



HEALING through
the
AKASHIC
RECORDS

Using the Power of
Your Sacred Wounds
to Discover Your
Soul's Perfection

LINDA
HOWE



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sounds true
BOULDER, COLORADO

To Lisa and Michael.
You are my favorite traveling companions.
I love you both.

*Yea, though I walk through the valley of the shadow of death,
I will fear no evil,
For Thou art with me;*

Surely goodness and mercy shall follow me all the days of my life.

—Psalm 23

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Praise for *Healing Through the Akashic Records*

Preface to the Paperback Edition

I love this book. When I first wrote it, I loved it because it was *the* “how to heal” book I had been seeking for so long. Through a surprising unfolding, led through a practical, powerful process for personal healing through the Akashic Records, using the Pathway Prayer Process, I found myself delivered into a realm of solid self-appreciation, respect for others, and reverence for the entire planetary experience. This all facilitated a shift from feeling trapped by my limitations and wounds to being liberated by embracing the sacred nature of my experiences. This was certainly not what I originally expected! Now, five years after its initial release, I love this material even more because it’s proven to be the bedrock of spiritual principles and practices upon which the foundation of my entire body of work rests.

In the “old days” of the New Age, confusion reigned as I tried to stuff the newly emerging reality into old patterns. Perfection appeared to be the goal of healing—I could transcend or escape the more difficult aspects of my human experience! Once perfect, I would gladly be available to serve others! Happily, I’ve come to learn that the goal of healing is to unleash the unconditional love at the core of our being, for ourselves and for others. The human journey itself is the opportunity to encounter and embrace the Divine spark within and beyond. Ultimately, the good news is that the endgame of life is not to secure a human idea of perfection and then participate, but rather to allow our imperfect selves to love and be loved.

The process outlined in this book is anchored in the spiritual practice of unconditional self-love. This radical notion embodies our personal need for the experience of complete acceptance. In times like these—of unprecedented spiritual opportunity for secular people—the challenge of shifting from the *idea* of self-love to the *experience* of unconditional self-love calls for guidance and direction. Guidance such as the type I receive in my Akashic Records, using the Pathway Prayer Process, facilitated my personal shift. And by now, I have

witnessed the shift in thousands of my students who have courageously embraced this approach.

Ideas and themes I present here range from recognizing that you—the person you are now—are your soul’s first and best choice, to the reality that everyone is always doing their best and the real-life implications of that truth. Our new footing with regard to our relationships with ourselves and others prepares us to interact in the world as positive contributors. The deceptively simple Ascension Matrix residing within each of us—composed of Gratitude, Grace, and Generosity—propels us to rise above the trials of life, showering our world with infinite inner light of Grace as we navigate ordinary living.

At this moment, consider the possibility that you are reading this because now is your time. This is a lifetime like no other. Here is a proven approach to personal spiritual healing you need and deserve. As you grow in freedom from old ideas, patterns, aches, and pains into your Divine potential, the foundation you lay with this process will sustain and nurture you as you go forward in your life to manifest your soul’s purposes and live your destiny.

Much Love and Many Blessings,

Linda Howe
Doctor of Spiritual Studies, Akashic Records

Preface to the Hardcover Edition: A Healing Journey

In my first book, *How to Read the Akashic Records*, I described the winding path that led me to the Records. It began with a fervent prayer. I pleaded with God to tell me how it could be that my perfectly fine life—success in school, a good job, a nice apartment—had left me feeling perfectly miserable. My prayer was answered almost immediately, and in a way I could never have anticipated. This did not come in the form of an answer to my question; instead, I entered into a state of utter stillness. And then, without my having wished for it or even considered such a thing, I had a direct and profound experience of oneness, of the unbreakable connection between myself and all other things, seen and unseen. For the first time in my life, I felt relief from my ever-present internal distress.

I now *knew* without doubt that God existed, and I could feel that God knew, loved, and even *liked* me just as I was. The experience lasted only a few moments, but it was a revelation.

Then those moments passed, and that brief taste of God propelled me to search further. I wanted to reclaim the experience in order to heal the deep emotional wounds I had been suffering seemingly forever. First, I sought God in traditional places: in churches and temples. Next, I immersed myself in the archetypal symbolism of the tarot. Then one day I found myself—reluctantly, I must admit—sitting in a shamanic drumming circle, and despite myself, I was entranced, transported to another dimension. After that experience, I dove headlong into the teachings and rituals of shamanism. But it was not until I was introduced to the Akashic Records that I truly came home: home to my soul and my own true Self.

This was where my personal story ended in my last book—I followed it only with a brief account of how I came to be a teacher of the Akashic Records and

how my teaching system evolved. But there is much more to my tale. I have chosen to share some of it with you now in greater depth because it is intertwined with the healing system you are about to learn. In fact, this program of healing through the Akashic Records arose from my personal healing journey.

It began when I opened my own Records for the very first time. I had heard others describe their experience—I was intrigued and eager to learn how to do it myself. Thus I now sat in a room with a few other students, following the teacher's direction, anticipating with excitement what it was going to be like to open my Records—if, that is, I could accomplish it at all. I had an impression of the Records as a highly esoteric, sophisticated oracle, and I imagined a dramatic experience at the very instant my own Records opened: a riot of phenomena and sensation. Perhaps an electric crackling in my ears. Lights flashing in otherworldly colors. Maybe even a thundering voice from beyond.

Then, unexpectedly, the teacher's voice grew faint. My attention turned inward and I could hear my own inner voice: the teacher within. All became still—my mind's chatter and the turmoil of my emotions hung suspended. Within the profound quiet that remained, I knew peace, clarity, safety, and love. I felt wave upon wave of relief ... until I was simply overcome.

And I knew without a doubt that my search for the right spiritual path had ended.



The next stage of my spiritual development now lay open before me. I had found a way to contact an infinite resource that could guide my spiritual practice, and so I embarked upon a sacred journey of healing. For the next sixteen years, I worked diligently in my own Records, finding solutions to lifelong problems and cultivating my growth.

Though I had spent considerable time searching elsewhere, from that first experience I had great hope that I had finally arrived at a way to cross the spiritual desert in which I had been wandering and achieve a deep level of healing. It had shown up in my life not a moment too soon: I badly needed help. I needed to find ways to overcome my fear and agitation. I had to learn how to stop being so dependent upon others for approval and support. I needed to grow in spiritual maturity until I was solid enough—secure enough in myself—that I could receive from others. Ultimately, I had to find a way to reliably connect with the Divine Energy within so I could relax and truly enjoy my life.

I had always needed exactly *this* kind of resilient spirituality to help me

move through my life and cope with challenges large and small. A spirituality that would enable me to stay true to myself, be strong, and participate in life. The Akashic Records seemed to offer me all of this, and as the work unfolded, their promise was realized. No matter what problem I worked through at any given time, my Records never failed me.

I did not set out to develop a system of healing to share; I had only one aim: to heal myself. Along the way—without my even noticing at first—an entire healing program was revealed to me. A slim sliver at a time: useful insights, exercises I could practice, other kinds of “homework” to do, and suggestions for appropriate action. A two-step system of listening and acting assembled itself one puzzle piece at a time, and it wasn’t until it was largely complete that I was able to take in the whole of it and comprehend what I had. Indeed, a system had emerged from my work in the Records that brought about my own healing, and, I suspected, had the power to benefit many others.

But, I did not recognize this for some time. Working in the Records, I focused entirely upon myself: my issues, my pain, my struggles, and my search for *practical* solutions. I had had many intense spiritual experiences before, so at first the Records’ emphasis on practical wisdom seemed strange. But useful ideas, suggestions, and strategies were exactly what I needed to sustain myself while navigating everyday life. If I couldn’t apply spiritual insights to my daily experience, I concluded, what good were they to me? So this became my bottom line: the direction I received from the Records had to *work*. It had to be trustworthy. The guidance had to be reasonable. I had to be able to rely upon this guidance in any circumstance. Every element, every insight and tool I received had to contribute something of substance to my healing journey.

At first, I applied the guidance from the Records simply because it rang true. Then, time after time, I noticed that it was exactly what I needed. Each time I applied what I learned and took to heart the suggestions received, I felt better. These new insights led to sensible, doable actions that produced consistently positive results. This happened countless times and in ways large and small. Carrying the awareness of the Divine gained through the Akashic Records into the everydayness of my life, I began to mature spiritually.

It has been a dance of discovery. Initially, I concentrated a great deal of my energy on the method I used to access the Records (the Pathway Prayer Process to Access the Heart of the Akashic Records, described in [chapter 3](#)). But as I came into relationship with my own spiritual authority, my emphasis shifted from the method of access to the insights, guidance, and wisdom such access

afforded.

For a glimpse of how the guidance of the Records can manifest, I will share with you one of my deepest healing experiences: one that had a direct impact on several of those closest to me as well.

My father's death was a slow and terribly painful one. Perhaps you, too, have been helpless in the face of a loved one's suffering. The compassionate space of the Records gave me relief from the sadness and angst I experienced during that trying time, and this in itself was a tremendous healing gift.

But I remained troubled. I felt tied in knots about how my siblings should respond: both to my father's care and to handling the emotionally wrenching situation themselves. (There were knots tied within knots tied within knots—I am the second child of eight!) I was certain I knew what each of my brothers and sisters should do, and I felt strongly compelled to manage and direct their actions. As you might imagine, my direction was not always welcome.

The Records revealed a different approach. They led me to an understanding that all of my brothers and sisters were entitled to their own experience of our father's death. They showed me that not only was it inappropriate for me to guide, urge, or try to inspire my siblings—for I truly did not know what was best for them—it was also unnecessary. I came to understand that each of us had a unique relationship with our father and that it was insulting and demeaning of me to force my perceptions on another.

This was not an easy realization to come to: none of us wants to discover that our behavior has been insulting or demeaning. But it was revealed to me over time and with compassion. Whenever I felt an impending “attack” of the need to direct my siblings' behavior, I went to work in the Records, and gradually I was relieved of the fears underlying this unexpectedly strong urge. I came to know and trust that everyone could take care of him-or herself. The first time I brought this problem to the Records, the knots began to soften. The next time, they slackened further. At last, they dissolved altogether, ultimately yielding to a sense of peace.

This invaluable discovery—that each one of my siblings had his or her own rightful pathway through our father's death—is one I cannot now unlearn. It is with me always. This is what I mean by growing in spiritual maturity.



From this example you can see that, while the Akashic Records contain many wonderful gifts for healing, working in them can be uncomfortable at times. This

was especially true for me at first. As I engaged with the Records, I was flying blind—and often alone. I did not have the benefit of my own hindsight or anyone else's. Yes, some incredible people were placed on my path to assist me in navigating certain stretches, but no one accompanied me the entire way. No one could tell me how it would all turn out. I pressed onward in what often felt like darkness, following just enough inner light to take the next step without falling.

