

Thank you for making an appointment to have an Akashic Record consultation. I look forward to working with you in this very sacred way. In preparation for your consultation, please read the following guidelines:

- **Please ensure you have read and signed the [consultation consent form](#).**
- Make a list of concise questions concerning the areas of your life you are interested in receiving information about. Sample questions are provided below as well as in the additional attached file.
- You may choose to record the information for review later. If so, please tell me when we get on the call, and I can do this for you. Also, be prepared with a pen and paper as it might be helpful for you to take notes.
- Please refrain from ingesting alcohol/other substances ~12 hours prior to the consultation. These substances lower the body's vibration making it more difficult to access deep information in the Akashic Records. Any necessary meditation is acceptable.
- It is best to allow yourself some quiet time after the session to reflect and process the information.
- Drink plenty of water afterwards.

Thank you in advance for adhering to these guidelines. I look forward to connecting with you!

Kimberly Bingham
Akashic Consultant

SAMPLE QUESTIONS

It is very helpful to think of a few questions to ask about the same issue. We will access different parts of the Records by asking different questions on the same subject. The more questions you ask about an issue or subject, the fuller and deeper answers you receive.

1. What would be helpful for me to know about this (be specific) challenge or fear at this time? What is at the root of this issue?
2. Is this person in my life from my soul family? Or do I have a soul contract with them, and what is it about? Is this contract complete or is there something for me to do or learn? Do we have past lives together and is there anything that can be cleared?
3. What can I know to assist me with: parenting? In my marriage? With my job? Are there karmic issues connected to that issue that I can heal and this point in time?
4. What do I need to know about this issue (be specific) to move forward, and how do I bring this issue into resolution, so it does not continue to bother me?
5. What choices did I make in a past-life that I am continuing to make today? And what choices can I make that are more appropriate for me now?

See additional download for more sample questions arranged by topic.