



The Akashics,  
Soul Books and  
The Soul

By Teri Uktena

# **Selected Akashic Blog Posts**

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**By Teri Uktena**

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## Introduction

Over the years I've written quite a bit about the Akashics via my blog. With over 500 blog entries and counting I realized it was fairly impossible for all but the intrepid adventurer to find information they might be seeking or that might be relevant to their interests. I have therefore culled through them for you and put some of the best together here.

I have included introductory information for those just learning what this is all about, some things for those who are already exploring and want to know more, some things for my students that will help them in their studies, and information that may peak the interest of even the advanced Akashic worker. Hopefully there is a little something for everyone.

Each chapter stands alone so you are able to read them in any order the you like or read through from beginning to end. It's up to you.

Now let's get started.

# Chapter 1 – The Akashics

## What Are The Akashics

The Akashics is a name derived from the Sanskrit word Akasha and it refers to the base substance of the universe. This is the substance by which the Universe is made and that retains a record of all that has ever occurred to everything that has ever existed. Scientists in various fields are beginning to find evidence that confirms the existence of Akasha and are beginning to see it as a ‘field’ as omnipresent as gravity and the electro-magnetic field. It is currently discussed in the various scientific communities as the ‘in-formation’ field that underlies everything and is the force that holds all things together.

Long before the scientific method gave us tools to learn about our world, indigenous cultures on every continent knew of its existence. Medicine elders, mystics, shamans, gurus, druids, and all types of holy people spent a great deal of their time and resources attempting to reach it consciously, to channel the information and energy they experience there, and to bring back the wisdom that they have acquired through their travels. Each in their own way have done so, bringing healing, insight and a better life to all who have known them, read or heard about them.

While science currently sees the Akashics as a field of information to be studied, people experience the Akashics as a place, a multifaceted realm that can be traveled to and explored. In that realm is the Library where the records of all things are kept including each individual’s personal Soul Book. This book is the history of everything your soul has ever done and the plans for it during this lifetime. This book can be read in order to receive further understanding of who you are today and the purposes and goals your soul has set for you. There are also books for businesses, geographical places, buildings, and much, much more.

In the Akashics reside souls which are not currently experiencing embodied life, spirits which work within the Akashics and guides which aid people in their embodied lives. It is a place where you can be introduced consciously to the guides who are assigned to help you throughout your life or for specific projects or time periods and interact with them. You may communicate with them directly and learn how they can communicate with you.

## The Akashics Are For Everyone

In the past 100 years, as our world has moved closer to a new age, more and more people have begun to experience heightened awareness of the connectedness of all things, the earth, politics, and personal interactions. More have felt a calling to seek out ways in which to improve their lives and the lives of those around them. Many talented people have found that they can reach the Akashics and ‘read’ the information there in order to help others, the most renowned of which being Edgar Cayce. Hundreds have become readers and have helped thousands to learn more about themselves and how to be their best and highest selves.

The Akashics or the Akashic Field, is the energy field which holds the template for how the universe, micro to macro, should work as well as the ongoing record of how it has been and how it is now. Just as light is both a wave and a particle, the Akashics is both an active force like gravity which keeps everything in the perfect balance so that life can flourish and the planets can dance amongst each other, but it is also a place which we interact with daily or weekly in the normal course of sleep. It is the place we go to reconnect with our soul, our teachers and guides, our angels and guardians, where we regroup, process, learn, and come back refreshed.

Now in the Twenty-First Century the Akashics are no longer for the few, but are open to everyone who seeks to find the answers to their questions and to act on what they find. In fact, what most people don't know is that they have always been open to everyone. Every living human being accesses the Akashics naturally while they are sleeping. Those dreams that seem just a bit more real and coherent than the others, where you are talking to someone you know but don't recognize their face, that's the Akashics. You were there. That dream where you are your happiest in that special place where the world is perfect? That's you in the Akashics. That dream where you wake up having figured out the answer to that nagging question magically out of nowhere? Yep, that's the Akashics too. You're a natural. You're in.

### **Reading In The Akashic Records**

I hear a lot from people who are interested in learning how to do readings in the Akashics or have been trying to learn how to read in the Akashics from books or from trainings they have received from teachers. I have learned over time to just sit back and listen while they describe their experiences and frustrations with their experiences because usually the first thing we have to work through in the conversation is what they are really talking about.

Words have meaning but they don't mean the same thing to everyone and many people have a muddled understanding about the terms they are using. So before I can really dig into what they are talking about I have to back up and clarify the words they are using. Here are some that cause a great deal of confusion for people:

**Akashics** – the Akashics is the realm where Spirit dwells. It is immense, contains everything you can imagine and most things you can't, and for the most part is not a learning center for embodied beings as we're lead to believe. Humans access a very small portion of this realm while embodied.

**Akashic Records** – these are records, or ongoing-living diaries, of all the activities of all things existing. They are contained and maintained within the Akashic Library.

**Akashic Library** – this is the place where Akashic Records are kept and, while immense, is only one very small portion of the Akashics. It is available to embodied beings at all times and is staffed with beings to help in retrieving available information.

**Soul Book** – this is the specific ongoing-living diary associated with an embodied human being. This is you and you have full access to it at any time.

Once people are clear on the terminology being used it makes more sense why we use the term 'reading' when we talk about retrieving information from a record. Whether you understand this as accessing information like a computer retrieves it or like reading a book with pages, the information is accessed through an active process that the reader employs. However, the second difficulty comes when people start describing how they access this information in the Akashic Library.

For the most part people I speak to don't actually read records in the Akashic Library or anywhere else. Instead they open themselves up to an unknown realm they have been told is the Akashics and ask for information, then open themselves to revelation and wait for it to be provided. If they are successful a Spirit being of some kind imparts information to them which is hopefully some kind of answer to their question, although this might not be the case. While this is a valid method of spiritual learning it is not reading. This form of communication is called channeling or mediumship.

Reading a record in the Akashic Records requires quite a different skill set and is somewhat akin to doing research in a Library such as exists today. It is an active skill that requires you to search out the record you are looking for, be somewhat of an investigator by researching the information within the record, and then apply that information to the matter at hand. I find that using healing diagnostic skills is also helpful for my readings because it helps me correlate the information in the book with the client's embodied expression. At times I do employ channeling during a reading if a guide or soul partner wishes to communicate with me concerning information within the record or if they have some message or wisdom for the client, but this is only a small fraction of any reading.

Reading in the Akashic Records is an amazing and eye-opening experience that everyone has the ability to have consciously with study and practice. With time it opens doorways to even more wondrous discoveries and the possibilities are endless.

### **Thought Forms and Creativity**

Souls are taught the difference between thought forms, creation, and conscious existence. In a realm where thoughts are energy and therefore manifest as form which dissolves once the thought has concluded and the thinker has moved on, a distinction has to be learned between temporary thought forms and existing forms which are unaffected by thought. For example, souls can appear in forms that represent concepts or that aid communication such as when speaking to a newly reintegrating soul. Beings that have already returned may take on the image of their most recent incarnation which is recognizable to their returning loved one. This is not their true form and dissolves as soon as the need for recognition and reassurance is met. It is a thought and a feeling that recreates the loving bond between the individuals and changes as easily as the next thought occurs. It is a temporary form that is not self-sustaining. Creating actual forms that retain matter, which fit into ecosystems, which are adequately adapted to consciousness, is quite a different process.