Gradually, however, I developed a relationship with the Divine Presence within—one that is rewarding beyond measure—and life is no longer such a struggle. I have come to trust that part of myself through repeated experience: through a regular practice of going within, seeking guidance, applying the counsel I receive, taking action, and observing the results. Through trial and error, I have learned to recognize and trust the presence of the Divine, or God. And I have learned that this trust is at the heart of the healing power of the Akashic Records.

My story still unfolds, day by day, as I live my now extraordinarily ordinary life. As this spiritual healing program has evolved, I have made many discoveries. The most important is that the Divine Presence is real. There is a power greater than me, and it is both within me and beyond me. Having a conscious relationship with this power makes all the difference in the quality of my daily life and in my relationships with my family, my friends, and myself. This is precious knowledge I have gained—quite unexpectedly—through my explorations of the Akashic Records.

Today, my connection to the essence of the Light of the Akasha, the pulse of Life, the Divine Reality, is solid. I know this Light has been with me always: awake or asleep, at times of ease and times of hardship, whether I feel pain or pleasure, whether I get what I want or not. It is alive and it is resilient—and it is healing me. My awareness of the Divine is continually enhanced by my work in the Records, and I know it will further strengthen with continued practice. Of this I am absolutely certain. It is my heartfelt desire and intention that you, too, will experience deep connection and healing through the wisdom and guidance of the Akashic Records. And so I now share this healing system with you.

Introduction

I am so glad you have found your way to this book. The simple fact that you have arrived here says a lot about you and where you are in your life journey. Something inside of you—a nudge from your soul—is guiding you to know that *now* is the time to advance on your healing quest to become the person you are meant to be and to live a life you love.

When the soul says it's time, it's time. You have both the ability and the wisdom to hear this prompting from your Innermost Self, and you have the good sense to act on it. This is fabulous!

In your hands is a guide to a path of spiritual healing that is extraordinarily practical and effective—and remarkably simple. Applying this healing approach has led me out of a crushing sense of isolation and into a conscious relationship with the Divine Presence. This is a very specific healing practice, as the title indicates: we work in the Akashic Records, using the wounds we have suffered during our lives as the means to come to know our true selves, to discover our soul's perfection.

This approach came to me piece by piece over a sixteen-year period when I was striving to be more authentic and to more fully enjoy my connections with the people in my life. I was also looking for ways in which I could contribute value to life without getting tangled up in all the world's chaos. The healing program that developed over time answered all these needs. Here was a way for me to grow into greater trust in the goodness of life so I could truly let go of outdated ways of operating and discover new, more appropriate habits. I found a method that supported my heartfelt desire to let go of the illusion of control, surrender to the benevolent power of life and allow this force for good to transform all the dimensions of my being.

I discovered this path of radical change by using the Akashic Records as an empowering spiritual practice. As I followed the guidance I found there, my wounds were transformed from obstacles into means of connection. What most

astonished me about my discoveries was that *through* my difficulties—not despite them—I encountered the Divine Presence in a very real way. I came to know that nothing could possibly happen to me that could ever corrupt or destroy the Divine spark within me. I discovered that the connection I have with the Divine, and with life itself, is unshakable. And now, standing firmly on the foundation of this knowledge, I am secure enough to build a life that expresses the best truths of who I am.

I have since taught this method to hundreds of other people through classes, workshops, and one-on-one sessions, and I have seen firsthand that each individual who earnestly undertakes its practices achieves healing. Some stories are dramatic—complete reversals of debilitating conditions. Others are subtler: emergence of a greater sense of self-confidence and well-being, an improvement in a key relationship. Everyone who approaches this path with intention and openness experiences some measure of positive change: transformation of a condition from which they have long sought relief, or an opening into the joy of life. I have seen no exceptions.

The key is facing, from a spiritual perspective, the source of our pain and distress: wounds we have inevitably incurred throughout our lives, beginning in infancy, that affect us to the present day. Through working in the Akashic Records, we change our relationship to these wounds. Examining them in the Light of the Akasha, we come to view all the hurt we have experienced—all the damage inflicted upon us by ourselves and others—as sacred opportunities for transformation and avenues to encounter the Divine Reality. They are exactly that, as you will soon discover. While we incur them at the mundane level of everyday life on earth, they have a higher purpose. Our human experiences are the crucible within which we encounter the indestructible Divine Essence that is the very core of our being.

If you are drawn to this book, chances are good that you have already pursued healing in other ways. You have invested time, money, and energy in gaining relief from your present discomfort, whether it is physical, emotional, or mental in nature, or a combination. The knowledge and understanding you gained through your efforts have likely been helpful to you, but probably not transformational: some discomfort remains, whether acute or mild. This is not because you are lazy, or don't deserve relief from pain and distress, or you somehow want difficulty in your life. It simply means that you have run up against the limits of your abilities as a human to find solutions. Transforming your woundedness requires freedom from limitation, and to achieve this you

need access to the infinite nature of the realm of spiritual power.

Spiritual healing differs from all other modalities in that it results directly from strengthening our relationship with the Divine. We accomplish this by initiating, and then consciously and continually developing, an intimate relationship with our Innermost Self, a facet of our soul. Our soul never loses sight of its oneness with Divine Nature; our Innermost Self serves as our own personal bridge to the Divine.

As a result of our wounding, it appears we have lost touch with this deepest part of ourselves and hence our soul. But no matter how distant we may seem to be from our soul, we are in fact inseparable from it. Furthermore, the soul remains an infinite resource for healing. Our challenge is to clear away the distorted filters of long-established patterns of wounded thoughts and feelings that keep us from knowing the Innermost Self and, in turn, the Divine. This is the essence of our work in the Records. It is important to note that, while this deep work takes place in the spiritual realm, it is simultaneously entirely practical. Through clarifying our difficulties, gaining insights into them, and arriving at real-world solutions, we can bring this work into our everyday lives. We become reacquainted with the truest aspect of ourselves, the Innermost Self.

In this process for healing, we recognize we have an important part to play: taking responsibility for our well-being and doing what we can to care for ourselves. What remains is the part we really cannot accomplish on our own, and here we allow the Divine to move on our behalf. This method guides us to a safe place within which we are sufficiently supported and where we can allow this force for transformational good to do its work. We are entitled to experience the perfection of our own soul, and this strategy for healing enables us to encounter the essence of our Divine Nature. When this happens, we find that we are the person we always hoped we could be and we can now live the life that we've always dreamed possible.

Prerequisites for Healing Through the Akashic Records

There are just two prerequisites for healing through the Akashic Records. First, we must recognize the futility of applying the same old ideas to our problems and come to accept that what we have been doing does not work. Second, we need to have a sense—and in the beginning it can be a mere wisp of a sense—that it is safe to let go of the old ways and open ourselves to the new, because a power for healing exists that is far greater than we are.

The beauty of the Akashic Records, as you will learn, is that they are an environment organized expressly to provide the safety needed so we can encounter the Divine Presence in a way that is real, absolutely useful, and decidedly effective.

The Three Components of Our Healing Adventure

Our healing journey is divided into three main parts. The first phase is Our Sacred Wounds as Points of Power in Our Relationship with Ourselves. In this phase, we address the devastating problems of self-abandonment and self-rejection from the following significant points of view: Awareness of Self, Self-Acceptance, Appropriate Action, and Choice. Exploring this stage of the healing process, we find ways to stay with ourselves no matter what is happening and to be at peace even during trying times. Finding the wounds that have made it virtually impossible to make contact with our Innermost Self is in fact the precise opening needed to enter into its depths.

Next we examine Our Sacred Wounds as a Pathway to Peace in Our Relations with Others. This is a very exciting part of our journey. We are given the opportunity to find out how to move beyond resentment of others and into acceptance and forgiveness—and to examine what is required to cease negative judgments. The great challenge of disrupting limiting patterns follows. We have an opportunity to discover the life cycle of patterns so as to transition from being enslaved by them to becoming free and empowered by them. The difficulties that interrupt the connection between us are exactly what we will use as the path of peace in relationships.

Finally, we enter into the region of Our Sacred Wounds as a Platform for Transformation and Transcendence. Having completed our work in the first two phases, we find ourselves more solid, stable, and better able to express our true Self. But we are not finished. We are infinite beings on an eternal quest. In spiritual work, there is always more, always a next level and a next step. In this stage of our healing work, we establish a conscious relationship with our internal structure through which we thrive in a renewed life, one lived beyond human wounds and scars. I will introduce to you the Ascension Matrix, which provides a context through which you can experience transcendence into a more conscious fusion with the Divine. The elements of the Matrix are Gratitude, Grace, and Generosity. Here, we come to know how to activate each of these qualities in life to live as an ascending being. And we discover how to live in the

world, not as a victim of it, but as both active participant and inspired contributor. We will learn how to live our ordinary life from an extraordinary perspective.

Prepare for the Journey

To support you in this three-stage process, I would like to make some suggestions for ways to approach the work. Feel free to accept those that are helpful for you, and don't worry about the rest.

You might want to start by reading quickly through all three sections ([parts 2, 3, and 4](#)) and letting yourself get used to the flow of the work before doing any of the exercises. Some sections may be very engaging for you right now, others not so much; this is natural, so let your intuition about this be your guide. You may wish to dedicate a special notebook and pen to sharing what arises as you work in your Records. In each of the three sections, I introduce ideas and discuss possibilities for applying them in your life, and I will present tried-and-true questions for reflection to take into your Akashic Records. Feel free to work with them at your own pace and follow where they lead. Experiment, experiment, experiment to see how to best interact with them for your own growth.

You will begin by learning to access your Records using the Pathway Prayer Process to Access the Heart of the Akashic Records©. If you are already familiar with this process, it will be a good review. If you are new to the work, this is the basic instruction required to open your Akashic Records and begin working in them. For a more detailed presentation of how to do this, you might wish to explore my book *How to Read the Akashic Records*. Some people enjoy gaining a deeper understanding of the method, but it is not essential to do so before using the Pathway Prayer for these purposes. The instruction here will be enough to get you started.

Before you commence working in the Records, I suggest you take a few minutes to reflect upon those difficulties that have been with you as long as you can remember. Turn your attention to those issues that just do not seem to budge—ones you have been chiseling away at for perhaps the last ten, twenty, or even thirty years. Another approach is to go straight to the thorniest places: to reflect upon the most painful experiences or ways of being you have been enduring, those that cause such intense discomfort that you usually refuse to even let yourself think about them. I understand that neither of these exercises is easy—we all have had ample practice attempting to escape our wounds and relatively little experience facing them directly. But you can do it, knowing help is coming: the solace, perspective, and wisdom you will find in your Akashic

Records. Trust me, I have traveled this road to spiritual healing many, many times before you, and I have written this book as a way to “leave the lights on” for you, to guide you on your way.

