

## **Akashic Records or Book of Life (aka)**

The Akashic Records or "The Book of Life" can be equated to the universe's super computer system. It is this system that acts as the storehouse of all information for every individual. The Akashic Records contain every deed, word, feeling, thought, and intent that has ever occurred at any time in the history. Much more than a memory storehouse, however, these Akashic Records are interactive in that they have a tremendous influence upon our everyday lives, our relationships, our feelings and belief systems, and the potential realities we draw toward us.

The Akashic Records contain the entire history of every soul. They mold and shape levels of human consciousness. They are a portion of Divine Mind. They are the unbiased judge and jury that attempt to guide, educate, and transform every individual to become the very best that she or he can be. They embody an ever-changing array of possible futures that are called potential as we interact and learn from the data that has already been accumulated.

### **Biblical References: Book of Life**

Information about these Akashic Records can be found in folklore, in myth, and throughout the Old and New Testaments. It is traceable at least as far back as the Semitic peoples and includes the Arabs, the Assyrians, the Phoenicians, the Babylonians, and the Hebrews. Among each of these peoples was the belief that there was in existence some kind of celestial tablets which contained the history of humankind as well as all manner of spiritual information.

The first reference in Scripture to some unearthly volume is found in Exodus 32:32. After the Israelites had committed a most grievous sin by worshiping the golden calf, it was Moses who pleaded on their behalf, even offering to take full responsibility and have his own name stricken "out of thy book which thou hast written" in recompense for their deed. Later, in the Old Testament, we learn that there is nothing about an individual that is not known in this same book. In Psalm 139, David makes reference to the fact God has written down everything about him and all the details of his life – even that which is imperfect and those deeds which have yet to be performed.

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In terms of contemporary insights, perhaps the most extensive source of information regarding the Akashic Records comes from the clairvoyant work of Edgar Cayce (1877-1945), Christian mystic and founder of A.R.E. For forty-three years of his adult life, Edgar Cayce possessed the uncanny ability to lie down on a couch, close his eyes, fold his hands over his stomach, and put himself into some kind of an altered state in which virtually any type of information was available. The accuracy of Cayce's psychic work is evidenced by approximately one dozen biographies and literally hundreds of titles which explore various aspects of his information and the thousands of topics he discussed.

When asked about the source of his information, Cayce replied that there were essentially two. The first was the subconscious mind of the individual for whom he was giving the reading and the second was the Akashic Records.

### **Thoughts of Edgar Cayce**

Most often, when giving a reading which discussed a person's soul history and his or her individual sojourn through space and time, Cayce would begin with a statement such as, "Yes, we have before us the records of the entity now known or called \_\_\_\_\_." In discussing the process for accessing these records, Edgar Cayce described his experience as follows:

I see myself as a tiny dot out of my physical body, which lies inert before me. I find myself oppressed by darkness and there is a feeling of terrific loneliness. Suddenly, I am conscious of a white beam of light. As this tiny dot, I move upward following the light, knowing that I must follow it.

As I move along this path of light I gradually become conscious of various levels upon which there is movement.

Once given the record, Cayce had the ability to select the information which would be most capable of assisting the individual at that time in his or her life. Frequently, a reading might suggest that only a selection of the available material was being provided, but that the individual was being given that which would be "most helpful and hopeful." Additional insights were frequently provided in subsequent readings once an individual had attempted to work with and apply the information which had been given previously.

As a means of perhaps alluding to the fact that the Akashic Records were not simply a transcription of the past but included the present, the future, and certain probabilities as well, in reading 304-5, Cayce began the reading with a curious statement.

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Accessing the Hall (or the Library) of the Akashic Records is not difficult. It is not a privilege allowed only to a handful of people; the Universe doesn't discriminate. And there are many ways to access. Don't get sidetracked to practice astral projection, etc. just because you read someone accessed the Akashic Records by astral projection. That's like believing you must practice skateboarding because you read someone got to the public library by his skateboard. Get the skateboard only when you love skateboarding; in order to access the Akashic Records, choose the approach that feels comfortable and efficient for you.

The motivation is even more critical than the skill. If someone attempts to enter the Hall of the Akashic Records with mere curiosity, not to mention malicious intentions, they are rejected (often by getting confused). The curiosity might sound innocent enough, as in "Let's find out what my boyfriend / girlfriend was like in their past lives ...". Learning who they were / are won't improve your relationship until you understand who you are. We always want to begin with ourselves. The good news is that reading the Akashic Records that are relevant to you is even easier -- you carry a copy of your Records, so to say.