Those who journey consciously to the Akashics find the distinction between thought forms and conscious existing forms rather startling at times as they must become reacquainted with this type of existence. Our teachers and guides utilize thought forms to help us understand their message and to re-acclimate us to this kind of communication. We are therefore most aware of the surprising familiarity of beings, items, and places that we experience there as things are made to appear as recognizable beings and items from this life. We also quickly become aware of our own skills at changing perception which makes what we experience have a dreamlike quality as images change, expand, fill in, morph, and become from visit to visit. Yet what can be most startling is the realization that the majority of what is being seen and experienced is not thought form, but consciously existing forms. Architecture, geography, beings are not just there for us, but for all and all who journey there experience them. The Akashic Library exists for all and while it is immense and therefore personal experiences of it may vary, it exists as a static structure available to all and its form and function do not change over time nor are they influenced by individuals who experience them. The same can be said for the Temple of Life.

Created forms cannot be changed by thought. Wishes do not truly create buildings and dreams do not change a being's true nature. Each being, each creation, has its own soul, its own suchness and lives by its own rules of becoming. The act of creation, creating a new form, takes specialized skill and training that only some souls undertake to learn. Animating that creation is the purview of souls as each of us is experiencing through the act of embodiment. Each soul learns to differentiate between thought forms and consciously existing forms such as the Akashic Library and to discern the nature of creation. And this is just a broad sampling of what general soul education entails.

### **The Akashics - It's Not All In Your Head**

Just as light can be a wave or a particle depending on how you attempt to measure it or interact with it, so the Akashics is both a physical force, the force that creates the laws on which our Universe operates, and also a place. We all go there on a regular basis, usually once a week for the average Joe or Josephine, in our dreams or what I call dreamtime. You know those dreams you wake up from where you were just getting out of class at your Junior High or High School? You can't remember the class, just that you were gathering up your books and you weren't the only student and that school was done for the day. That's the Akashics. You remember this kind of dream because you finished the physical wake up cycle just as you were getting done with your brush up class on whatever it is your soul is currently working on. We never stop being connected with the greater world or stop learning and becoming. Also, those dreams of flying, yep that's the Akashics. Those amazingly clear dreams where everything seems stunningly bright and beautiful? Yep, those too. The dreams where you are naked in front of a group of people? Well you're on your own. You might want to research Freud or Jung. 😊

The Akashics can seem like a malleable place because due to our interconnected nature as souls and the fact that we communicate telepathically, thought forms take physical shape and we are therefore able to interact in that environment in somewhat of an Alice in Wonderland way. However, people mistake this as complete control such as "this is all in my head", which it is not. When in the Akashics we are in conversation with it and with all living beings. Not a monologue, but a conversation. So we only control 1/2 of the situation. In practice this means what we communicate comes into being in order to impart information and then dissipates as their thought forms come to life and then the process repeats, over and over again. Just as conversations do in real life only without the object actually appearing. That would be cool like living in a Harry Potter novel. Oh, well.

The Akashics is a place and, as I demonstrate for my students, the structures there stay in place and in shape regardless of our thoughts or how many people visit them. The Library, the Temple of Life, the great Mountain, the formal gardens, the city, all of these things are there and are the same for all of us who visit them. And if we visit them at the same time we can see each other there as well as beings that dwell there. The Akashics hold more wisdom and experience than any one being can comprehend and it is all available to us if we wish to access it.

### **Communication is more than Linear**

When I was training to become a sign language interpreter one of the concepts that really struck me was the fact that to interpret you have separate the meaning from the words used so that you can put the meaning back out in another language. And while you're stripping out the meaning from the words, you also have to add in the meaning you get from inflection, from body language, from the subtle cues that are non-verbal. Because language is not separate from culture so how one culture represents something visually, through body language,



through tone, through attitude and facial expression can be very different from another. One of the prime examples of this is the difference between head nodding in America vs Greece. In America nodding the head up and down means yes while shaking it from side to side means no. It is completely the opposite in Greece which can get tourists into all types of difficulties.

Attempting to put communication, the means by which we attempt to express thoughts or meaning, into linear form such as written or spoken language forces and contorts it into shapes which isn't necessarily the intent. And in our efforts to communicate clearly, we can lose sight of the fact that our words are just symbols for the meaning we are attempting to convey. The words begin to feel like meaning themselves and take on more relevance than they necessarily would have. We begin to rely on them to make meaning instead of seeing them as one of many tools we have for communication.

Working in the Akashics requires you to move away from a dependence on words for communication. It's not about magical thinking or telepathy, but an opening of the right brain's means of seeing the symbolic nature of experience and reuniting that with the logical left brain which distills meaning from that input. It's about seeing the pictures and getting the word play being presented, about watching a pun being enacted, about seeing all the levels of symbolism in one interaction, about seeing the interconnection of simple and mundane things that bring a bigger understanding of this now. As well as much, much more.

If you are working in the Akashics and everything seems dreamlike yet full of epiphanies and symbolism which leaves you asking "What does that mean?" then you are on the right track. Because communication is much more than linear.

### **Holistic Healing in the Akashics**

Beyond their surprise at the ease with which my [students](#) are able to access the Akashics in a meaningful and direct way, they are almost always surprised by the way they experience it because it's never what they expect. Most people on first working there consciously, myself included, tend to expect that it's somewhat like going to a party at a friend's house where you've never been to their house before. You don't know what the place will look like, you don't know a lot of the people, and you take in everything quickly in order to sort social connections and fit into the situation. It's all about taking in the sensory data, making meaning out of it, and going through the social niceties of meeting people for the first time, making initial connections, etc.

But the Akashics is a place we have all been before. In fact we go there on a weekly basis while we are sleeping. This is a normal and healthy process that keeps us in sync with our origins, our teacher and guides, and that part of our being that did not come with us into corporeal life. In fact, we continue our studies or our service work, catch up on the greater scheme of things coming for our lives and in general keep ourselves healthy and balanced and whole by doing so. When we wake up we have everything we need in our mind, just not in our consciousness for the most part. Some people remember bits of these sessions as dreams but for the most part there's no need so we don't.

And so when we enter the Akashics consciously it may seem new to us and yet familiar. The process may seem awkward and yet it's relatively easy and we learn it quickly. Even more, the beings we meet and interact with there recognize us and do not act as if they are strangers. They are gentle with our confusions around communicating, patient with our inability to remember or recognize them, and are prepared to help us with whatever it is we need. And that's where the holistic healing comes in. Because just like healers in this life, they look at everything that is going on with us, try to suss out the root causes, and while being mindful of the

current moment, the task at hand, the expressed wishes and unvoiced wants, they work to help heal what underlies it all without infringing on our free will.

Which can lead people to think of beings in the Akashics as all knowing, all powerful, and a degree above anything going on here in the physical. But that is not the case. Choosing to live an embodied life includes the knowledge that to be here we have to forget our true nature and home to a great extent. And we have to keep that information hidden in order to experience time as linear and to experience emotions and senses and interconnection in such a heightened and direct way. Beings in the Akashics are not maintaining physical forms such as we carry, do not experience separation and do not need to utilize forgetfulness in anything they do. They are able to look at who we are in the moment in all aspects and help guide us, nudge us, entice us and support us in realizing deeper meaning in who we are and what we are doing in our lives. They can shine a bright light on what is most efficacious for us to know which may seem to have no relevance to our lives in the moment. But paying attention to it, letting go of expectations and following where their insights lead can bring a depth of healing we never imagined.

### **The Akashics and The Pacific Ocean**

A client came to me with a question about something a psychic had told them. They said the information came from the Akashics and so it must be true, but it didn't seem true, didn't match the reality of the situation, and just plain ole didn't make sense. So they wanted to know what I thought about it. The first thing I pointed out is that saying information comes from the Akashics is like saying that fish come from the Pacific ocean.