I know how hard it is to live with hurt feelings and the scar tissue that has built up around them. I know how difficult it is to be held hostage by old patterns of interacting with others. I know how demoralizing it is to keep trying to change but failing again and again. And I know what it is like to use your shortcomings against yourself. It is because I have suffered these experiences too, and have been relieved of them, that I am sharing this method with you. Believe me: your efforts will bring tremendous liberation.

An Invitation

Now I would like to extend to you a formal invitation to begin this three-stage journey of liberation. Wherever you are on your path, come along. I will be with you every step of the way. I will fully explain everything you need to understand as you move through a progression of healing concepts and methods that will absolutely transform your life.

This is an invitation to become free to know the truth about your Innermost Self and to express it in the world. It's an invitation to surrender to the Divine and into the joy of living. I invite you to open your mind, soften your heart, and align with your will so the Light of Akasha can move to you, through you, and into the world around you. Wherever you now find yourself, know that your next level of possibility, your next dimension of wholeness, wellness, and aliveness is standing here in front of you. Spiritual healing is within your reach.

PART ONE



The Fundamentals

CHAPTER ONE



An Introduction to the Akashic Records

The Akashic Records are a healing realm made up of *Akasha*: the primary substance. This substance is Light, the essential life force as it exists before our thoughts and feelings step in to manipulate it. It is both a presence and a healing force. Nonintrusive by nature, the Akashic Records never impose themselves upon us. They never interfere with our choices, even under the most desperate of circumstances: they do not compromise human dignity. Instead, the energy of the Records *responds* to our desire for assistance, to the cry of our heart when we are in pain. When we are open to the energy of the Akasha—even just a little—it moves toward us to meet our needs. It approaches at a pace we can manage, one that supports us and is not frightening.

At its most basic, our task when working with the Records is to become aligned with ourselves. Once we are centered, we can then direct our attention to the Light and let it do the work.

A Superior Intelligence

One of the assumptions we make in this work is that the Light of the Akasha is an intelligence superior to our own. It is infinite knowledge and wisdom. It is the Light of the mind of God moving through the heart of the energy body of God. And because it is a greater intelligence, we do not have to tell it what to do: we trust that it operates on our behalf and for our own good. As I have observed repeatedly through years of teaching and my own experience, the more we experiment with the Light, the more positive results we see and the better we are able to trust the actions of the Light. The more we trust, the more Light we can allow, and the more we allow, the more frequently and quickly the Light moves

on our behalf.

Spiritual Healing Through the Akashic Records

Spiritual healing can be defined generally as *healing from the point of view of the soul*. Let's take a look at the qualities and dynamics of the spiritual healing process that are specific to the Akashic Records.

An Atmosphere of Transformation

The principles governing the Records establish and maintain an encouraging atmosphere for transformation. There is a predictable, progressive pattern to the flow of Akashic energy that operates at every level, and there are energy dynamics at work in our relationship with the Akasha that facilitate change.

An infinite spiritual resource, the Akashic Records are a dimension of consciousness that contains the vibrational record of every soul and its journey. There are two components to each individual's set of Records: the fixed and the evolving. The fixed aspect is the essential pattern of your soul, which can be understood as the DNA of *who you are at the level of your soul*. More importantly, this is the soul-level truth about you: who you truly are in your human journey through time and space. The second part of your set of Records is the *lifetimes you experience as you become aware of the essence of yourself*. Here you find the ever-evolving catalog of the human experiences you have had, are having, and will continue to have, as you move toward awakening.

We Are Allowers of Healing

When we work within the Akashic Records, we are "allowers" of healing. As we align with ourselves and our truth, the Light does the work. We do not send energy to our Records or receive energy from them; in the Records, we recognize that the Light within us is within everyone and everything, so there is no reason to send or receive. Our challenge is to allow the Light to move through us. We do this by "cleaning house," making more inner space so that what is already present can be revealed. We take stock of our own makeup and let go of anything that interferes with our ability to experience our own goodness. As we engage in this process, we free up room within our interior for the ever-present Light to expand. The Light supports our housecleaning, corrects any imbalances we may have, and quickens our ability to be happy and joyful.

“Judge Not,” “Fear Not,” “Resist Not”

Some environments are more conducive to such a healing experience than others. The atmosphere within the Akashic Records is highly supportive of transformation, and this is because of the essential principles that govern the Records.

“Judge Not,” “Fear Not,” and “Resist Not” are the absolutes of the Akasha. In combination, these principles produce a culture of honor, kindness, and respect, providing us with an opportunity to know our own souls as whole, complete, and good. As we gain this knowledge, we transform. We shift from being judgmental, fearful, and resistant to becoming accepting, allowing, and embracing. When we examine our difficulties from within the Akashic domain and its governing principles, we see our problems as they truly are. As many of us have learned, once revealed, the truth sets us free.

The influence of the “Judge Not” principle establishes a neutral space where it is easier for us to be honest. In an environment free of judgment, there is no threat of criticism. Free of the potential for judgment and the pressure it creates, we can simply observe and report what we see. Events and situations are no longer perceived as indictments or evidence of our failures; they are simply events and situations. In such a space, it is safe to take a good look at what we have done, or have not done, and know that the Records offer no support for using anything against ourselves.

Adding “Fear Not” to the mix amplifies the benevolent climate of the Akasha. Here we meet the kindness, respect, and high regard that are ever-present for us. Bullying, shame, harassment, and ridicule dissolve in such an atmosphere. “Judge Not” and “Fear Not” are twin principles: if there is no active negative judgment, there is no reason to be afraid. While this comes as a great relief, it can take some getting used to—we are initially unaccustomed to the absence of judgment and fear. Regular exposure to this climate enables us to adjust to the freedom inherent in it, and over time we find that we no longer have to hide or protect ourselves from what is going on within us and around us.

“Resist Not” is the force that enables us to allow, let go, and then move on. If we are blocking or pushing away some aspect of ourselves or our experience, paradoxically it gets wedged into us, and we find ourselves barricaded behind the very thing we do not want. On the other hand, in an atmosphere where there is no harsh judgment, and hence no fear, it is unnecessary to wall ourselves off from our experience. We can simply let go and let life flow. We can adjust ourselves to the natural movement of the life force within and around us and

relax into it. In the presence of “Resist Not” energy, we lose our attachment to being stuck. We realize it is safe for us to evolve.

When we are aware of these energetic forces operating within the realm of the Akashic Records, we can sense their great potential to assist us in our transformation. Because the active principles of “Judge Not,” “Fear Not,” and “Resist Not” are always at work, spiritual healing through the Akashic Records allows us to enter into a very safe space in consciousness, and what is no longer appropriate for us dissolves.

The Formed Word

Understand that in the Akashic Records, energy moves on the formed word: spoken, written, or thought. This is true outside of the Records as well—words always carry great energetic power—but the energy is intensified within them. The movement of energy becomes even more potent within the Records because of both the clarified environment in which an individual forms words as well as the level of attention that she or he pays to their formation. As we speak the truth about any given situation, the energy of that situation shifts and loosens. Whatever we speak about transforms: its energy moves and becomes unstuck, and problems begin to resolve themselves. Simply by describing any given circumstance, even if we do not fully understand it, frozen energy patterns begin to thaw. The “tectonic plates” of the life force, once held rigidly in place, let go, and we come to discover our right relationship with our life, ourselves, and others. Then we can simply let life be, relieved of any torment surrounding past difficulties.

The Journey to Peace

One tantalizing possibility the Akashic Records offer is peace. After we work for some time in the Records, this quality of tranquility moves into the deepest part of who we are—and it stays. We become less likely to take things personally. The floor of our being becomes imbued with peace, and though turbulence may continue to occur, we move in the direction of a more peaceful, less agitated life.

This is not resignation or putting up with harmful conditions, such as “making peace” with a bad situation. I am speaking of a higher-level peace that transcends daily circumstances. We might not get the results we think we need; we might not find the person we believe we must meet to be fulfilled; we might not get the job we feel we require to be happy. We may not attain the level of

health we desire or the financial situation we believe we need to attain to feel secure. When it comes to spiritual healing and this quality of peace, we are considering the possibility of being at peace whether things go our way or not. It is easy to feel a sense of peace when we get what we want, but the challenge is to feel at ease either way. When we engage in the Akashic Records and enjoy the atmosphere of kindness and respect we find there, peace becomes progressively easier to achieve.

Working with the Light Grid

Within the culture of the Akashic Records, we find a supportive environment in which we can better see what is happening and make ourselves available for transformation. Here we have access to, and make contact with, the Light Grid that holds and defines who we are.

Surrounding every person is a pattern of points of Light. Each of these points is connected to one another in a resonating relationship based on the emanating frequencies. The Light Grid is an unseen energy that holds us together. The energetic patterns contain who we are. Each of us is the physical manifestation of this unique configuration of points of Light: it is as simple as that. Our Light Grid is immediately—but not directly—accessible in the Records. We influence it through our humanness both within and outside of the Records. Through engaging with our feelings, thoughts, and physical experiences, we transform our corresponding Light Grid.

Clusters of points of Light connect to parts of our human constitution: our bodies, emotions, and thoughts. The human vehicle is the domain through which we can directly encounter the Divine, and the Light Grid is a conduit for expanded awareness of the Divine. Addressing our worldly concerns—health, happiness, family, friends, all the various facets of life—is *the* way to interface effectively with the Grid.

As I mentioned before, when we interact with the Records, we put our experience into words. As we speak, write, or think these words, we affect the Light Grid. As we identify and describe the truth, we change the grid, altering it to accurately represent the current reality. Old, fossilized patterns begin to undo themselves. New constellations of the Grid assemble and find their rightful place within the whole of our energy system. What is happening is an adjustment to the pattern *at the level of the pattern itself*. The reassembled Grid supports us as we interact with this new, more appropriate pattern and have a chance to grow into it.

It's similar to altering a pattern for a garment. At one time in your life, the pattern may have fit perfectly; then, as life progresses, you may notice it tugs or chafes—even causing you discomfort. When you are in the Records, places where the pattern still fits and places where it no longer does are easier to identify, and as you address the situations that fit awkwardly, you can alter the pattern accordingly. The words you use in the Records serve to describe the alterations you need, and the pattern of the Light Grid responds with perfectly customized answers to your specific needs. It becomes much easier for you to change your thoughts, feelings, and behavior than ever before; change is no longer a struggle.

The natural process of healing through the Akashic Records begins with the transformation of the Light Grid patterns holding us in place, acting as energetic containers—parameters for our human expression. Telling the truth about our experience changes the configuration. As the pattern is altered to reflect our current consciousness, we respond and can change the way we operate.

