When* are also challenging because the spirit world isn't bound by linear time like we experience on Earth.

Examples of helpful questions:

What would it look like if I ...?

How can I have a better relationship with ...?

Why do I struggle with ...?

## **What happens when Kelly accesses the Akashic Records?**

I access the Akashic Records through a shamanic journey. Journeys are trancelike states in which my spirit travels to the alternate reality of the spirit world. I may travel directly to the Hall of Records (as I call it), or I may be led to the Akashic Records during a shamanic journey in which I seek healing and guidance for myself or another person.

People experience the spirit realm in many ways. My experience of the Akashic Records may be quite different than what another person reports. When I visit the Akashic Records, I arrive at the end of a long hallway in a large gray stone building. A short faceless hooded entity silently leads me to a small windowless room with stone walls and a dirt floor. Some of my spirit helpers will be waiting for me at one end of the room, illuminated by a candle on a small table. After my guides and I align our energies, I approach the dark side of the room. From the darkness, tall thin hooded faceless entities appear. The number varies, but usually 3 to 7 entities form a line in front of me. They remain silent.

After I ask a question on your behalf, one of these entities will step forward and wipe clean part of the dirt floor, offer a large brass basin of with clear water, show me a large book opened to blank pages, or create some other type of portal to another time. I (or we, if your spirit joins me) enter this portal to receive the

answer to the question, most often by observing a scene from a past life. When the answer has been conveyed, I/we return to the room and leave the Hall of Records.

### **What are the spirit entities that appear in the Hall of Records?**

I learned about the Akashic Records through Linda Howe's book.<sup>1</sup> She describes four types of spirit entities we might encounter when accessing the Records. I trust the in-depth work Linda did to provide this information, and my experiences align with her descriptions:

*Lords of the Records* provide universal oversight and protect the Records. They determine who accesses the Records and what information is shared and withheld. They have never existed in human form, and they do not reveal themselves to us when we visit the Records.

*Masters of the Records* help individual souls grow and develop over time. Masters call on *Teachers* and *Loved Ones* to help our souls with particular questions or life lessons. Masters have also never existed in human form.

*Teachers* are with our souls for a specific lesson, which may take us more than one lifetime to complete. They may have been human at one time. They remain anonymous, so we don't become dependent on them.

*Loved Ones* are the spirits of deceased humans who are now committed to our soul's growth. We may have known them, or they may be other spirits interested in our progress. Loved Ones also typically remain anonymous, unless there is good reason to reveal themselves to us.

You may want to explore Linda Howe's book or other resources on the topic.

With you in Spirit,  
Kelly

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<sup>1</sup> Howe, L. (2010). *How to read the Akashic Records: Accessing the archive the soul and its journey*. Sounds True.