So what? What kind of fish? Where in the Pacific ocean? It's a pretty big place and amazingly varied in all kinds of ways like temperature, environment, ecosystems, coast line, depth...you get my drift. Most psychic information either comes from the Akashics or comes from a being that is currently working in the Akashics. That means next to nothing and certainly doesn't make the information true or relevant. And if it came from a being in the Akashics, it is their interpretation given to someone who then interpreted it for you. The spiritual 'telephone' game, as it were. Beings in the Akashics are no more or less likely to be wise or knowledgeable about the question than anyone here. They are less likely to be spiteful or mean, which is saying something, but that's not necessarily helpful if the information they give you doesn't answer the question. Most beings over there are well meaning and will seek to help to the best of their ability, but who they are, what they know, and what their skills are is something the psychic should be knowledgeable about or at least aware of so they can proceed accordingly.

So the issue isn't "Did this information come from the Akashics?" but "What is the source of this information in the Akashics and how did the psychic access it?" The answers to these questions resolve a couple of things for the client. It gives them an idea how accurate the information will be, how many steps removed it is from source data and that kind of thing, and it also gives them knowledge about the psychic or reader that they are working with.

### **The Akashics, the Blind Man, and the Elephant**

Descriptions of the Akashics suffer from the '[blind man and the elephant](#)' syndrome. The Akashics is a place, but it is an amazingly vast place full of a great deal more than most people have or ever will experience. And people's ability to experience it varies depending on the techniques they use and their skill set. Add to this the fact that many who are reporting their experiences have not had the experience directly at all, they are reporting descriptions given to them through channeling. And still others are reporting their experience as if it were the

truth for all instead of one experience geared towards communication based on their needs and wants and expressed questions.

All of which is to say that no one person's description or explanation of the Akashics is definitive. It's just one piece of a much greater whole. I see this even working with my students through guided meditation. I take my students to the Temple of Life in the Akashics. They are directed there through a very particular path and should arrive in one particular area. That's the theory, anyway. 😊 However, the point of the meditation is self as well as Akashic exploration and so I leave things open ended enough that the person can explore and experience whatever they need at the time. And the results are always fascinating.

The Temple of Life is a vast space with many different structures in it including cavern ceremony spaces, outdoor courtyards, rooms to interact with various spectrums of light, the effects of harmonics, the nature of symbolic life forms, and all other facets of living beings. Students have arrived at all of these spots instead of the central area and been drawn to explore. And each student initially confuses where they have been as some other temple or as having done something uncomfortably different from what the meditation directed. But it's just a matter of the blind man and the elephant. They were exactly where they needed to be, just in an area that better fitted them than the one I described in the meditation. As they spend more time there exploring they come to realize how vast the Temple is and that it could take several lifetimes to explore it all.

So when I read other people's descriptions of the Akashics and they seem very different from what I have experienced and what my network of peers has discussed, I don't see them as a contradiction, I see them as one more person adding information to the mix. It's when they see their experiences and the meaning they ascribe to them as definitive that I shake my head. Because if you aren't able to work in collaboration with all the others, how will you ever learn about the rest of the elephant?

## Chapter 2 – Past Lives

### Past Lives - Everyone Has Them

Having worked with soul books and the Akashic records for so long, I sometimes forget that people are taught by various religions that we only get one lifetime. Which may be true, but from what I see in people's soul books, this is not the case. Clients ask me if I can find 'a past life' for them. And yes, yes I can. In fact, most soul books have so many listed that it takes up over half of the entire book. I sometimes have difficulty sorting through all of them to find something that matches what they are looking for. Because we all want to be relevant and important and seen, even if it's in a life that happened before we were born this time around.

People want to know they were famous or important in some way and usually think of that as within the past couple of hundred years or in a variety of cool cultures and time periods that they were taught about in school. Egyptian is a past life favorite, Roman is another, Native American is high on the list for people living in the US, Europe and Canada, while Celtic is coming into favor. Irish during the potato famine is not even thought of, classical Greek culture makes people a bit squeamish, and Christian during the time of Christ is problematic on a great many levels. Most Christians did not know or experience Jesus directly and yet lived lives of fear due to persecution both from the majority culture and Judaism. And those who lived strikingly famous lives tended to suffer the most....martyrdom is great in theory, but not as fun to relive through a past life.

What I find interesting about people's past lives are not the individual lives, the most of which are mundane from a 'famous person' standpoint, but the themes or lessons or methodology that appear when they are viewed together. In reading people's soul books, what I see is some people choose to embody as male when doing research or working on a project such as being an explorer or a scientist or a merchant that travels. They live solitary lives this way over and over, not to learn a lesson, but to learn more about how the world works and how humans work within it. Like PhD research. Pauses between these lives are large. Others choose to embody as couples over and over again because they work best as a team and part of their work is to provide loving stable homes for other beings to grow in, creating a platform for those beings to start their journey's earlier than otherwise possible. Still others go through life after life working through personal issues such as learning that sovereignty doesn't require power over another and that power doesn't empower individuals necessarily. This can be seen in life after life, switching back and forth from male to female, from powerful to disempowered to lives where sovereignty is available if effort is extended.

We all have past lives and they are amazing stories not only of unique events that have helped form us, but of choices about who we wish to be and who we choose to become. They aren't necessarily dramatic stories of grand success or utter failure, but of the best parts of our selves. Those parts who try when it would be easier to just sit back.

## **Was I Famous Before**

Past lives can be fun or they can be dreary or they can be a bit horrifying. People love to dig into them for a variety of reasons. Some want to relive a glorious lifetime of wealth or fortune or fame. Some want to know why they are fascinated by a certain topic or hobby or profession. Others want to heal something they feel is a hold over from another life or to deal with a debt they feel they owe to someone.

Most people have lived hundreds of past lives and while they may never have been famous, there are a finite number of 'famous' people and a gazillion souls living lives. Most of us have had fun or cool to hear about lives that make us feel less ordinary or mediocre. It's fun to relay things of that nature even if the specifics of the life don't have a lot of relevance to the current life. What I find interesting in looking at past lives is that, as much as the experts talk about Karma and constantly living in order to work out issues and deal with debts, most people I read for aren't doing that. They don't have the Sword of Damocles swinging over their head waiting for them to forget that they owe someone or that they have been horrible in a past life and forcing them to suffer in this one.

Some people have issues, memories that they carry over in their body or in their emotional body, which affect them now. Fear of birds, memories of torture, the need to read and explore everything about the American Civil War, a dislike of Europe that is visceral and has no relation to the present as they've never been there. These usually abate when the relevant life(lives) is found and explored. It is usually a reminder of something that they don't want to have happen again. Like a token you wear to remind you not to date losers any more or to keep you from making hasty financial decisions, it is a reminder not to choose that path again. Annoying and sometimes debilitating in this life until it's figured out. But helpful in keeping you on the path you have chosen this time around.

Something I find fascinating about past lives is the patterns that they highlight. Again, with hundreds to choose from, why is one life more important than another? Sometimes they're not. Sometimes it's the group as a whole that tells the story. Like the person who chooses adventure each lifetime and having a relationship is secondary to that. They only take one on if that person is going to adventure with them. Or they take one on to see if they can keep themselves from adventuring and they do that over and over until they can see that the relationship is the adventure. Or someone who chooses quiet family life over and over even though they have amazing skills and gifts. Then they begin choosing more difficult lives of service and alternate between family lives and service over a period of time to build up positive experience. The variations are fascinating and endlessly unique.

Just because you weren't a world-renowned artist or political figure doesn't mean that you are ordinary or bland. Your past is a rich tapestry that has helped you develop into the being you are today. Just don't get sidelined trying to relive the past. It's the now that's most important. You can always look back but you only have one chance at this now.

