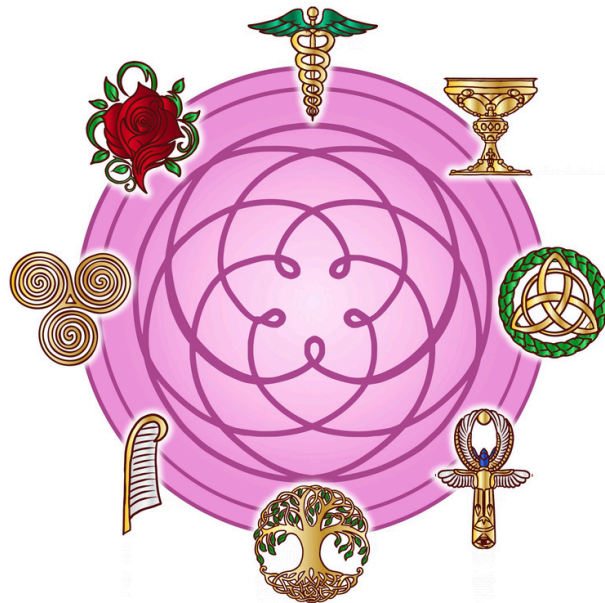


# *The Seeker's Portal:*

## *111 Sacred Questions for Your Akashic Records*



*TeresaSophiaRose.com*

## *The Seeker's Portal: 111 Sacred Questions for Your Akashic Records*

Formulating the right inquiry is the key to unlocking the profound wisdom of the Akashic Records. In the Records, questions that begin with "What," "Why," or "How" yield the deepest streams of insight, while simple "Yes" or "No" questions can limit the expansive guidance available to you.

Use this curated collection of 111 questions to bring clarity, healing, and divine alignment to your life.

### *Soul Purpose, Mission & Destiny*

- ☐ What is my soul's primary mission or theme in this current lifetime?
- ☐ What unique spiritual gifts or talents did my soul bring into this incarnation?
- ☐ How can I better align my daily life with my highest soul purpose?
- ☐ What am I meant to learn from my current career or professional path?
- ☐ What hidden potential am I refusing to see or step into right now?
- ☐ Why did my soul choose my specific birth date, location, or family lineage?
- ☐ How can I tap into the ancient wisdom my soul accumulated in previous lives?
- ☐ What does true success look like from the perspective of my Higher Self?
- ☐ What steps can I take today to step into my spiritual power?
- ☐ How can I use my natural creativity to serve the collective consciousness?
- ☐ What energy or archetype am I embodying most powerfully right now?
- ☐ What is the next major evolutionary step my soul is ready to take?
- ☐ How can I distinguish between the voice of my ego and the voice of my soul?
- ☐ What legacy is my soul desiring to leave behind in this physical world?

### *Love, Relationships & Soul Contracts*

- ☐ What is the spiritual purpose or contract behind my relationship with [Name]?
- ☐ What karmic cycles or lessons am I actively resolving with [Name]?
- ☐ How can I bring more unconditional love, harmony, and peace into my current relationship?
- ☐ What energetic blocks are preventing me from attracting a deeply aligned partner?
- ☐ Why do I keep repeating the same emotional patterns in my romantic life?
- ☐ How can I gracefully complete or evolve a relationship contract that no longer serves me?
- ☐ What did my soul set out to learn through the experience of heartbreak or loss?
- ☐ How can I establish healthy boundaries while keeping my heart completely open?

- What generational relationship patterns am I here to break for my lineage?
- How can I cultivate a more loving, compassionate, and forgiving relationship with myself?
- Who are the members of my soul family, and how can I recognize them in this life?
- What role do soulmates or twin flames play in my evolutionary blueprint?
- How can I heal the relationship wound between me and my parents or caregivers?
- What do my guides want me to understand about my capacity to love and be loved?



### *Deep Healing, Trauma & Clearing Blocks*

- What is the root spiritual cause of the emotional pain or anxiety I am feeling?
- What unhealed trauma from a past life is currently bleeding into my present reality?
- How can I safely process and release the stagnant emotional energy trapped in my body?
- What hidden secondary benefit am I getting from holding onto this specific pain or grievance?
- What fears am I carrying that do not actually belong to me?
- How can I forgive [Name] and fully reclaim my personal power from that situation?
- What is the spiritual lesson behind the chronic health issue or physical symptom I experience?
- Why do I struggle with feelings of unworthiness, and how can I dissolve them?
- What ancestral or family trauma am I carrying, and how do I clear it?
- How can I rewrite the energetic imprint of a past mistake that causes me guilt?
- What does my inner child urgently need to hear or receive from me today?
- What steps are required to achieve deep, lasting emotional liberation?
- How can I transition from a state of survival into a state of thriving?
- What energy clearing practices are most effective for my unique energetic blueprint?



### *Abundance, Wealth & Manifestation*

- What subconscious beliefs do I hold about money that are blocking my abundance?
- What is my soul's intrinsic relationship with wealth and material prosperity?
- How can I shift from a scarcity mindset into an authentic frequency of overflow?