Three Stages of Healing

As you progress on your journey of spiritual healing, you will notice that there is a predictable sequence to the flow of Akashic energy at each stage of development. There are three distinct stages of healing within the Records: the Story, Causes and Conditions, and the Soul Truth.

The Story of What Is Happening

The first level of healing requires discerning *the story of what is happening*. This is the ordinary story of what is taking place for us here and how: something challenging at work, a sudden bout of the flu, an unexpected bonus that opens up new possibilities, disappointment in a friend's behavior, a new romance. These are the stories of our everyday human life. The Akashic Records contain the story of who we are through time and space. Within this system, the story of what is happening to us, around us, and through us *now* is very important. The more specifically we can describe our circumstances, the better, as healing involves the specific, not the general. Begin by describing in detail what has happened or is happening to you and what the experience is like. Identify your role in the matter and how you are affected.

Causes and Conditions

Causes and conditions make up the second stage of healing within the Akashic Records. Here we work at the level of knowledge and understanding. We explore our beliefs about our situation. We examine our thoughts about these circumstances. At this level, we seek to understand what has caused any difficulty. Within the Records, we find that what we are experiencing is anchored in either something from this lifetime or from another—it doesn't matter which. At this level, we can make sense of our problems. Here, we can see environmental factors, past-life influences, and ancestral patterns contributing to a particular dilemma. This is an especially fascinating stage of the healing process, often rich with ideas, insights, and comprehension. It is important to mine this stage for resolution. When the mind attains some sense of understanding it usually then relaxes, freeing us to move beyond the known to where the most potent level of healing resides, the Soul Truth.

Soul Truth

The third stage of healing is the most remarkable but also the most difficult to fathom. This is the level of the soul, and here we find the bottom line: the soul-level truth about ourselves. This is the truth of our perfection, our wholeness, and our wellness. Here is the opportunity to soar above the story—above causes and conditions—and know ourselves as we are in the Light of Truth. From this altitude, we can recognize all the dimensions and components of who we are as the elements of our infinite and loving soul. The essence of who we are now and who we have been through time reveals itself at this level. When we observe ourselves and our difficulties from this perspective, we may be startled to find ourselves in the midst of a powerful, heartfelt, loving experience.

Healing is under way as we move through these three levels within the Records: the story, the causes and conditions, and the Soul Truth. Herein lies the solution.



Now that we are acquainted with the atmosphere of the Records, the possibilities for healing, and the progression of spiritual healing, it is time to clarify the nature of wounds, our access point to healing.

CHAPTER TWO



Sacred Wounds

If you are reading this book, you are already aware of your woundedness. I know that this awareness is painful, but it truly means you are potentially in a wonderful place. Armed with this knowledge, you can become a conscious participant in your own experience of healing. You don't have to wait for someone else to save you, fix you, or relieve you of your distress—and in reality, no one else can do this for you anyway. Others can be supportive, but they can't go to those places within you where the hurt is all-consuming. Only you can go there on your own behalf.

Having set out on the quest of spiritual healing through the Akashic Records, you now begin the process of finding the way into the heart of your wounds. You will find your way back to your Innermost Self. Acceptance of your woundedness is the landing pad into healing.

What Do We Mean by Wounds?

So, when we speak of wounds, to what are we referring? Wounds are scars left behind by any kind of injury we have sustained—physical, emotional, or mental—that support negative ideas we have about ourselves, others, and life in general. They are caused by events that limit our ability to fully and freely express ourselves. All facets of our constitution are subject to life-altering injury that can thwart our development. It doesn't matter if the wound has come about through deliberate intent or by accident, overtly or covertly, consciously or unconsciously. It can be initiated by ourselves or by others. What makes an event a wound is that we use it against ourselves. We see it as evidence of our imperfection, and it then interferes with our ability to experience both our own goodness and the goodness of others.

Woundedness is universal. Everyone on the planet today is wounded, and everyone who has ever been alive was hurt, too. We have all been injured by others, and we have inflicted injury upon others, as well as ourselves—the whole of the human experience is a minefield of wounding. That this experience is universal is reflected in great literature and in every scriptural tradition; from our

beginnings as humans we have shared stories about difficult, even horrific experiences. But while the experience is universal, it is also personal. When I have a broken heart, I am the one with a broken heart.

Wounds Become Issues

The injuries we suffer can result in terrible distortions in our perceptions, and this can limit our ability to experience the vitality of the life force. A devastating event can affect us in a way that makes it nearly impossible to engage effectively with our life, and this is tragic. What commonly occurs is that wounds morph into “issues,” patterns we develop that interfere with our experience of the Innermost Self. For example, if a teacher makes a sarcastic remark about a young student’s presentation, the child may decide then and there that he or she will never speak to a group again. If a parent walks out on the family unexpectedly, a child may respond by deciding not to get close to anyone else, thinking that this way he or she can escape rejection in the future. Our issues become excuses to avoid aspects of life we find difficult, crippling us physically, emotionally, and socially. This, of course, is the least desirable relationship we can have with our wounds.

From the Ordinary to the Sacred: A Matter of Perception

Because humans have suffered wounds for as long as we have been on earth, it makes sense to consider that there is a purpose—a spiritual purpose—for this wounding experience. There is a *sacred opportunity* within every wound: the chance to become aware of the Divine Reality through our own humanity. Difficult and often damaging human experiences form a crucible within which we encounter the Divine Presence. They offer us the opportunity to transform every aspect of our being, from our perceptions to the way we express ourselves in the world. They lead us to our Divine Destiny, which is to come to know our own essential goodness, the goodness of all others, and of life itself.

When does an ordinary wound become a sacred wound, one we can use to encounter the Divine? The event itself—the thing that hurts us—is not the determining factor. The difference is our *perception* of the occurrence. Using what has happened against ourselves—limiting our possibilities in life—this is ordinary. The wound becomes sacred once we shift our focus to the infinite possibilities of our spiritual healing.

When we perceive our wounds as sacred, they reveal a path. As we walk this path, they become links to our own humanity, our connection to the humanity of others, and our point of contact with the Divine. They pierce our pride, enhance our awareness, and open the gates to new dimensions of aliveness.

Living a Paradox: Human and Divine

Our wounds serve to illustrate powerfully that we are human beings. If we lose a limb or suffer bodily trauma, we have tangible evidence that we are human. When we lose someone we love, there is awful, intense emotional pain, another reminder of our humanity. Even forgetfulness, indecision, and a confused mind demonstrate the inescapable truth that we are part of the human race. The human experience is one of limitation.

Awareness of our wounds can lead us to connection with other limited human beings who have been similarly injured. We can join forces, and the shared wounds become the doorway through which we pass together into healing. We can share solutions and grow beyond our difficulties, all the while enjoying the acceptance, understanding, and compassion of those who are walking a similar path.

The cost of admission to this fellowship of humanity is pride. Joining in community with others who have sustained a common injury and who are actively moving beyond the limitations it has imposed is a profound experience, one that requires humility. In order to correctly assess and accurately perceive ourselves, we must leave our pride at the door.

In a state of humility, we can accept the paradox of our identity. On one hand, we are limited human beings; on the other, we are unlimited, infinite, eternal. Put another way, we are unlimited beings in a limited situation. It is not helpful to hold our human constraints against ourselves or perceive them as flaws. Our limits are neither good nor bad.

From a humble stance, we can see that we are not the source of universal power. Instead, we are instruments of it, conduits for it. We are the space through which that power moves. Accepting our humanity and its limitations puts us in a position to receive this power—to be human agents for Divine Life—and this can come as a huge relief. We no longer feel it is up to us to fix everything. We gain the freedom to let life unfold as it will and focus primarily on our own limited part of it. And the more we direct our attention to what we can genuinely impact, the more we experience satisfaction and success.

Developing these kinds of awareness and perceptions paves the way for changes in every area of our lives. “As within, so without” is a time-honored understanding: internal change is the forerunner to external change. Through this process of personal spiritual healing, we ascend (a topic I will discuss in greater detail in [part 4](#)), a state in which we continually rise above our current level of

consciousness. Wherever we are now, there is a next level to which we can ascend—it's an infinite and eternal process resulting from inner attention and adjustments that facilitate an expanding awareness of oneness, conscious fusion with the Divine. We are now and have always been fused with the Divine: it is *awareness* of this fact that is the issue. Whenever we tap into the power of our Sacred Wounds, our consciousness of this eternal truth about ourselves expands—and we are healed and transformed.

Wounds as Gateways to Healing

So now you know the core truth of this system of healing through the Akashic Records. Our wounds—and the human limitations reflected in them—are the gateways to our spiritual healing. They are the core of our journey. Examining them as the sacred opportunities they truly are enables us to adjust our understanding to one that supports our spiritual development. Moving forward we will investigate the true nature of our injuries, their purposefulness for developing consciousness, and the role they play as the threshold into greater dimensions of awareness. We will come to know our Sacred Wounds as a convergence point for transcendence, the zone through which we encounter the Divine Reality. And we will transmute each sacred wound from tragedy into exaltation, from a trapdoor into a gateway to greatness.

CHAPTER THREE



How to Read Your Akashic Records

Now we will begin our adventure in earnest by learning how to read our own Akashic Records. My objective here is to teach you everything you need to know about accessing the Records for the purpose of engaging in this three-stage journey of spiritual healing.

Let me be clear: we are not diving into a full course in Akashic Studies. Instead, we are covering a very specific aspect of activity within the Akasha. Our entryway into this dimension, from the sacred prayer tradition, is the Pathway Prayer Process to Access the Heart of the Records©. We will examine the composition of the Prayer itself and the way the Records are organized. Before we are through, you will have a clear concept of what occurs when you are in the Records and know how to proceed in working with them.

If you are already initiated into the Pathway Prayer Process—through prior work with me or a Linda Howe– Certified Akashic Records Teacher, or even through my first book or audio set—you can use this chapter for review. Repetition is helpful; it will deepen your current level of comprehension and strengthen your skills.

If this is your very first exposure to the Akashic Records and your introduction to the Pathway Prayer Process to Access the Heart of the Records©, let me say, “Welcome!”—you are embarking upon a profound journey of inner awareness. Let me also say, “Relax!” Please don’t be concerned about what lies ahead. I will tell you everything you need to know to progress with this work. All you need to do is keep an open mind and take it one step at a time. This is not a race, so give yourself a chance to move along at a pace that is comfortable for you.

Over the years, I have taught many people how to do this with great results and I have observed, to a person, that those who have a sincere desire to learn how to access their Akashic Records are always able to do so.

I have told you *my* objective: to teach you what you need to know to work in your own Akashic Records and proceed with this personal healing project. This is a good time for you to consider your own objective. It is always empowering to take a moment and make a deliberate choice about what you hope to experience. Since this is *your* healing, you might want to begin with the goal of learning how to work in your Records well enough to take the next step in developing your consciousness, empowering yourself, and realizing healing. Clarity about the direction in which you are headed coupled with a conscious commitment to reach your objective helps keep you on track and propels you toward your desired end. Remain aware of your goals and your awareness will nurture you on the path.