## **What's Past Is Prologue**

Just like personal past or history or baggage, however you want to look at it, Past Lives inform our current existence. We are what we have been and only have what we have created to work with in this life. So to a certain extent remembering where we have been, what we have done, what has happened to us, and what we

learned from it is a very good thing. If you've stubbed your toe on that concrete step once, you're less likely to do it again. And you'll look at all steps just a little more cautiously and step a little bit higher until exhaustion, sleep deprivation, distraction, or partying causes your attention to go elsewhere. And there's another lesson learned, right?

If we didn't learn those lessons from experience or didn't remember them, we'd just keep stubbing our toes over and over again because our behavior wouldn't change and the physics of our bodies and the step wouldn't change either. We would be toe stubbing fools shocked each time it happened and then going right on to do it all over again. Viewing and reviewing past lives can help us in this by making the lessons we have learned from them conscious once again. Or reinforce them if we do have them well in hand this time around. They remind us of circumstances, of choices, of scenarios and how they played out so we can do things differently or even better this time around. And it's always nice to know why you feel or do or like or choose certain things. Know Thyself is not just a rule to live by, it's a great gift that can help so much in this crazy thing we call life.

The challenge is not to go back to living in the past. The past should not be the present. Just as it is not healthy to dwell on what we cannot change, obsess on what could have been, or bemoan what should never have happened, so trying to change what has occurred in a Past Life or taking on specifics and challenges from then can derail who you are now. You are meant to live this life informed by who you have been, not turn back the clock and try to recreate what has already occurred. Don't dwell on the past, learn from it, acknowledge it, and then move forward to create today as best you can.

## **Past Life Choices**

Some people think of past lives as evidence that life is somewhat like living on the eternal and universal playground where a bully is forever grabbing their wrist and hitting them with their own hand while chanting "Why're you hitting yourself? Why're you hitting yourself?" Others think of past lives as an ongoing class with a punitive teacher who assigns difficult or impossible tasks, and then punishes them for not being perfect at them, submitting them to ridicule, making them suffer endlessly, making them repeat the project over and over again until they achieve the end result with perfect technique.

Both of these perspectives place people in the subordinate role of student with an authority or beings of power controlling the situation. Underlying these notions is the ideas that people are powerless, are victims, and that the system must be escaped somehow or that someone other than people need to intervene in order to rectify such negative experiences. Some people feel that with enough time in they will graduate from the incarnation process and move on to a better place. Others feel that there is some practice, some state of being or some way of life that will help them escape all together.

While I understand where these ideas come from, I find none of them validated in people's Soul Books or in their Past Life records. What I have found recorded over and over again is the fact that no one is required to live an embodied life. It is a choice that we enter into freely each time we embody. And each life we undertake is a choice we make after a huge amount of research, self reflection and evaluation, preplanning, and preparation. The wild cards in the mix are free will and the fact that we forget who we truly are while we are here in order to focus on this life exclusively. All beings have free will and everyone is free willing every second of their lives so random happens and that is part of the mystery and the amazingness of life.

Looking at people's past lives is fascinating not only because of the variety of them, but because of the choices made prior to their start and while they are being lived. Actions and reactions, choices of careers, of circumstances, of relationships, of opportunities and what we do with those choices or whether we choose to make them at all makes each one a work of art that can be noir or stark or resplendent or sepia or just a wash of color and feeling. We aren't completely in control of everything, because we are just one part of the interconnected web of things, but we are not entirely victims of some punitive god who delights in our suffering. Past lives can show us the choices we have made and help us understand more clearly who we are and what potential we have for this lifetime.

## **Learning From Our Past Lives**

We've all heard about life not being perfect and about needing to fail multiple times in order to succeed and that everyone makes mistakes. And all of this is true. It also applies in the macro as well as the micro. Our past lives are a record of our successes and our failures. Guaranteed, in order to be as successful in life as we are now (I know, it doesn't feel like it, but trust me, you are) we have failed...spectacularly...a lot.

For example: you wanted to succeed in business and be a sea captain with a merchant fleet, you end up shipwrecked with a crew that is out of meat and is looking at you as lunch. You wanted to have a large family and you choose to be a missionary, but unfortunately your children all die of various diseases and injuries. You wanted to help the poor and end up dying in a political uprising. You wanted to have power so you come into the world as male and a Viking, but end up lonely and alone on a decimated stretch of land with nothing to come home to.

We don't always succeed. And it can be shocking to see the outcomes of lives where we didn't. Sometimes those outcomes are out of our control like dying of a disease you caught because you were living with missionary parents. Sometimes they very much are like being a crappy ship's captain and therefore becoming what's on the menu when someone has to be the entre. We don't think of ourselves as being those people because we aren't them any more. We've learned from those events, we've grown and become and are now working on new lessons. And in this industrialized world where a great many of us do not live in situations where our lives are endangered regularly or in jobs which are dangerous to our health, it is an even bigger shock to our system to come face to face with our history which shows at one time we were and we did.

Past lives can be educational in many different ways. Hopefully one of the best things they can teach us is to be grateful for who we are now. We've worked very hard to get here and we are amazing. Cut yourself some slack today. You've earned it. 😊

## **Beyond Past Lives - What Does It All Mean?**

The first section of most Akashic Records or soul books is an account of past lives in chronological order. The second section of most soul books is a detailed account of what each life meant for the soul and everyone else who was connected to it derived from the reintegration process. Past life records do not include this information as it is not a part of the embodied experience. People who help clients retrieve and relive past lives have at times been able to access this information and follow a soul through the reintegration process and back to the Akashics such as Michael Newton. But most follow the path of the past life to its conclusion at death and the soul's release from physical form, finding the details of existence but leaving the reasons why and lessons learned a mystery.

The exit from the body and reintegration of spirit merits its own section as it is a process with great wisdom and accomplishment as the outcome. It is the piece of a lifetime most affected by free will. While births can be traumatic, ecstatic, and dramatic for all involved, they are highly scripted and managed events. The soul has spent great care and effort to choose a life, work with teachers, guides, and peers to craft the lessons, challenges, and rewards within the life, made connections, contracts, and schedules with other souls, their own soul group, other soul groups, and charted out all the possibilities to be explored. While free will plays a part even at the start of our lives, there are relatively few variables to contend with. Ending a life comes as the culmination of millions and millions of decisions and interactions with countless people, objects, and entities which influence us, even in a very short lifetime. The exit plan may have been scripted or a surprise based on choices made by ourselves or others. What we experience at the end is unique to the individual and can impress on us an epitaph we carry as the meaning for that lifetime. How we release from the life, how we take those experiences, who we have become and how we integrate that back into a full understanding of who we truly are is its own journey with its own beauty and majesty.



## Chapter 3 – Soul Book

### Your Soul Book

Every human being is a complex and unique individual. Full of experience, education, nurturing and neglect, thoughts and ideas, creativity and passion, let alone the capacity for living a fully integrated life in a Universe that is astoundingly diverse and infinitely variable. When I start working with someone I listen to their plans, their needs, their issues, and their angst...and then I put it all aside to be looked at later and ask them to start at the beginning. “Know Thyself” is the first step towards living a full life in this complexity we call a Universe. And it’s not easy. I get that. That’s what I’m here for.

In the Akashics there is a record of each of us. A literal record of all we have been, have done, have thought, all of it. From the beginning when our souls were created, through our formative time, through all of our embodied lifetimes, including this one, and everything in between. I call it a Soul Book because that is how it appears to the majority of us when we go to the Akashic library to access it. What is amazing about it is that, just as each human is unique, so too is each Soul Book. It is a record of that soul, imbued with all that soul is, and in essence is an extension of that soul itself. Therefore reading from someone’s Soul Book gives the most amazing insights into that person. Just looking at the book itself can tell me so much. The size, age, and binding tell me a great deal. Then there can be designs or symbols and general condition as well. Opening the book leads to amazing discoveries and adventures that can help a person understand the why of mysterious behavior, trends in events in their lives, and understanding of why they are here and what they planned to do or be.