Here is a simple yet effective way to read the Akashic Records. From the book, *Why We Are Born: Remembering Our Purpose through the Akashic Records*,

### **The Infinite Wisdom Within.**

*Psychic reading is nothing more than well-developed intuition. For those who are interested, here is an introduction to reading your own Akashic Records. Please use it to deepen your understanding of yourself.*

*Reading your own Akashic Records doesn't require you to access the Hall of the Akashic Records, where all the Akashic Records are stored. You carry the energetic copy of your own Akashic Records. So, reading your own Akashic Records is not particularly difficult, but still there are some prerequisites. One is the ability to get into a meditative state. While the regular intuition can come in a casual way, reading the Akashic Records takes a little more focus. You need to be able to set aside your current thoughts and be open to whatever information you may find.*

*The other prerequisite is the willingness to reveal and accept whatever is recorded about yourself. You might receive disturbing information, such as the way you died in one of your past lives or some serious problems that bothered you for a long time back then—and how you yourself contributed to the problem. If, in your daily life, you tend to avoid problems or neglect challenges, how can you face such information when you read your Akashic Records?*

*Although it is not a prerequisite, compassionate understanding of humanity and its history is also helpful to make the reading meaningful. For example, let's say you find you were a slave driver in your past life. If you think this is*

*horrible and close your heart, the reading ends there. Being a slave driver, however, doesn't automatically mean you were a mean and cruel person. Maybe you tried to treat them as kindly and fairly as possible, but because you were only the middle management and not the owner, there wasn't much you could do. And perhaps this dilemma is the reason why you feel hesitant to accept the promotion to management position now—you are afraid of getting into the same kind of dilemma. A reading can only be as deep as your understanding of life.*

*To start the reading session of your Akashic Records, you might want to have a certain ritual. Doing some preparatory meditation is a good idea. Voicing your intention is also a good practice. Say something like, "Let the energy of Love, Light, and Truth prevail on Earth. My spirit guides, please help me open my Akashic Records so that I may have the wisdom to live this life with more awareness and courage." The "Love, Light, and Truth" part is essential. You are making it clear that you are doing this reading with love, not judgments; with light (spiritual awareness), not confusion; and for truth, rather than hiding in untruth or ignorance. In other words, you are saying that you are open to the truth, whatever it may be, and you are willing to receive it with love and light.*

*I do not recommend reading the Akashic Records with sheer curiosity because it won't be very productive. If you just ask, "What was I doing in my past life?" you could receive information regarding any of your many past lives, regardless of how influential that lifetime may be to your present life. The answer would probably be uninteresting and vague. Like any intuitive inquiries, the inquiry for the Akashic Records needs to be clear and direct. So please read the Akashic Records for problem solving. For example, you might want to ask something like, "This (brief description of your issue) is what I've been working on, and I feel there is something more than I know in my present life. If this is true, please provide the information of when and how this problem originated."*

*Just like any intuitive messages, the way you receive the information depends on which of your clairs is most developed.*

*You might see a picture or video clip in your energetic eye. You might hear music that symbolizes something. You might feel it, smell it, or taste it. You*

*might just know. Or perhaps it will be the combination of a few of these. Receive the information, ask some additional clarifying questions if you need to, and then close the session with gratitude. You receive just as much information as is helpful for you now.*

*How will you know if you have received accurate information? It will resonate and make sense to you. You might even experience changes.*

*There are, however, special cases when the accurate reading does not resonate at all—in fact, you'd be tempted to deny the reading by all means. It's when the reading reveals the most uncomfortable truth about yourself. If this happens, it's a good idea not to go back to denial. Getting this uncomfortable reading can be the start of changing your life—if you so choose.*

*A few additional cautions: Especially in the beginning, keep your reading session brief. The Akashic Records contain an astronomical amount of information, so it's critical to keep your focus. Otherwise, you could get overwhelmed by the various pieces of information. This can result in inaccuracy in reading, and further, your brain can get overloaded. Do not get carried away with curiosity.*

*The Akashic Records are our resource throughout the history of this universe. Please treat this energetic record with respect.*