A Closer Look at the Akashic Records

As we learned in [chapter 1](#), the Records are the soul-level dimension of consciousness and contain the vibrational archive of every soul and its journey. Each soul's entry into the Records has two components, and these correspond to one another, forming a set. The first part of your Record is fixed—permanent and unchangeable. It is the essential blueprint of the soul. Another way to think of it is as your soul's fingerprint—your “soul print.” It is unique, configured in a pattern that identifies your soul and no one else's. This is who you are as an expression of the Divine, and it is the part of yourself that you will become aware of as you journey through time, space, and human experience. When people say that the Akashic Records are permanent, this is what they are referring to: the fundamental pattern of the identity of the soul.

Traveling along with the essential soul print is the catalog of your lifetimes. As you progress through your incarnations, you awaken to your soul print, and as you experience this truth of yourself, you begin to live consciously soul-led lives. You become aware that your personal identity, your truest Self is Divine in nature, and your awareness expands to recognize this as true of all persons. In this part of the Records, there is a consistent theme but the details change: the specifics of each lifetime are variable and adjust as you grow and develop. Think of this second aspect of the Records as *The Chronicles of You Through Time*.

The primary concerns of the Records are:

- who you are,
- who you know yourself to be, and
- who you are becoming.

This is where themes come into play. An example of a theme is “trusting your inner wisdom.” It could take many lifetimes to learn how to do this. You may have multiple incarnations during which you ignore yourself, deny your inner promptings, reject your own insight, and listen to other people instead of yourself. You may have to live through this again and again before you recognize what you are doing and become impatient enough with it—no longer able to stand the futility of operating in this way—that you are willing to risk new behavior. Rewarded with good results from even a single experience of honoring your inner wisdom, you may try again. Seizing one opportunity at a time, you eventually move away from the old ways of doing things and act on your own inner guidance.

In some lifetimes, you may do this impulsively, hastily acting on everything that goes through your mind. During other incarnations, you may misinterpret or misunderstand what you are hearing when you listen to your inner voice through trial and error. At still other times, you may feel foolish for following your hunches, but this, too, is part of the learning process. You are discovering which inner voices deserve attention, how to listen to yourself, and how to decipher the guidance you are receiving. Considering how many dimensions there are to this, it may take a few lifetimes to learn how to do this well.

The length of time it takes for this evolution to progress is a secondary matter. In the grand scheme of the universe, which is infinite, it doesn't really matter if it takes ten lifetimes or nine hundred. It doesn't matter if you awaken to the truth of your being while living as a male or a female, on a tropical island or on a fishing boat in the Bering Sea. While these details may be interesting, they are not the point of the story; the point is learning the lesson and applying it in a way that is supportive.

Themes such as this are constant, even though the details change. What is absolutely fixed is that at some point in time and space on the Earth plane, you will come into an honorable relationship with your own inner knowing. This is an essential part of your destiny as a soul. How, when, and where this occurs is flexible and is determined by your free will.

Choice and our relationship with the act of choosing itself are key to human experience, and conscious choosing is an evolutionary step we all attain somewhere along the way as our soul journeys. Making conscious choices

establishes our awareness of, and maintains our alignment with, the essential Divine Truth—it supports our awakening. This is how the human experience of a soul’s travel through space and time unfolds. The Akashic Records hold the archives of all our journeys toward this awakening over the great span of time.

As I mentioned in [chapter 1](#), the Akashic Records are made up of the Akasha. *Akasha* is a Sanskrit word meaning “primary substance, that out of which all things are formed.”* This substance is a vibrational record that is invisible to the human eye but discernible to the subtle senses, which are heightened when we open the Records. The Akasha is so sensitive that everything that happens, even all thought forms, are registered within it. While it holds all that has ever been, it also reflects our current state of consciousness. Past, present, and future thoughts and experiences are all held within the Records, and they are available to us whenever they might be useful.

Perhaps now you see why I have described the Akashic Records as an infinite spiritual resource; they contain an abundance of information we can put to use for personal healing. When we move into this realm of vibrational consciousness, we become more receptive than usual, and in this state we can explore. We can make the acquaintance of our Innermost Self and learn who we have been in this lifetime and in other lives. Our future possibilities—both immediate and long-range—are surprisingly accessible. Make no mistake: the Records are not a funhouse full of stories for our entertainment. Instead they are a rich treasury of information steeped in a culture of wisdom and compassion: they are available to support us in our evolution. When we approach the Records with respect for their sacred nature and a sincere heart, everything we need in order to take the next step in our journey becomes available.

Interestingly, despite the fact that the future is contained within them, the Records are not the best tool for divining the future. This is because they concern themselves with the “who” and the “why” rather than the “what” and “when” of life. For the very same reason—the emphasis on who and why—the Akashic Records offer remarkable support for personal empowerment and awareness. They form a safe space within which we can learn the truth of who we are, discover why life is unfolding as it is, let go of what does not work, and explore more supportive options.

The Soul’s Perspective

The Records serve as an internal pathway of Light through which we can safely travel into our own experience of the Divine Reality—however we may

understand that concept. As a soul-level dimension of consciousness, the Records occupy an altitude from which we can perceive ourselves and others in the Light of the Akasha. When we open the Records, we have an opportunity to perceive everything from the perspective of the soul. We glimpse the soul-level truth of ourselves and can more easily recognize the choices, experiences, people, activities, and other elements of life that will support our living in conscious alignment with who we are. From this perspective, actualizing our Divine potential becomes a real possibility.

The Records at This Time in History

This is a particularly exciting time in history for the Akashic Records. Until the end of the twentieth century, this resource was the exclusive domain of mystics, scholars, and saints—with a few exceptions. Now we are waking up to greater truth, individually and collectively, and the Records have become available as a spiritual resource for us all.

An important development has made way for the Records to be present for all of us: organized religions have failed to meet the needs of many people—and this remains a growing trend. Historically, traditional religions have been essential for socialization, for providing a place to belong, and for establishing structure—all critical components of harmonious living in communities. For those looking for an experience of the Divine Reality, traditional religions may not be much help. They comprise an *external* structure through which many of us have hoped to encounter Divine Life. That they have largely failed isn't much of a surprise, for the Divine is an internal experience. In contrast to religions, the Akashic Records form an interior Bridge of Light that facilitates our journey to the level of the Divine. I have come to understand that the Records are now available to us in response to a tremendous cry welling up from humanity, seeking this experience. This is truly our birthright; we are entitled to know our own soul and to have a more conscious relationship with the Divine.

There is also a shift in how the Records are being used. Edgar Cayce (1877–1945), known as the “sleeping prophet,” was the first to popularize the Akashic Records as a resource for healing. He performed his work within the Records while unconscious; still, the transmissions he received were remarkably helpful during his time and continue to be so to this day. Over the past half century, the Records have been used consciously as a spiritual resource for personal empowerment and consciousness development.

So you find yourself coming to the Records at a wonderful time, when they

are yours to explore. You don't have to be clairvoyant or religious, a scholar or a saint. Trust me, if sainthood were a requirement, I would be denied access! The Akashic Records let me in whenever I am moved to open them, and they will let you in, too.

Guidelines for Working in the Records

As you might have imagined, there are guidelines for working in the Records that will ensure a positive experience. Let me be clear: the purpose of these guidelines is to support you in your Akashic Records' practice. They are not intended to cramp your style or limit your exploration in any way. It is simply true that if you follow these recommendations, you will do better work in the Records than if you ignore them. Also, if you adhere to them it will be easier for you to trust the results you get. Working in the Records is a discipline—a spiritual discipline—and as with any other kind of discipline, following certain protocols leads to greater success. Having taught thousands of people how to do this, I have noticed that those who respect the guidelines give better readings than those who do not: the greater the adherence, the deeper they can go.

Guideline 1: *Do not consume drugs or alcohol within twenty-four hours of opening the Records.*

The energy of the Akashic Records is very quick—think of the speed of light. These recreational substances weaken the boundary of your energy field, making it more difficult for you to hold or manage this highly accelerated Light and maintain yourself in its presence. If you have enjoyed recreational drugs or alcohol within twenty-four hours of opening the Records, you will not have the crisp edge you need. I am not saying you should not use recreational drugs or alcohol; that is your choice. Just wait at least twenty-four hours before you open the Records. You will get much more productive results.

Guideline 2: *Use your current legal name when opening the Records.*

This means your legal name today, if it is not the same as your birth name. Your legal name is the one that appears on your taxes and other documents of that nature. The issue here is vibration: your name has a vibrational identity. When your name is made legal, it is established on the earth plane as your commitment to the probabilities and possibilities of that identity. And yes, when you change

your name legally, you actually change your probabilities. If you don't like your name, consider changing it. Until then, though, use the legal name that is yours today for best results.

Guideline 3: *Be responsible for your time in the Records.*

The first area of responsibility involves taking note of how much time you intend to spend with your Records open at any given opportunity. Being responsible in this way will support you in cultivating a deep, rich practice. When you first start working in them, it is important to give yourself a chance to acclimate to the energy. So in the beginning, it is a good idea to keep the Records open for ten to fifteen minutes at a time. Working in the Records is a lot like building muscle. You always possess the “muscle” of the Records, but you are just beginning to learn to use it. Take the time to develop it, slowly and well. Make note of how long you plan to stay in the Records, and when the time has elapsed, close them. Remember that you can always go back at a later time. Clear boundaries support the flow of great power in spiritual practices, as well as in everyday life; use them to gain strength.

When you first start working in the energy field of the Records, you may not be able to focus for more than fifteen or twenty minutes. That is absolutely appropriate. There is no need to keep them open for an hour if you cannot stay steady in the Light of Akasha for that long. It is always better doing thirty potent minutes than sixty sloppy ones. Pay attention to how you are feeling and honor your own pace.

Another area where it is wise to be responsible is to devote your time in the Records solely to them. It is usually not helpful to multitask or to attempt to use the Records to augment some other activity, particularly at first. There is no evidence, for example, that opening the Records before bed will result in more productive dreams. In fact, the opposite is true, because your attention is divided. It is best to be single-minded in focus when dealing with altered states of consciousness. People sometimes open the Records and then go to work, hoping to gain some insight into what's going on there. This, too, detracts from both experiences. Whatever you do, absolutely do not drive with open Records—traffic and the meditative state of the Records are a bad combination.

This guideline addresses drawbacks including the dangers of multitasking. However, after you have practiced being in your Akashic Records for some time, if you find you would like to try experimenting by combining the Records work with some other spiritual activities, by all means go ahead. Some people

successfully do feng shui sessions while in the Records, for example, or examine their astrological chart. Just be sure you are familiar with what the Records are and how they work within you first. Once you have a clear sense of their energy—for most people this is after at least thirty days—you can proceed with some exploration.