There is no way that I know of to see others or the world clearly until you can see yourself with some form of clarity. I don’t think the goal is to be completely clear in all aspects. If that were the case we would be here without bodies and just observe everything. We are here to participate in life and that requires bodies, therefore some level of separation from others. I actually think that this separation is somewhat of a gift because it makes the coming together so much more beautiful, intentional, and meaningful rather than just a condition that we all exist in. Therefore we will always have our own unique perspective and lives lived within ourselves. But if we don’t actually know who we are, then we are subject to the whims of fate everywhere we turn. We will simply react and react and react instead of choosing our lives. Beauty will be a random circumstance and joy will be a function of luck. I prefer to create beauty where I can, enjoy it where I find it, and make joy for myself and others as much as possible. How about you?

Your soul book is a record, an interactive record, but a record of everything you have been and are currently, including the part of your soul that is not currently experiencing an embodied life. It contains all of your experiences, choices, lessons, challenges, wisdom and follies. It has notes on your current life as well as everything else. And it’s keyed to it all. It doesn’t necessarily work to give information on your current life or any other. In fact, it’s not geared up to give you any information any more than any other book is. And it’s structure is not like a novel or a biography. It is not structured to be read from cover to cover. It is structured more like a computer, to be accessed through the use of requests or questions. It will provide information based on those. So active participation in the process is necessary to get the most out of the experience. Be active, be inquisitive, be a participant in the process and you will gain remarkable insights into your life, your soul, and your path.

## **Soul Book Reading**

People mistakenly think that the Akashics or their Soul Book (they often think of these as interchangeable) is some kind of oracle. Like the mechanical gypsy at the carnival you put in your token and get your fortune. Or like Tarot you can just listen to what the cards tell you and your future will be mapped out for the next few days or weeks or years. Well, unfortunately it ain't so. Here's a peek behind the curtain: it's all class participation and your reading as well as your life are about the choices you make and the actions you take.

Just in case you were wondering, the mechanical gypsy more than likely just spits out the next fortune in the queue that has been preloaded. But it wouldn't do it unless you put in the token. So taking action caused that effect. Tarot works not because there is some magic in the cards, but because you put your life and your current situation into them when you shuffle them. While tarot readers can glean a lot from your expressions, body language, and answers to questions, the real answers and the details are in the cards that you have chosen. And any reader that is ethical and honest will read them so that you get the full value of the information presented.

Your Soul Book in the Akashics is somewhat like a Dictionary and somewhat like an interactive Wikipedia entry. Both have a lot to say, but neither is very helpful if you aren't looking. Your Soul Book is just that, a book. It's an interactive record of who you are. It has a lot of information in it about you and probably the wisdom of the ages and possibly the key to how you can get a pony or a rocket if you sent a Dear Buddha letter, but until you actively seek that information, it just sits there recording things. I have had clients tell me that they just want to know what it wants to tell them. But it wants to tell them everything all and once and doesn't care to tell them anything in any particular order. It's a dance partner with no music to dance to and no one to dance with unless you come with an open and inquisitive mind.

And, I think what is key, is that those who have no questions are not truly seeking. Those with no questions usually have expectations or are looking for spectacle. They want to know something amazing that doesn't impact their current life but is fun to talk about at parties. And many times there is that in your soul book. I have yet to meet a client who was totally vanilla, boring, and had no surprises or uniqueness in their souls. Just doesn't happen. But your soul isn't a movie you keep in your Netflix queue. Your Soul is amazing. And learning about it is quite frequently a game changer. Just knowing who you are can help you lead the life you have always wanted. And that's not something you get by going back to Normaltown. So don't look for your Soul Book to tell you what it wants you to know. Seek it out as the adventure of a lifetime, your lifetime, and choose where the reading starts.....

## **Got Soul Book?**

Language is a funny thing. And English a laugh riot. Or as the saying goes "English doesn't borrow from other languages. English follows other languages down dark alleys, knocks them over, and goes through their pockets for loose grammar." So when I and others talk about the Akashics, like everyone else who uses language, we pick the words and phrases that best get our point across most quickly and succinctly. Which means we use words that pull from our listener's concepts, words which are familiar to them and experiences that they have had. But what many times doesn't come across is that a lot of this talk is simile and metaphor.

Let me explain. When people say they 'see' in the Akashics, they aren't actually using eyes and getting visual stimulus they have to interpret such as we do with our physical eyes. There are no eyelids to close that will block out what they are 'seeing'. They have pictures, stills or movies style, directly into their brain which the brain then interprets into meaning just as it would with images coming through the eyes. Same with

‘hearing’. No pictures, and pretty much no actual voice, but the language and meaning appears in the brain as if we had heard the conversation and we process it as such. In our physical world we rely on our senses and they are a commonality among us, so much so that people without them are highly noticeable and considered disabled. So it makes sense that we would use those terms to talk about experiences in the Akashics. But the Akashics is not here and we are not physical in the Akashics. So the terms are really similes and shouldn’t be considered a 1:1 comparison. There are many more ways to experience the Akashics than this and what you’re experiencing isn’t really sight or sound at all.

So too when talking about Soul Books. It’s kinda like the Matrix. “Do you believe that’s air your breathing? In here? Hmmm...” Information is stored about a Soul. As we are most familiar with book formats in this culture and because that format best suits the information being presented, the information appears as a book. But it is not a book as we normally think a book should be. It is a living symbol that changes and is created with every moment we live and every thought we hold and every action we take. From the binding, to the material used to make the pages, to the writing, to the media presented within it, everything is symbolic. Your soul book is not a ‘thing’ it is you, a part of your soul that remains in the Akashics when you come to be in a body. Everything it shows you is you.

So the term book, is a loose translation, a metaphor for what it truly is, but it’s the best word we have to work with. So too with ‘reading’ a Soul Book. It’s more about experiencing it and being in conversation with it. It responds to your requests and intent, and the material inside isn’t just words. But even before you get there, you have to be able to ‘synch up’ with it. You have to have the experience, the concentration, and the spiritual/physical/mental ‘muscles’ to be able to access it. Most people, upon opening their soul books for the first time, if they haven’t prepped for it, just see beautiful but blazing light. See what I just did there? Explaining the experience just became like someone sitting in a library opening up their journal and finding a spotlight inside. It’s not actually like that at all, but that’s the words we have to work with.

## **Soul Book**

The soul book for each individual records everything about a soul from their initial creation, their teacher’s credentials and agreement to act as their mentor/parent and information concerning the nature of the soul’s soul group at its inception including social orientation and general perspective. A soul group’s social orientation might be towards picking an interesting subject and working on it together, having one soul find something interesting and the others follow, or having all soul members seek out new subjects, learn them, and bring them back for further instruction. General perspectives lead groups towards subject matters, specialties, and methods of interaction. Some groups are analytical and like exploration and science, but not intimate personal interactions. Others seek out social challenges which are emotionally charged and yet others work in harmony in order to act creatively and avoid difficult emotions. Social orientations and general perspectives lend internal structure to the soul group, creating community, common language, experience, and purpose.

The third section of most soul books is therefore a combination of historical record, diary, psychological profile, school record, work history, and personal accomplishment list. It contains a full record of who the soul is, all that they have done and become and all that they strive to be within the Akashics. What is learned through embodied experiences or past lives and is reintegrated into the soul is not reiterated here as it is already recorded in detail through the first and second sections. What is relevant here is the summary result showing the soul having become more, learned lessons, acquired skills, and accomplished tasks, adventures and

relationships. Living an embodied life as a human being or as any other creature is not the purpose of our existence or even a large part of who we are. It is one type of experience, one means of being in a multitude of opportunities for learning and becoming. Depending on the soul the amount of time spent in being embodied can be a very small percentage of its existence while experiences, lessons, and responsibilities in the Akashics can be the majority. Being embodied in any form is a choice, and a challenge, not a requirement and some souls don't avail themselves of it often while others use it frequently.