- ☐ What past-life vows of poverty or self-denial am I still carrying in my records?
- ☐ How can I align my financial goals with my spiritual values?
- ☐ What action step can I take this week to open up new streams of prosperity?
- ☐ Why do I experience anxiety around spending, receiving, or managing money?
- ☐ What is the universe trying to teach me through my current financial challenges?
- ☐ How can I cultivate absolute trust that my material needs will always be met?
- ☐ What does the frequency of true spiritual and material wealth feel like for me?
- ☐ How can I manifest opportunities that bring both deep joy and financial stability?
- ☐ What energetic blocks am I facing regarding receiving support from others?
- ☐ How can I expand my capacity to hold and manage greater levels of success?
- ☐ What is the highest and best use of my material resources at this time?



### *Breaking Habits, Cycles & Overcoming Resistance*

- ☐ What emotional need is my current addiction or self-sabotaging habit trying to fill?
- ☐ Why do I experience intense resistance or procrastination when pursuing my goals?
- ☐ How can I gently dissolve the patterns of people-pleasing or perfectionism in my life?
- ☐ What keeps me trapped in cycles of overthinking, and how do I silence the mental noise?
- ☐ What is the root cause of my fear of change or fear of the unknown?
- ☐ How can I break free from the constant need for external validation?
- ☐ Why do I struggle to stay grounded, and how can I anchor my energy daily?
- ☐ What hidden belief causes me to push away good things when they arrive?
- ☐ How can I replace a toxic habit with a ritual that feeds my soul?
- ☐ What cycle have I finally outgrown that I am still clinging to out of comfort?
- ☐ How can I cultivate radical discipline without being harsh or judgmental with myself?
- ☐ What is the spiritual anatomy of my self-doubt, and how do I overcome it?
- ☐ Why do I fear showing my raw, authentic self to the world?
- ☐ What internal shifts must happen for me to stop playing small?



### *Intuition, Spiritual Growth & Higher Guidance*

- ☐ How can I open my psychic senses and perceive the Records more clearly?
- ☐ What stands between me and a profound connection with my spiritual guides?

- ☐ How can I more easily recognize the signs, synchronicities, and messages sent to me?
- ☐ What spiritual practices or rituals will most effectively accelerate my growth right now?
- ☐ How can I protect and sustain my energy as a highly sensitive or empathic person?
- ☐ What is the true nature of my connection to the Divine/Source?
- ☐ How can I deepen my meditation practice and access altered states of consciousness?
- ☐ What dream symbols or recurring dreams is my soul using to communicate with me?
- ☐ How can I trust my intuition more completely when making pivotal decisions?
- ☐ What dimensional planes or star systems does my soul feel a deep resonance with?
- ☐ How can I clear the energetic static that interferes with my inner knowing?
- ☐ What spiritual books, teachers, or modalities am I ready to study next?
- ☐ How can I live more consciously in the present moment rather than the past or future?
- ☐ What is the message my spiritual support team most urgently wants me to hear today?



### *Navigating Crossroads & Major Life Decisions*

- ☐ I am standing between [Option A] and [Option B]. What does the soul path of each option look like?
- ☐ What are the potential karmic lessons tied to the choices I am currently facing?
- ☐ If I make the decision to move/change careers/end a situation, what energy will I invite in?
- ☐ What am I not seeing regarding the current crossroads I am facing?
- ☐ How can I navigate this period of transition with grace, ease, and absolute trust?
- ☐ What is the highest timeline available to me over the next six months?
- ☐ Why does this decision feel so heavy, and how can I find lightness within it?
- ☐ What part of my identity must I let go of to move forward cleanly?
- ☐ How will my choice affect the people I love and my broader soul contracts?
- ☐ What fears am I projecting onto the future that are clouding my judgment today?
- ☐ How can I gather the courage needed to take a leap of faith?
- ☐ What internal wisdom am I ignoring that could easily resolve this dilemma?
- ☐ What is the ultimate spiritual evolutionary gift of this current period of uncertainty?



## Integration, Closure & Daily Cosmic Reflection

- How can I better integrate the spiritual downloads I receive into my human reality?
- What energy from yesterday am I still carrying that I need to release right now?
- How can I bring a sense of sacred ritual into my mundane, everyday routines?
- What small shift can I make today to experience more joy, playfulness, and peace?
- How can I honor my physical body as the sacred temple of my immortal soul?
- What area of my life requires the most grace and patience from me at this time?
- How can I turn my current challenges into a source of profound spiritual strength?
- What does my soul need to feel completely safe, nurtured, and grounded today?
- How can I live a life that is an authentic reflection of my deepest truth?
- What blessing am I currently overlooking in my physical experience?

### How to Use This Guide

*When preparing for a reading—whether with a guide or on your own—choose one to three questions that resonate most deeply with your current energetic state. Light a candle, quiet your mind, open the gateway, and allow the infinite wisdom of your soul's blueprint to flow to you without judgment.*

**IF YOU HAVE ANY QUESTIONS BEFORE YOU BOOK AN AKASHIC SESSION, PLEASE DO HESITATE TO ASK, I AM HONORED TO BE YOUR GUIDE AND HELP YOU THROUGH THE PROCESS, BEFORE, DURING & AFTER SESSIONS.**

