

Energetic Embrace™

Quantum Energy Healing

Prepare for a Quantum Galactic Akashic Reading

In preparation for your session, please read the items below thoroughly. Please have your questions with you. There is no need to send them to me in advance:

1. Quantum Galactic Akashic Readings are 1 hour. Please ensure that you have a comfortable place to sit and that you are alone for the best results, for deep answers of your soul!

For an online session, ensure that you are in your home and **not** in a hotel room. Energetically, there are a vast number of negative energies within these public spaces because of how many people pass through. If your home is not possible, ensure that it is a private home such as an Airbnb.

2. If your session is online, please ensure you have wired earphones with a mic, like the Apple headphones or gaming headset. Do not use an over-the-head set of headphones, as this blocks your crown chakra. Having the proper technology with a mic will ensure that the volume will be adequate on the recording. Your phone will work just fine, and a wi-fi connection will ensure that Zoom will have a strong connection during the meeting. The session is video-recorded by Michelle and sent to you the same day. Please ensure you download the Zoom application prior, test the camera and mic settings, and make sure your device is fully charged.

Click here for [Zoom help](#) page if you're having trouble.

3. Leave expectations at the door. Every session is as unique as the individual who has one. Your session will unfold in your own consciousness in your own way and will more beautifully do so if you don't expect certain things to happen or not happen. The answers you receive from your Akashic Records Team are often complex, with nuances, and will always be for the highest good of your soul. The Akashic Records want you to be empowered to make your own choices based on the information you receive. They will never make choices for you or impose on your free will.

4. Prepare a list of 5 to 6 questions/concerns to ask during your session, no more than 10. Some of the answers can even come to you before your session! In many cases, your guides can start preparing you for the session ahead of time.

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Think of questions as portals. The right question opens up a doorway into new perspectives, ways of looking at yourself and your life, and potential solutions to your challenges and issues. Asking empowering, open-ended, self-focused questions using “how, what, why?” can take your Akashic Records experience to the next level.

The Records don't like “yes/no” or “should I” questions, as the outcomes are ultimately up to you through your choices and life circumstances. Avoid predictive or time-related questions since you are co-creating your reality with the Universe as you go along; there are no definitive future outcomes that already exist or that can be predicted.

Akashic Records - Sample Questions

1. Why are _____ and I together in this lifetime?
2. What can I do to release this unhealthy pattern of _____?
3. What can I do right now to find peace, forgiveness, and healing around _____?
4. What's limiting me from manifesting greater _____ abundance?
5. How can I better align my soul purpose with my career?
6. Is there a past life origin to the current issue/challenge/trauma I'm dealing with?
7. How can I release feelings of shame, guilt, anger, etc.? What are these feelings teaching me?
8. Why do I have a fear of _____? How can I release it?
9. How can I change my perspective and see what I need to see?
10. What can I do to expand and/or develop my spiritual gifts?

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Akashic Records - Client Questions

- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____

- 6. _____

- 7. _____

- 8. _____

- 9. _____

- 10. _____

SEE YOU IN OUR SESSION! MY INFINITE LOVE.     