Most souls work with their teachers and within their soul group learning about the Universe through educational experiences in the Akashics. Souls first learn what it means to be a soul such as the physics of how to exist within the interconnectedness of energy and thought. They must learn appropriate social interactions with each other, their teacher, and other beings, not only how to be appropriate, but what it feels like to hurt and be hurt and what to do to resolve hurts and conflicts. Free will and choices, opinions and options are a large part of this instruction as being interconnected, telepathic, and empathic, knowing what others think and feel as they experience it, can lead to a desire to control or influence others. In all situations power has its attractions, being vulnerable has its pitfalls, and regardless of form, all beings are fallible and constantly in the process of learning from their mistakes as much or more as from their successes. When you are formless and yet all forms are available to you, the first lesson to be learned is not "can I," but "should I." And as the essence of the Akashics is love and all actions taken lead us to love, the most relevant lesson is how to be, act, perceive, and give love.

### **There Is a Roadmap to Your Life**

The last section of all soul books is the Life Roadmap. It works with the Embodied Life Record and the Relationship Map to gather all the information about that current life and plot out all the opportunities available, from conception to the grave, as "if/then" statements, meaning that "if" this choice is made "then" this path is taken, these opportunities become available and this choice will come next if you continue on this path. All of the information gathered and noted in the Embodied Life Record, all the calculations, opportunities and possible outcomes are converted here into a map, a two dimensional web which allows the life to layout visually in all its complexity. Each choice is a nexus moving the soul in a direction towards the next array of choices and away from many others.

Reading a Life Roadmap is a bit like experiencing a living masterpiece in a gallery. Standing in front of a Monet or a Gauguin is a full body experience that takes us, for a moment, back to the experience of being the spiritual beings we truly are. Opening ourselves to that way of knowing when working through the Roadmap allows us to view it without judgment and to become aware of all the possibilities it presents. Paradoxically, it also roots us in linear experienced time in a way even more profound than that provided by past life records. While the map is showing us potential events and opportunities not yet taken, it is also showing all the opportunities in an ever updating ever creating real world timeline. I liken this to cartooning where the artist creates the original sketch or drawing in pencil and when satisfied they complete it by inking it in permanently. Similarly the Roadmap is written by the Embodied Life Record in what I term pencil, albeit colored and constantly in movement, but as the life is lived, as choices are made and paths are travelled, a record of this is inked in over the penciling. All that has come to pass is now a permanent record, all other opportunities either concluding or continuing based on those choices and actions. It is therefore relatively easy to see where the soul is on the path, what has led them to their current life situation and what paths and choices and opportunities lie before them.

From this, the overwhelming amount of choices and options, activities and experiences shown on the Roadmap, we can become overwhelmed and begin to feel that life is all random chance and we are just a leaf floating on a stream with no control, just a little speck in the immensity of life. And this is why we create goals and go through preplanning. We co-create our existence in part because our soul helps us navigate through all of these stimuli. And this is where the artistry comes in. Because through all of these straight lines and angles and paths our soul helps us keep on track by spiraling us through our lives on an ever turning trajectory. When we are meant to learn something or experience something or become something and the choices we make lead us away from this, the opportunity is not lost. It comes around again arriving in a new form, in a new way, altering to fit with who we have become, giving us another chance at following our soul path. Some people experience this as the Universe speaking to us through circumstances. An event catches our attention, but we shake it off as coincidence. Then a similar thing happens, but it's bigger and more obvious. If we continue to ignore it the events can become so obvious that even unknowing bystanders can see and understand the meaning and implications.

### **Reading Soul Books: Self vs. Others**

I am often asked if the information I teach about reading Soul Books is the same as I use when doing a reading for a client. And, you'd think I'd have a slick answer for that after all this time, but I'm still flummoxed each and every time. It's not that the question is a bad one, just that it points to the fact that the person is new to the entire process and the answer will require a bit more information than they expect.

What I am currently teaching with my Akashic Level 1 course, [Find Your Soul Purpose Through The Akashics](#), is the very basic tools necessary for you to start the process of working with Soul Books. Through the meditations and practices in the class you build the physical ability, the muscles if you will, to focus your attention and process the information you will receive from your book and working with the Akashics. Is this all there is to know about your Soul Book and how to work with it? Nope. Will I be teaching classes that delve further into this? Yep. Do these skills apply to reading other people's Soul books, yes and no.

With that said, reading for others is a completely different thing than having the skills to read a soul book. Reading for others requires that you have done a lot of healing of your own stuff so that you can actually hear what is being requested of you and present it in the clearest most healthy way that the client can receive, which may not be any way that you would normally present it. You have to be able to listen to their guides, teachers, peers, and soul group while at the same time answering the client's questions and trying to facilitate clear communication between all parties. And you have to go through their book, respectfully, without bias or prejudice to see what is actually there, find what it is they are asking about from the reams of information available, and present it in a good way.

So yes, to read someone's Soul Book you must have built up the skills and the acumen to process the information in their book and my classes will give you that. However, having those skills won't give you the skills or the insight you need to be of service to others. When it comes to Soul Books I don't recommend the 'practice makes perfect' approach of just diving in and trying it. The information you are reaching for is too critical and intimate as far as your friend or family member is concerned. I know it sounds prosaic, but I recommend volunteering for an organization that allows you to work directly with people in need. Hospice, battered women's shelter, boys/girls club, homeless organizations, etc, etc. You will get a crash course on how to set your own needs, wants, and biases aside and be in service to others both from training and from practical experience. And that's invaluable stuff.

And above all, do not try to read the Soul Books of your children or your significant other. Children under the age of 18 are far more in touch with who they truly are than adults as they haven't fully forgotten where they came from. And if they are carrying karma it hasn't kicked in yet and telling them about it could cause all kinds of problems for them that they don't need. Let their guides and teachers deal with their soul and focus on being their parent. And remember, no matter how healed, spiritual, non-judgemental and enlightened you become, you will never have enough distance or detachment to read cleanly for anyone you love that much. You are far too invested in the outcome of the question to even pose it correctly. Let family and lovers be j and leave their spiritual journey to them.

## Chapter 4 – Soul Groups

### Soul Beginnings

Each soul has a genesis, a point of creation, a time of beginning. One moment we are not and then we are. From that moment we begin the journey of our existence which is ‘to be’, to experience life, to learn, to become, for which there is no end. Some have made the assumption that the creation of souls ended long ago at the time the world was created and that the number of souls is finite. However this is not the case. Soul creation continues every moment of every day and the Universe is populated with souls in every stage of development all doing their best, failing and succeeding, reverting and evolving into the interconnectedness which is the numinous.

Most souls work with their teachers and within their soul group learning about the Universe through educational experiences in the Akashics. Souls first learn what it means to be a soul such as the physics of how to exist within the interconnectedness of energy and thought. They must learn appropriate social interactions with each other, their teacher, and other beings, not only how to be appropriate, but what it feels like to hurt and be hurt and what to do to resolve hurts and conflicts. Free will and choices, opinions and options are a large part of this instruction since being interconnected, telepathic, and empathic, knowing what others think and feel as they experience it, can lead to a desire to control or influence others. In all situations power has its attractions, being vulnerable has its pitfalls, and regardless of form, all beings are fallible and constantly in the process of learning from their mistakes as much or more as from their successes. When you are formless and yet all forms are available to you, the first lesson to be learned is not “can I,” but “should I.” And as the essence of the Akashics is love and all actions taken lead us to love, the most relevant lesson is how to be, act, perceive, and give love.

