

Sample Questions for Akashic Records Session

Personal/Spiritual Growth:

- What are my current hidden blocks? How can I let go of these blocks?
- Do I have hidden expectations/beliefs of myself or others that no longer benefit me?
- What is my soul's purpose regarding (insert repeating pattern)?
- What do I need to release that isn't serving my highest potential?
- Am I holding on to a perspective that no longer serves my highest good?
- How can I move through this current obstacle in my life and create more ease for me?
- What can I do to release this unhealthy pattern of ___ and what is the root cause?
- How can I enforce stronger boundaries with this person in my life? What is the lesson?
- What is my greatest limitation at this moment? How can I overcome it?
- What beliefs/ideas have I internalized from my family/culture that no longer serve me?
- Is there a different question that would be more beneficial for me to ask?

Purpose/Path/Career:

- What would I benefit from knowing at this time?
- What do I need to know about my life's path and purpose?
- Why am I here now? What did I want to learn/experience in this lifetime?
- Why am I not moving forward in my life? What am I not seeing/addressing?
- What is blocking me from being successful?
- How can I better align myself to my dream job/career/soul purpose?
- What are the next steps in my business/career?
- What is limiting me from manifesting greater abundance?
- What is preventing me from reaching my life/business goals?
- Why am I afraid of what will happen if I let go and trust?

Love and Relationships:

- What am I meant to learn from my relationship with ___?
- How can I improve my relationship with my spouse or partner?
- What do I need to know about the relationship I am in that I am not asking?
- How can I open myself up to love? A new potential partner?
- What is blocking me from having the relationship I desire?
- How can I better understand my past relationship patterns?
- How can I let go of relationship patterns that no longer serve me?
- Am I holding onto an expectation of what the

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Physical Health/Wellbeing:

- What is the best way for me to stay centered?
- What is the best thing I can do to take care of myself right now?
- What is blocking me from being able to be healthy and happy?
- How can I feel less anxious?
- What can I do to feel more energized?
- Why do I feel exhausted? Who/what am I giving my energy away to right now?
- What does the optimal career choice look like for me right now?
- Do I have energy blockages that need to be cleared?

Past Lives/Karma/Soul Contracts/Spirit Guides

- In which past life did this specific issue/problem/pattern originate?
- Did I know this person in a past lifetime? What was our connection or relationship?
- Is there past life karma/trauma carried into now that needs to be healed?
- What past life/soul contract is still present in my energy field right now?
- Did I make a past life/soul contract with this person and what was the contract about?
- Did I ever make a past life vow? If so, what kind of vow and why?
- How can I release the vow if it is no longer serving me?
- Are there still blocks in my subconscious from past lives that can be released?
- What talents/gifts have I been developing in my past lives and how can I reclaim them?
- Did I have a past life as a Healer? Mystic? Musician? Artist?
- Who are my spirit guides and/or teachers and what role do they play in my life?
- How can I connect and communicate with my spirit guides?