

AKASHIC RECORDS SPEAK

JANIE MACMILLAN

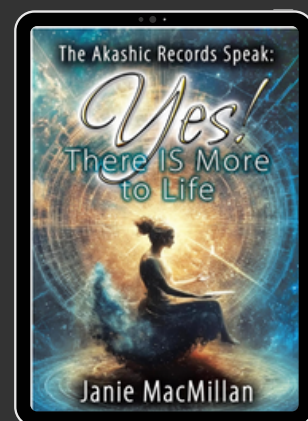
Q: What (or who) are the Akashic Records?

A: Here is the definition or description of the Akashic Records directly from them! This is from my book, *The Akashic Records Speak: Yes! There IS More to Life.*

“We are an infinite energy field where all knowledge exists. Think of us as a limitless cloud of energy particles or matter, lighter than air – graceful, flowing, swirling, fluid – and filled with infinitesimal points of light. Each point of light within our field represents a piece of knowledge contained within that energetic cloud. Each light represents information about a person, place, or thing. We hold all knowledge about (and for) each person (soul), all living things (animals, trees, organisms), all objects (crystals, mountains, places), and each action (building the pyramids, the destruction of Atlantis, the birth of a new star).

We hold all knowledge about what has happened, what is currently happening, and what is possible in the future. If it is easier, you may choose to think of us as a database of sorts, that contains all the information your soul could need, through all incarnations. Of course, “database” is a human term that limits the true nature of our energy field, but it is the closest that you, as a human, can understand about us as a knowledge source.

Our wisdom was created for your benefit. Our wisdom is available to you as your soul wakes up to the understanding that there is more to life on Earth than living as a human being with limiting beliefs.....You are not here on Earth to be punished, or to suffer, or to simply exist. You are here to experience joy, love, happiness, and connection.....It is time.”



Schedule your personal experience with Janie and the Records.

www.janiemac.com

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Q: According to the Akashic Records, what is the first step in moving forward into the best version of our life?

A: The Akashic Records gently remind us that the very first step is to shift from making decisions with our mind to making them with our heart. The mind is valuable, yes—but it often pulls from past programming, fear, or societal expectations. The heart, on the other hand, speaks from truth, presence, and soul alignment. They encourage us to use the heart as our compass—to tune into how something feels rather than whether it sounds logical or fits neatly into the boxes we’ve created. This shift into heart-centered decision-making can feel unfamiliar at first, especially for those of us who have long relied on the rational mind. But your heart speaks in clarity, resonance, and quiet knowing. And that knowing is the key to your most authentic path forward.

The Records also invite us to honor the intuitive mind—that inner knowing that often arises before thought—as a sacred tool. Yet they ask us to notice that our rational mind often serves old beliefs, repeating outdated stories and patterns that keep us stuck. These beliefs may have once protected us, but now they often limit what we believe is possible.

To begin the shift, the Records suggest asking yourself heart-based questions like:

- “How does this choice feel in my body, not just in my head?”
- “What would it feel like to live with a sense of freedom?”
- “What would it feel like to release the limiting stories I’ve been carrying?”
- “Does this idea expand me—or constrict me?”

The heart leads through feeling.

The mind wants to solve a problem.

The soul wants to expand.

So when in doubt, feel first. That’s where your next step lives.

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**Q: Does everything that happens to us have a meaning?
Do we manifest or attract every situation and person in our lives?**

A: Not exactly. Part of the human experience is learning to live in the mystery. While our thoughts do influence how we experience life, not everything that happens is directly created or attracted by us. For example, if we believe life is difficult, we begin to view everything through that lens. That belief can color our perception, causing us to focus on what's hard or painful—missing the joy, synchronicity, and magic that may be unfolding all around us. On the other hand, if we believe life is joyful and full of wonder, we're more likely to notice and embrace those experiences, even when challenges arise. Manifesting is not about controlling every event—it's about choosing the lens through which we view and respond to life. That perspective shapes our reality. A friend of mine, a veterinarian, once asked the Records about her role in the lives of the animals and their humans. The Records reminded her: she's a player in their story, participating in experiences they are creating together. We each play roles in one another's journeys.

If a certain pattern or type of situation keeps showing up, that's when it may carry deeper meaning. Repetition is often a signal to pause and reflect: What am I being shown? What is the lesson here? Ultimately, the most important question is: What lens are you choosing to look through? How do you greet the mystery of life—the part you cannot control?

Curious to dive deeper? Visit www.janiemac.com to explore the Akashic Records, learn more about my book “The Akashic Records Speak: Yes! There IS More to Life,” and discover offerings designed to support your soul's journey.

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