Lessons also include learning about the Akashics, all that it encompasses, all that it strives to achieve, everything that is possible within it and all the opportunities available to soul groups and individuals. Souls learn that to name a thing is to know a thing and knowing is an immense, all-encompassing experience which changes the knower eternally and only marginally includes intellectual or informational knowing such as we experience through traditional educational processes. To name something is the culmination of a process that begins with a shifting of the soul’s consciousness out of their own form, using empathy to imitate or take on the form of the other, harmonizing their own senses, their own sense of self, into the other until they become the other, then returning to themselves with that experience and incorporating that knowledge in a way that is both humble and honors the suchness of the other. Naming is the final consecration that tells the universe, I know this thing for I am it and yet I am myself and it remains in all of its own power and glory. We are more for the sharing and we share this with the all.

### Souls In The Akashics

One of the many joys I have in reading for people in the Akashics is seeing all the ways in which we live our existence when we are not in bodies. Being in a body is a dramatic, immediate, sensorial experience, but who and what we are when we are ‘home’ is really amazing. Some people are students learning about themselves, their friends and siblings in their soul group, and the Universe at large. Others are guides that spend portions of

their lives mastering the artistry of helping those souls who choose to become embodied here. Still others work to help new souls as they are created and start their journey in this tapestry of life.

I have met guardians who spend their time making sure we are all safe and well within the Akashics, those who spend their existence in the Library itself becoming specialists in retrieving and accessing data. I have met several whose life is to create and support various areas and functions within the Akashics themselves apart from the Library and the areas where souls reside. It can be very empowering to move away from self-reflection and explore the gardens and fields outside the Akashic Library. It is peaceful and exhilarating and an adventure. There's no knowing who you'll meet.

I'm always honored to work with the people who come to me for readings and I am often amazed at who they truly are. Hopefully they will come to feel the same about themselves in time.

### **Embodied Souls and Free Will**

We have been taught, throughout millennia, that beings, angels, spirits, and higher powers watch over us, peering down on us from some other plane or walk with us physically monitoring our every move. And this is partially true. We are monitored by our teachers and support team very closely. But it is rarely done on the physical plane, because very little that is useful can be gleaned by them in this way without interacting with us directly which is rarely helpful and could actually cause irreparable harm depending on the soul. Instead our soul books are available to our support team and teachers and the embodied life section of our book actively supports their interaction not only by providing sentient up to date details on all aspects of our life, but also through projections for possible future actions and ramifications. Monitoring us in this way allows all vested parties to act in our best interest using the best means possible to achieve maximum positive results. This does not mean that our prayers, cries, or desires are ignored. It just means that the team has a resource to utilize that allows them to see the whole picture in a way we as embodied souls cannot and to act in our best interest.

Each of us is a being of light. We are unique individuals whose lives help create and sustain the wonder and the majesty that is the universe we know and all that we don't. Our existence is a fundamental part of everything and the numinous would be lessened if we did not exist. An essential part of being sentient beings is our sovereignty over our own beingness. We have the right to think, feel, act, and live how we choose. Free Will is a phrase I use to refer to this enormous gift. It is something that guides all interactions between beings almost as much as the unconditional love that emanates from and connects all of us.

Free Will is a very large consideration when working with a soul that is embodied. The soul must be allowed to make its own choices, live its own successes and failures, and make mistakes, without the interference of its support team or teacher. This is the reason why contracts between the parties are struck. They set the boundaries for what support, help, and intervention is allowed during an embodied life and what can be offered. While a healer or teacher or peer may want to intervene in a certain situation, they cannot do so without explicit permission from that soul. The Embodied Life section of our soul book, in these cases, has the ability to act as our advocate giving permission for intervention and support up to a certain point. This section of our soul book actively works on our behalf, retaining a level of sentience in order to, of its own accord, grant permission for additional support to be provided in certain instances. Examples would be instances of people in traumatic situations such as car accidents, home invasions, or battles during war hearing voices that give them instructions on what to do or seeing people or angels who give them encouragement in order to survive when



survival was improbable. Another example would be the beings that appear in the midst of a terrible event such as a hand appearing to help a hiker who has slipped and is hanging on the side of a cliff. Without being pulled up they would have fallen, but when they have been rescued and they look to thank the Good Samaritan, no one is there. Or the person who appears on the stairs of a high-rise on fire. Smoke obscures their face, but they help the elderly and mothers with children down to safety, then disappear and no one seems to have actually seen them. Without permission from our soul books these interventions would not be possible because they interfere with the boundaries of interactions we have set before embodying. Most people do not wish to see or remember beings that are not corporeal during their embodiment but our soul books are able to hand out “hall passes” to support beings if the issue is critical as in these examples.

This section of the soul book can and does take the initiative on our behalf as well. When teachers, support staff, or soul group members are not aware of or are not responding strongly enough to a situation the Embodied Life section can and does reach out to them informing them of the situation in detail and making a formal request for action. This request may reach out beyond those individuals to others with specialties such as healers, architects, communications experts, creators who have intimate knowledge of an item, eco system, or creatures, or others as necessary. These can be brought up to speed and asked to help the soul as the situation warrants and be granted permission to act. For in the end no one knows the soul better than the soul itself and the soul book is an integral part of the soul.

## **But What Does Your Soul Do?**

While it seems normal to compare the early life of a soul to the early childhood of human beings and parallels can be drawn between a soul's life and the human maturation process, the same cannot be said for the time when souls take on vocations or careers. This process neither works like nor begins in the ways in which it does in human life today for the majority of cultures. A career or vocation can be entered into when the soul desires to do so, providing they are capable to take on the challenge it affords. There is no marked time period or set goal that connotes a soul having reached “adulthood”, needing to find work, “get a job” or go out to become a contributing member of society. Souls do not procreate sexually or asexually and therefore there is neither a shift away from self-development to caretaking roles through biological necessity nor a required move away from family of origin as represented by the soul group. The soul group remains intact and does not gain new membership. There is no graduation from a set educational agenda, no need to work in order to supply basic life requirements and there are no such things as jobs in the Akashics. No one survives doing a job they hate just to subsist; all tasks are taken on willingly by the souls who choose them. So let's set aside the normal paradigms, assumptions and comparisons as we look at what is listed in the fourth section of soul books, the section concerning careers.

First, education in the Akashics never ends and teachers agree to work with their soul group for all of eternity. Not just because of all the education possible, but because there is no certainty that the soul group will need to or ever achieve a state of being that no longer requires supervision. That kind of individual autonomy, unlike in human society, is not required nor expected. It is simply one opportunity among millions that a soul may choose, but with free will anything is possible. And careers or vocations are not a mandatory stage of maturation or evolution. Each soul may choose them in their own time frame. So for the teacher, at any given time a mixture of the soul group's members could be in service while the remainder is not.

The accepting of a vocation or career can be presented in a myriad of ways depending on the soul, the teacher, and the situation. A career or a vocation is a call to service. It is an opportunity for the soul to use their gift, skills, and knowledge in an effort to help another soul(s) to achieve something. It is a task taken on not for reward or gain, but the satisfaction of being in service to others, the pleasure of the task itself and for the betterment of all. Careers in the Akashics are not all consuming as they can be for embodied people. Sacrificing the self for another or using a vocation to avoid social interactions or learning experiences is actively discouraged as it does violence to the one in service and causes negative repercussions for the soul group, the teacher, their guides, and those being served. As all is love, careers are balanced with personal needs and growth, the needs of the soul group, and of others within the social sphere of the soul.