Guideline 4: *Ground yourself after each reading.*

This simple suggestion can make a world of difference. Opening and closing the Records involves moving from one state of consciousness to another: You are shifting from a regular, everyday state of awareness to a highly sensitized state and then back to your normal one. You can wind up feeling a bit spacey or disoriented from transitioning back and forth without grounding. This is not a problem *per se*, but if you get behind the wheel of your car in this woozy condition, you could cause some real trouble. After closing the Records, take a moment to perform some action that is grounding: Have a drink of water, step outside for some fresh air, water the plants, or touch your toes—any activity that reminds you of the fact that you do indeed have a body, are a normal person living a regular life, and are a resident of planet Earth will do the trick.

Guideline 5: *When combining work in the Akashic Records with any other spiritual practice, always honor both.*

Conversely, if the guidelines and procedures for a particular system you use conflict with the guidelines for using the Records, do not use them at the same time. For example, if another spiritual practice involves ingesting a hallucinogenic substance, do not work in the Records while you are under its influence. One path at a time is sufficient in itself, and it will not be helpful to either practice if both cannot be honored.

The Sacred Prayer Tradition and the Pathway Prayer Process

People access the Records in a variety of ways—through hypnosis, Reiki, and any number of spiritual disciplines. An individual is attracted to the method that suits him or her—it's a matter of a vibrational match, a way to gain access that best fits the individual soul print and can be easily recognized. I have found the Pathway I offer here to be exceptionally effective for many people, and the fact that you have discovered this book offers a clue that it has great possibilities for

you, too.

With this means of access, we are working within the Sacred Prayer tradition. In this tradition, we use a prayer that is composed of specific words configured in stanzas that have a certain rhythm. As you say this prayer, two processes occur simultaneously.

First, we move from one state of consciousness into another, from our regular level of awareness into a receptive, sensitized state of heightened perception. We maintain full consciousness, but we are able to recognize and register subtleties in the atmosphere that we have not previously discerned. When we work in the Records, the shift in our consciousness must be sufficient to register the impressions of the Akasha.

The second process that occurs from using the Prayer is that you are transformed at the level of your own heart. There is a correspondence between the Heart of the Akashic Records and your personal heart; through the Prayer, they move into alignment, into a relationship of reciprocal support. In this developing relationship, the heart begins to take the lead within your consciousness and the mind shifts into the service of your heart.

This is happening within mass consciousness now. We have lived a long time in the service of our minds, but at present, we are in a time of transformation—our human faculties are reorganizing to serve the wisdom and goodness of our hearts. Consider the possibility that you have been drawn to this work by your soul's prompting because you are a person with a powerful heart who is ready to live your life in the service of love.

The Sacred Prayer you will use is the Pathway Prayer Process to Access the Heart of the Akashic Records©. This Prayer came to me in 2001, after I had been working in the Records for seven years—developing a very rich and meaningful relationship with the Records—and teaching for five years. The great blessing of this Prayer is that it enabled me, and has since enabled countless others, to move into the very Heart of the Akasha and to mine this realm at its most energy-rich location. It also provides the energetic support to integrate the heart, mind, and will so you can operate in the Records as a fully synthesized being.

How to Use the Pathway Prayer Process

Now we have come to the Prayer you will use to open the Records: The Pathway Prayer Process to Access the Heart of the Akashic Records©. You will first examine how it is composed and then learn how to use it to gain entry into the

Records. There are two main parts: the Opening Prayer and the Closing Prayer. The Opening Prayer has three stanzas with lines numbered one through eleven. The lines of the Closing Prayer are not numbered. Both sections of this prayer are required to formally open and close the Records. The Opening Prayer will move you into the soul-level dimension of the Akasha. Using the Closing Prayer returns you to your original state of consciousness.

To open your Akashic Records, follow these three steps:

1. Say lines 1 through 10 of the Opening Prayer aloud, inserting “myself” or “me” as appropriate where you find these words in italics in lines 8 through 10.
2. Repeat lines 8 through 10 silently two more times, inserting your current legal name where the italics appear.
3. Announce the opening of the Records by saying line 11 aloud.

Opening Prayer

1. And so we do acknowledge the Forces of Light,
2. Asking for guidance, direction, and courage to know the Truth
3. As it is revealed for our highest good and the highest good of
4. Everyone connected to us.
5. Oh Holy Spirit of God
6. Protect me from all forms of self-centeredness
7. And direct my attention to the work at hand.
8. Help me to know (*myself*) in the Light of the Akashic Records,
9. To see (*myself*) through the eyes of the Lords of the Records,
10. And enable me to share the wisdom and compassion that the Masters, Teachers, and Loved Ones of (*me*) have for (*me*).
11. The Records are now open.

That is the process for opening your Akashic Records. When it is time to close them, read the Closing Prayer aloud once:

Closing Prayer

I would like to thank the Masters, Teachers, and Loved Ones for their love and compassion.

I would like to thank the Lords of the Akashic Records for their point of

view.

And I would like to thank the Holy Spirit of Light for all knowledge and healing.

The Records are now closed. Amen.

The Records are now closed. Amen.

The Records are now closed. Amen.

It is surprisingly simple, isn't it? Try it a few times to see how it works. Remember that you are a beginner now, and you may find yourself experiencing some hesitation. This is perfectly natural—just let yourself play with it. Don't feel pressured to achieve sudden enlightenment or get to the root of a longstanding life issue. Right now you are just getting used to the coming and going, the flow, the atmosphere, and your sense of it all. And that is enough at this stage. After you have practiced a few times, move on to the next section to learn how the Records are organized. This information will make it easier for you to trust the process.

How the Akashic Records Are Organized

When we work in the Records, we engage with energy first, information second. The energies of the Akasha are governed by the three Absolutes of the Akasha described earlier in this book: “Judge Not,” “Fear Not,” “Resist Not.” These governing principles provide an atmosphere of kindness and respect within which we can do our soul searching and healing. Knowing these as the energetic underpinnings of the Records, we can fully expect to be well treated; there is no teasing, ridicule, or torment. If we happen to encounter attitudes of this sort, we can be absolutely certain that we are *not* in the Akashic Records. The three Absolutes help us know beyond a doubt when we are within the realm and when we are not. If we are not, we always have another opportunity to say the Prayer and gain entry.

The Energetic Entities of the Akashic Records

Now that we are acquainted with the Records and know how to access them, it's time to meet the energetic beings residing there, all of whom are called upon in the Pathway Prayer Process. There are four “departments” of the Records, and they are managed by four different groups of energetic entities, identified by their responsibilities and characteristics. This is not a world of spirit guides,

angels, or channeled entities—those are wonderful, but this is different. In those worlds, we can recognize our unseen helpers by their personalities. In the Records, our unseen helpers are known by their service. We humans are easily fascinated and distracted by glamorous personalities, and this can sometimes take our attention away from the central focus of our inner work, which is to mature as people, develop our faculties, and become our best human selves. This is why within the Records, we work with energies instead of personalities. Ultimately, the personality is the vehicle for the ego, and the spiritual quest is about gaining freedom from the demands of the ego, not inflating its allure.

Each group of beings managing the Records stays within its own arena, but all the beings work together in concert to maintain the flow of energy and information from the Records to us, the requesters. One group is focused on the Records themselves and the other three are involved with our journey. Let's take a look at who they are, what they do, and what we can expect from them.

The Lords of the Akashic Records

This group is entrusted with the well-being of the Records themselves—this is their exclusive focus. They maintain the Records' integrity and sanctity so they do not become corrupted or compromised in any way. We never see the Lords of the Records; they do not show us their faces. They are not embodied and have never been, so do not be offended that you will not meet them. This is exactly as it should be.

The Lords of the Records interact with the Masters, the first in the group of three whose focus is on us and our growth. The Lords assist the Masters in “downloading” the energy and information we require at any given time.

The Masters

The Masters remain in relationship with an individual soul from the point of the soul's inception and throughout time. Though the Masters are not embodied either, one way to think of the relationship here is that while the Lords of the Records face the Records themselves with their backs to us, the Masters stand back to back with the Lords, facing us. They work very closely with the Lords to transmit whatever guidance, wisdom, or insight we may need at any given time to continue our growth and evolution. Your Masters determine who your Teachers are, the sequence of the expansion of your awareness, and who your

Loved Ones will be during each lifetime. Basically, your Masters are in charge of your journey through time and space.

The Teachers

Many spiritual systems use the term “teacher,” so let’s be clear about what “Teacher” means in the realm of Akasha. Within this system, Teachers may or may not have been embodied at one time, but currently they are not. Their role is lesson specific, not soul specific. Each Teacher is responsible for developing a specific understanding within an individual—the Teacher’s special area of expertise—and once this is achieved, the Teacher will go on to the next person who is ready to comprehend the idea. If you are dealing with healing and self-doubt in this lifetime, then you will have a Teacher who will help you learn how to go beyond that state and move into self-trust. As we learned in our discussion of themes, it does not matter if this takes five lifetimes or five hundred; the Teacher whose specialty is mastery of self-trust will be with you until you, too, become a master of it. At that point, your Masters will determine what is the next best step in your growth and will send the appropriate Teacher to enable your success.

The Loved Ones

Loved Ones are people you have known in this lifetime—the lifetime you currently occupy—who are now deceased and are assisting from the other side. You may or may not have a strong personal attachment to these individuals. One of your Loved Ones could be your favorite aunt. Just as likely, though, one might be a childhood schoolteacher who seemed to have a good sense of you or even one who may have played the role of devil’s advocate, challenging you to achieve your potential. The Loved Ones are committed to developing your awareness as a soul and to encouraging you from a soul perspective. Don’t expect the Loved Ones to be available for interaction; while we may invite them to chat, they will likely decline. They do not do “readings,” such as those that take place in mediumistic practices. Our Loved Ones are simply available to support our development. We can sense their presence, which can be comforting, motivating, or reflective of another quality then needed. The specific qualities

we receive are those they embodied during their lives and those we enjoyed in our relationships with them.

As a matter of course, you will not see the Loved Ones or know their names. You will not have personal relationships with them, as that could actually detract from your own expanding awareness and growth. It is more important to them that you engage the energy of the Records, apply the insights, guidance, and wisdom you find there, and fully mine this treasury of spiritual riches.

How the Records Reveal Themselves: What You Can Expect

It is welcome news to most of us that we do not have to be psychic to engage in the Akashic Records work. This is because the Records are a soul-level resource, and each of us has a soul—or more accurately, each of us *is* a soul. Consequently, it is perfectly natural and well within our abilities to explore the Akasha.

We receive the energy and information of the Records in a variety of ways, ranging from hearing to seeing to a sense of knowing. Eighty-five percent of the people who work in the Records receive information through their sense of knowing. This means that only fifteen percent actually encounter an inner vision or hear a voice. You can reasonably expect to experience the wisdom of the Records as a hunch or as an “It sure seems like...” realization. In this realm, those are perfectly valid starting places—remember, this can be subtle work. “Take what you get” is a good suggestion to help you receive from the Records at first. What’s important is that you find out for yourself how energy and guidance come to you, and this will require some experimentation. Wherever you begin, your starting place will be perfect for you, and you can grow from there.

The Records are dynamic and interactive. This is not a passive practice: you do not open the Records and get bombarded with energy and information. At the same time, the Records are vast—infinite, actually—which can be overwhelming. To avoid feeling overwhelmed—and its counterpart, paralyzed—we use a very helpful strategy: we ask questions. Questions are terrific for accessing wisdom, especially open-ended questions. A question beginning with “why” is the most powerful type you can ask, as “why” deals with the forces that drive events. Remember, the primary concern of the Records is who we are becoming through our human journey, and so the “why” question can be illuminating. That which is occurring behind the scenes to cause what actually

appears in our lives is “where the action is” in the Records.

As touched on previously, “when” is not the most effective question to ask, as time in the Records is simply not as significant as it is to us here on the Earth plane. “When” in the Records is a chronology, a sequence of events. If you want to know when you are going to meet your soul mate from the point of view of the Records, you will probably meet him or her after you forgive your brother and clean your basement and help the old lady next door by shoveling her snow. Exact dates and times are not the focus of the Records.

Yes/no questions are far less productive than open-ended ones. “Should” is not helpful because there are no “shoulds” in the Records. When you ask, “What *should* I do?” the Records normally suggest that you “should” do what makes you happy or gives you peace, or you “should” make your own decisions.

It is beneficial to ask questions that help you explore your issues, shed light on your concerns, and help you gain clarity and insight into whatever difficulties are presenting themselves. In the final analysis, we must make our own choices, and the Records will support us as we do so. The Records are not in the business of depriving us of opportunities to evaluate our options, make our selections, and live with the consequences of our choices. And because of this, the Records function as a resource for our personal empowerment. Rather than deciding for us, they lend wisdom, guidance, and energetic support as we live our lives. The result is growth, expanded awareness, and healing.

How to Proceed from Here

This has been the express-lane course in how to read your Akashic Records. You now have enough information to use them for your personal healing adventure. At the same time, you are still a beginner, and I want you to be realistic about that and accept that—it is a perfectly fine place to be right now. Practice and more practice is the key to gaining experience, and experience is the ticket to improvement. Please feel free to open your Records as much as you like; there is no such thing as working in them too much. If you are overdoing it, you will find yourself getting bored or receiving the same answers over and over again. In this way, the Akashic Records are a self-correcting path.

For best results in your journey of spiritual healing, keep your attention on questions for reflection—those I provide for you here—and your own questions that arise as you become comfortable with this practice. Focus on the answers. Do not over-concern yourself with whether or not your guidance comes from the

Records. Move forward one step at a time. The Pathway Prayer says, “Direct my attention to the work at hand,” and this phrase will shepherd you safely into the Heart of the Akasha.

As I mentioned earlier, if you would like more detailed instruction on how to read the Akashic Records, you can turn to my book of the same name. I have also recorded a six-CD learning set, also titled *How to Read the Akashic Records*. Both are excellent helpmates to you on your journey.

I will leave you with a final thought before we dive into the heart of this book. If you have doubts, if you are saying to yourself, “I just don’t know about this Pathway Prayer Process,” that is fine. Feel free to engage in this spiritual healing practice using any method that suits you. The work itself is universal. I invite you to try the Pathway Prayer Process first, though, because it was the key that unlocked this healing system for me and has been successful for thousands of my students. I hope it will be an ideal gateway for the unique three-stage healing system you are about to encounter. Here we go!

* From *The Aquarian Gospel of Jesus the Christ* by Levi H. Dowling, Camarillo, CA: DeVorss Publications, p.10.

PART TWO



Our Sacred Wounds as Points of Power in Our
Relationship with Ourselves

PART TWO



Introduction

Now that you have an overview of the Akashic Records, know how to access them, and have learned some of what you can expect to find there, you are prepared to enter the first phase of healing: exploring your Sacred Wounds as a point of power in your relationship with your Innermost Self. Here you will examine your own injuries, the impact they have had on you, and how they have governed you and influenced the way you have structured your self-expression. It is time to discover how the inner cries for help embedded in your wounds provide an invitation to a deeper, more intimate, and more powerful relationship with the richest, most precious part of yourself.

Spiritual expansion is a forerunner to effective emotional healing. When we have a strong sense of trust in the innate goodness of life, it becomes easier to let go of limiting patterns, old pain, and outdated ideas. When we feel safe, we can “let go” into something greater or better, not into some murky unknown. So, as a way to support and accelerate your journey, I invite you to frequently entertain ideas of all that is good in life, as well as of life’s trustworthy nature. This can be as simple as reminding yourself that the sun always rises in the east, gravity never fails, and the seasons follow a predictable path. Activating your awareness of the harmony and order in life can be a reassuring and balancing force as you venture into some of the messier areas of your inner realms.

It is good to practice this whenever you find yourself at an emotional impasse, such as being unable to forgive for fear of sanctioning injustice, or holding on to hardened feelings to keep from exposing yourself to further pain. This is exactly the time to try to enlarge your spiritual life and awareness of the spiritual nature of life itself. Doing so expands the energetic safety net, so you can move through the healing process more quickly and effectively.

To get yourself unstuck ask, “How can I expand my awareness of spiritual truth?” One of the great spiritual laws is “Seek and you shall find.” Begin

seeking the spiritual truth of the trustworthy nature of life. Open the Records and ask to be able to recognize the ways in which the world *is* a safe place: you have supportive friends, or even though you've been through some rough times, you have always managed to stand on your own two feet in the end. Ask to see the fundamental order of life on this planet. As you ask, you will begin to see more clearly, and as you see and gather evidence that it is safe to trust, you will relax further into the energetic safety net. It will become easier than ever to let go of old ways and grow into your new possibilities.

At this point in our process—as we begin the first phase of this grand adventure—I want to make clear that the Innermost Self is a facet of the soul. To refresh, the soul is that part of us that knows itself to be Divine in nature. The Innermost Self is the aspect of the soul that recognizes the sacred nature of being and acts as gatekeeper of our resources—a position with significant responsibilities and privileges. The Innermost Self is a dimension of being that protects our richest resources: such things as our creativity and our capacity for intimacy. The Innermost Self has the extraordinary privilege of determining how we will harness and direct our vital life-force energy.

A Four-Step Progression for Transformation

We are going to learn how to transform our relationship to our wounds for the purpose of consciously connecting with our Innermost Selves. This involves a four-step progression: Awareness of Self, Self-Acceptance, Appropriate Action, and Choice. While these qualities are all related—and once activated, work as a unit—they are also distinct. As you contemplate the power inherent in each, you may find that one is of greater concern to you than another. This is valuable information. Pay attention to your responses; they will help inform and direct your healing work.

Awareness of Self

The first step is Awareness of Self. At this level, we wake up to the fact that we are ourselves. We become aware that deep at the center of our being is a part of us that has always been there: our Innermost Self has paid attention to us our entire life. This is the part of you that is you, that has always been you, and will always be you. It was with you on the first day of class at school, on the playground, and as you hung out with your friends as a teenager. It has been listening to your stories and arguments and commentary about yourself and life,

listening to what you have to say about everything and how you are navigating this incarnation. When we speak of Awareness of Self in the context of healing and strengthening our relationship with ourselves, consciousness of this constant companion is what we mean.

Self-Acceptance

Next is Self-Acceptance. Truly accepting who you are—and who you are not—is a profound spiritual action that yields incredible results. The practice begins with the spiritual discipline of extending unconditional love to yourself. This involves offering yourself unlimited understanding and compassion—no matter what you do or don't do, no matter how you respond under any and all conditions. Unconditional love is a great *idea*, but it is particularly remarkable as a *spiritual practice*. As an ongoing exercise, it facilitates your healing, sometimes beyond your wildest dreams.

Appropriate Action

Appropriate Action is the third step in our four-step progression toward personal transformation. This is the level at which you address the business of taking action on your own behalf. In all spiritual work, there are both inner and outer aspects: Self-Acceptance is an inner dimension and Appropriate Action is an outer one. Action is a critical piece because we are alive on this Earth—our spiritual journey is more than a theory. It is something we live, something we do. In this plane of existence—the realm of incarnation, of spirit becoming form—one of our primary challenges is to recognize that the material is spiritual and the spiritual is material. We achieve this understanding through action.

Choice

The fourth step is Choice. From a spiritual perspective, you are your soul's first choice. Out of all the other possibilities in the universe, your soul picked you. For some, this is a radical concept with life-changing potential. It is the overarching basis for our healing. The other three steps bring the structure of your internal reality into the present so you can acclimate to this wonderful reality. You discover that as you choose to be with yourself, to love yourself unconditionally, and to act on your own behalf, you naturally move into a state of conscious alignment and fusion with yourself. And then the Innermost Self opens the gate, and the unique treasury of *life as you* is revealed. The Innermost

Self releases power, creativity, insight, love, and joy—all the goodness that is within you—as it finds expression through you.



Knowing the possibilities awaiting you, let's move on to the specific practices that we will employ to heal our relationships, beginning with our relationship to our Self.

PART THREE



Our Sacred Wounds as a Pathway to Peace in
Our Relations with Others

PART THREE



Introduction

We are embarking on the next step of our journey through the Akashic Records: healing our relations with others. The first section addressed Sacred Wounds within ourselves. You gained an understanding of what Sacred Wounds are, how to work with them, and you practiced some simple yet profound spiritual exercises. If you think back to when you first began this program, you can see the changes you have already made. There have been adjustments within you and around you. Whether these have been subtle or dramatic, it is useful to take a moment and make note of your progress. Write down your observations about the shifts. Tell a friend about what has changed. When you acknowledge yourself and your development in this way, you fortify the energies that are gathering for your unfolding.

Because of your efforts up to this point, you may now feel more solid and grounded within yourself. This stability comes from being aware of your Innermost Self, treating yourself with the kindness and respect you deserve, and honoring your deepest truths through action. You may sense that you are becoming a Pillar of Light, and that is as it should be. Your preparation has readied you to venture into the world you share with others.

In this segment of our journey, we will focus on our Sacred Wounds as a pathway to peace in our relations with others. At first glance, using relationships as a path to peace may seem odd since relationships with others often entail conflict, presenting huge roadblocks to our experience of peace. This is precisely the point. Our objective here is to realize how the wounds we have sustained in our interactions with others actually provide sacred opportunities through which we can come to know peace within ourselves and with the people around us. Realizing that this is possible is only a beginning. We may find that the scar tissue we used as a protective barrier can serve the opposite purpose: it can help us to connect.