## **Soul Groups**

Soul groups play a crucial role in the development of souls throughout their existence. While each soul is unique and develops individually, it is also interconnected with the other members of its soul group and with its teacher in a living web of relationships that nurture and foster everyone involved. Soul groups are formed within moments of souls being created. Shared experiences, perceptions, opinions, emotions, expectations and choices build a bond so solid it carries on throughout eternity and can be recognized even through the power of the human body to make us forget. A soul group is like siblings who are also a group of best friends. They share everything, tease often, pick fights, disagree, revel in each other's successes and share the joys and sorrows of life. All in a venue where communication is not just telepathic, but full immersion. They don't just see the tears; they feel the sorrow in its freshest state. One's smiles light up their being as well. And through it all is a deep and abiding love.

Soul groups spend their time experiencing life. People who talk about soul groups focus on lessons learned or not yet complete like life is a constant school where everyone is studying and learning in an endless lecture, but that is not the case. Learning via lecture and classroom is great for learning facts and theories, for plowing through material, but it is only one educational tool and is useful for its specific task. Play and experience and joy and adventure and creation are also tools for helping souls explore who they really are and what they can become. And having someone to share it with not only adds to the fun but adds perspective, provides them with a reflection in which to see themselves and all around them in a different way. With soul groups each individual has not just one special person to share this with, but fourteen to thirty-nine of them, all with their own perspectives to share as well. Part of experiencing life is also experiencing the other, coming to know others as well as the self, learning their skills, their tendencies, their likes, their failings and blind spots, learning them. Empathy comes from experiencing their lives as part of the self. True love is being honest when honesty is most called for and most unwelcome. Soul groups play together, learn together, grow together and work together for their own best and highest good and for those they interact with. These deep relationships grow ever more connected through living embodied lives together.

## **Souls At Home**

Soul groups are a part of each reading I do for my clients because I invite any soul group members that are home at the time of the reading to come and listen in. Clients are sometimes confused by this thinking that these people are coming forward with messages for them, but this is not the case. Not all beings in the Akashics are

able to communicate with embodied beings. It takes specific skills to be able to penetrate the physicality we live in and reach our minds or hearts, which are busy almost 24/7. Most souls haven't learned nor do they need those skills. Which means soul group members don't have direct access with their siblings once the embodied life begins. During a reading I provide a bridge through the reading process so they can see and hear and be in contact again with their loved one. So they come to listen.

I find it important to talk about soul groups for another reason and that is this notion of Soul Mates. It's a concept that has a very large influence on the thoughts of people in the Western world that is out of sync with the reality of life. Not everyone has a soul mate and I highly recommend not taking that route to find a happy and healthy relationship for your life. Setting up embodied lives with a soul mate component is like throwing two darts towards each other from several thousands miles away and hoping that they hit each other in the middle. Everything can and will interfere with their reaching that goal and if they do manage to reach it they are so banged up and traumatized and it has taken so long that the rewards, while emotionally fantastic, are limited and of short duration.

It's not that I haven't seen these situations work out. I have. But for the most part, soul mates is not a concept that is in play in people's lives. But we do tend to look for them and therefore confuse the meeting of a soul group member with meeting a soul mate. We recognize people from our soul group because we have known them intimately since our creation. We recognize them no matter what body they are in or under what circumstances we meet them. And the relationship we have with them is usually deep because they 'get' us. And everyone likes that feeling and longs for it because we remember it from being at home. But that confusion can lead to emotional and logistical issues if we're not careful.

## **Role of Soul Mate**

Being a soul mate is a role that souls may choose to play for each other in an embodied life. In some cases soul group members choose to work together as married couples in an embodied life for a variety of reasons. It may be that they have similar lessons to learn or goals to meet, that they work better as a team than independently, or that they are in agreement to provide lessons for each other that support their personal goals as well as creating a family environment, positive or negative, that supports the needs of souls embodying as their children or grandchildren. However, while it is a romantic notion to think that one person can be all things to another person and that that one person is a perfect match and only they can provide the other happiness, it just isn't the case. For each of us there are many options for intimate relationships of any nature we choose including marriage. And while one or another may work better to meet our personal and professional and even soul/service goals, all are good choices and provide us a wide field of growth opportunities as well as happiness. So not finding a soul mate doesn't mean you can't have partnership, love, joy and happiness. And having a soul mate doesn't necessarily guarantee that you will. All relationships take effort and are full of choices, options, and opportunities.

## **Contracts are Fluid**

In physical life contracts are structured, formal ties between people or entities. They are that way because we humans are full of free will, limited in our ability to see far into the cause and effect future that will come from

our decisions now, and fluid in our decision making process so our minds change constantly. Contracts seek to create and maintain order in this apparent chaos and to control behavior. And if they worked well then we wouldn't need lawyers. See how that's working out for us so far? 😊

Anyway, contracts in the Akashics are fluid and ever changing to incorporate our free will and allow for choices, changes, and ongoing growth. One of the keys to understanding contracts in the Akashics is to get rid of the notion that every relationship, every contact, every moment of our interaction with another being is 'for a reason' or 'preordained' or 'meant to be'. These notions can bridge the gap for us between cause and effect that we can't see because of the complexity, but they can be limiting because they ignore the fact that we have free will. If some power greater than us is directing our lives, then why are we here? What is the point of puppets on a stage other than for the amusement of some higher being. I have found no evidence of this and so throw the notion out.

Contracts are fluid because of free will. Each of us puts a great amount of effort into preplanning the life we will lead here because of free will. Because the minute we are born we begin the necessary forgetting process that allows us to see time as linear, that allows us to condense our nature into a single form that feels separate from others and helps us to experience life in an immediate way we cannot do otherwise. Because of the forgetting and due to free will our lives almost never follow the script as written, which is why we write the script as a 'choose your own adventure' story. We know we will go in various paths depending on events influenced by our and other's free will. So we don't make just one agreement with one person to act in one kind of role for ourselves but instead contract with many hoping we will meet up with one of them at the appointed time. And we cannot foresee who we will be, what choices we will make in the moment, or who they will have become by the time we get there.

So most contracts will never be acted upon, and those that are will be updated, amended, altered, and/or foreshortened as necessary once they have begun. Which is something to consider when working with the Akashics. A) A contract won't tell you what is going to happen, only the plans that each party has made with caveats and addendums for circumstances. B) You can consciously choose to extend or end your side of a contract at any time. Need a relationship to end, sign the contact and it is ended. The connection between you two will start dissolving organically from that point on. Want a relationship to continue, write that into the contract. Just remember. Free will applies and everyone has it. You can't control other people or their choices. All you control is yourself...

## About The Author



Premier Akashic reader Teri Uktena has for many years been providing readings and instruction to others in order to advance crucial knowledge of each soul's purpose in the new millennia. Having grown up in Cherokee culture and studied with her elders to learn the medicines, ceremonies, and traditions of her people, Teri has expanded her experiences by studying with elders of other tribes and other cultures finding beauty in their uniqueness and amazement in their wisdom.

Teri Uktena works to help people change their lives, to help them achieve their dreams, find divine purpose, and achieve happiness through Akashic Readings. She works with clients to help them remember the spiritual goals they have set for themselves in this life, the true and glorious perfected spirit they are even today, and the opportunities and challenges that await them in the now and in the future.

Teri published her #1 selling class [Find Your Soul Purpose Through The Akashics](#) in 2012 and has helped thousands of students reach the Akashics and work with their Soul Books. She has since released a second class that goes further into soul books as well as classes on other aspects of the Akashics and Kabbalah. She continues to work with new and continuing students daily through that forum. She offers personal Akashic readings through her website [www.akashicreading.com](http://www.akashicreading.com). You can find her on [Facebook](#), follow her on [Twitter](#), and listen to her [podcast](#) on I-tunes.