There are two main topics in this discussion. The first is transitioning from resentment to forgiveness. The second is becoming liberated from limiting patterns—shifting from enslavement to freedom and empowerment. In each chapter, I introduce ideas for you to consider, present some new angles from which you can view the events of your life, and offer Akashic Reflections, as in the previous chapters. These elements combined will support your transformation.

Before we proceed, let's look at the underlying assumptions. We begin with an idea that is fundamental to our work in the Akashic Records: everything that has occurred in our life has happened for our own good, for the purpose of determining that we are fundamentally good, as is everyone else and life itself. This understanding includes the notion that every person in your life has come into your experience to assist you in your heroic mission to love yourself and others in all circumstances. There is within you an infinite reservoir of love; the challenge is to release it to the point where you are so filled with it that it flows out from you to everyone you encounter.

When people are nice and life is easy, this is not a problem, but it becomes immensely difficult to let love flow when we find ourselves with disagreeable folks or in unpleasant situations. From an Akashic, soul-level perspective, we can see that these people have come into our lives so that we can learn to love ourselves and others beyond reason—to love not because we or they have somehow earned our love, but because we simply cannot help loving them. Our opportunity is to extend unconditional love to others.

Other people are in our lives to assist us in our growth. It is important to understand that their development is none of our business. They are not with us so we can help, fix, or change them. They are present so we can allow them to help *us*—to help us learn to dignify all people in all situations, ultimately falling “in love” with every person we meet. That is the sacred opportunity inherent in every relationship.

Understand that we are now entering the thick of this program. You are already familiar with the terrain. We will be examining who you have been in terms of connections with others. Your level of personal comfort and confidence in relations with others is solely your responsibility, a concept which at first can be baffling. The challenge is to get with yourself, stay with yourself, and be who you are no matter whom you're with. You will learn to be unaffected by the behavior, words, or antics of others. Your task is to hold steady in the Light, not waiting for another to change so you can be happy or authentic. This is not to

say that you should shut down and become numb, shielding yourself from other people's energies. On the contrary, you will become increasingly open, solid, fearless, and responsive, knowing that you alone are ultimately responsible for your experiences and your interpretations of them. Your relations with others offer you frequent opportunities to increase your awareness so that you are one with the Divine, that you are incorruptible at the level of your soul, the essence of your Being—and as a result, you have nothing to fear.

All that's required for this next part of our work together is some dissatisfaction with a relationship. Now, you may have been mining this dimension of a relationship for years and resolved much, so you may have only slight discomfort at this point. Or you may fall into the category of being held hostage by an old wound that has ruled you for far too long. There is a spectrum of possibility; wherever you find yourself is the perfect place from which to advance.

Why Does Healing Take So Long?

As we enter into this phase of the work, it is important to understand a fundamental principle: Healing is always present in its fullness, yet growth into healing is incremental. It almost seems unfair that we don't realize instantaneous healing, but the fact is we usually don't. Let's take a look at this situation and see if we can understand what is occurring and why.

Our physical being adapts to its environment in stages. This gradual process ultimately enables us to fully integrate the unseen into the seen. If our wounds were to be blasted with massive Light beyond our ability to absorb this amount of energy, then we would experience all kinds of problems. In this situation, our unresolved issues would be activated, flooded, and fueled by the Light, and we would surprise ourselves and everyone around us with a surge of bad behavior. Radical change can be traumatic even when we are impatient or in great need.

In everyday life, growth occurs in stages. Just recently, our son got his driver's license, which was cause for a big celebration. Interestingly, he has known how to drive for some years now. He was physically able to drive by the time he was twelve and with his height, looked to be of age. However, had we handed him the keys at that point, disaster would have ensued. He had the mechanical skill but no experience in city traffic, Chicago winters, or sharing the road with enraged drivers. Over the past five years, he had the chance to mature, take driver's education classes, drive with a parent in the car for fifty hours, and

basically grow into driving independently. Though annoyed by the waiting time to be of legal age, he realized that he had to grow into being a competent driver. This is similar to our need to adjust slowly to increased awareness of the Light, also best accomplished incrementally. While we always have 100 percent potential, it is for our benefit to grow into it bit by bit.

The fact that we have to adapt patiently into our healing potential is both practical and compassionate. The slow pace of growth is, in actuality, a blessing. This is a kind, gentle approach to healing, one that allows us to embrace, and be infused by, the level of truth we find in the Akashic Records.

As our awareness of our perfect nature expands, the most merciful strategy is the gradual approach. And really, what good is the Light of Akasha if we cannot harness it for use in our everyday lives and in our normal comings and goings with others? It must be integrated to be useful, and this takes time.

Consider human perception. The reason healing can seem so slow is that things on the dense Earth plane itself move slowly. Newer, higher frequencies must pass through time and space into our physical plane. We can see this in the birthing process of all living things. Whether the birth is a plant sprouting from a seed in the ground or a baby finally emerging into the world, it takes time.

So, as you enter this exciting new stage of the work, I invite you to maintain two levels of awareness simultaneously. The first is awareness of the fundamental truth that you are, at your core, always perfect, whole, and complete. The second is that, through your work in the protective environment of the Records, you are growing into awareness of this truth at a rate that is respectful, kind, and manageable, albeit slow. Count on it!

PART FOUR



Our Sacred Wounds as a Platform for Transcendence and Transformation in the World: Working with the Ascension Matrix

PART FOUR



Introduction

We have now traveled through the first two stages of healing through the Akashic Records. We have explored our Sacred Wounds as points of power in relationship with ourselves. We have crossed the bridge that connects us with others, shifting into an awareness of our Sacred Wounds as a pathway of peace. And so now we arrive at a new shore, one that promises the most profound change of all.

Here we find the Promised Land, the land of freedom from our past and freedom to embrace our future in a new world. Like the great explorers of our planet centuries ago, we too are voyagers—of the interior terrain. Having arrived at the edge of our own frontier, we are now free to venture forth in peace and with enthusiasm to discover the best of who we are and what life has to offer us.

This remarkable stage of our healing journey involves investigating our Sacred Wounds as the platform for transcendence and transformation in the world. We are in the final stretch, standing in the clearing of new possibilities. Here, facing our wounds catapults us into a new way of living. We begin to know what it means to be “in the world, but not of it.” Our newfound access to inner power makes it possible for us to both transcend and transform while being fully engaged in the world.

When we speak of transcendence in this context, we refer to rising above or going beyond our human limitations without condemnation. If it is indeed best for us to do so, we can surpass them. At the same time, we transform. Through our work in the Akashic Records at this level, we are truly changed.

Before we proceed further, let us list and appreciate our accomplishments. By now our relationship with our wounds has been radically altered. Wounds that had previously been obstructions to the realization of the perfection of our soul have become gateways to a direct experience of our goodness. Wounds that had dimmed our awareness of the Innermost Self have become points of power

in our relationship with our self. By daring to walk through the darkness of our pain and the unknown, we have found the Light within; it has always been there, but only now can we live in its radiance. Our need to abandon and reject ourselves has been relieved and replaced by the regular practice of unconditional self-love. This practice enables us to relax, and as we do so, we discover that we can be the person we have always known we are at our core. The Innermost Self now has the means to come forward, and this brings a remarkable level of satisfaction and pleasure to us and to everyone we meet.

After establishing a rewarding relationship with ourselves, we turned to the difficulties we had in our connections with other people. We discovered that the resentments blocking our path are actually opportunities for revealing new levels of love and harmony within ourselves and between us. Surprisingly, we have found that the patterns of restriction and limitation that held us hostage are actually pathways into an awe-inspiring dimension of freedom that has become our new home. Here, we drop anchor and settle in to live a new life.

The questions that fuel our progress now are “How can I contribute? How can I serve? What can I bring? How can I be helpful?” In our final step of healing through the Akashic Records, we will look at how we can live an Ascending Life. Now that the healing has begun, we want to consider how we can keep growing, developing, and enjoying. We no longer have to live lives focused upon strategically avoiding pain and suffering—those days are over. Now our challenge is learning how to expand our ability to love and be loved. This is our time to explore the joy of living! We are now moving toward the Light, being led by the Light within, hearing the call of the Light.

There will be times when we have to go back to basics and renew the intensity of the practices we have learned so far, but that is to be expected: we are still human and we can expect to hit some speed bumps. But the general climate of our lives is different. We have a new ground of being; we are anchored in and aware of the Light. If we encounter a painful problem, we can use it to propel ourselves forward and upward into the Light, rather than using it as a weapon against ourselves. In the promised land of freedom, the question driving our quest becomes “How much love and happiness am I willing to enjoy?”

Living an Ascending Life

Having cleaned house, we have become clearer channels of Light, ready to

explore living an Ascending Life beyond our woundedness. In this section we will examine the idea of Ascension and get acquainted with an exciting new construct that was revealed to me over time within the Akashic Records: the Ascension Matrix. In the next few short chapters, we will consider each component of the Matrix to see how it functions independently of, and interdependently with, its Matrix mates. We will explore what it means for us to live as Ascending Beings and how to do this in our everyday lives.

Ascension can be defined as conscious fusion with the Divine. The truth is that we are already and always one with Divine Life. However, we are not always aware of this Truth. One of the most significant steps we will ever take in the evolution of our consciousness is the step from being oblivious to our fusion with the Divine to being keenly aware of it. Our consciousness of this fusion allows us to naturally transcend—rise above our mortal existence—and live in a dimension of unlimited possibilities.

Ascension itself is the consequence of inner alignment. We do not directly cause our Ascension through force of will: focusing on the act itself will not do the job. However, we can activate it by using our Sacred Wounds to tap into Divine Power as a path of peace and alignment. When we do this, our Ascension is assured.

Ascension is not a one-time event—we do not rise once and forever. It is very much alive as an ongoing state or condition. As infinite beings, we have the potential for infinite Ascension—an unlimited ability to rise above and go beyond our human condition, buoyed by the ever-expanding, ever-deepening awareness that we are one with the Divine Presence.

Fusion itself is a fascinating process in which substances are brought together, blended, and transformed into a state of union. When particles of varying weights fuse, there is a tremendous release of energy. In the fusion associated with Ascension, our relatively dense human selves join with a significantly lighter Divine Spirit—and profound energy is generated. Many of us who work in the Records are familiar with the manifestation of this in everyday life. Stepping onto the spiritual path consciously, we enter into new levels of awareness, new dimensions of knowing, and experience new sensitivities. Realms of previously unrecognized possibilities are seen, and as this happens, we have access to expanded states of energy. It is common to feel hyper-alive, über-alert, wide awake.

When in this state, you find yourself living a “quicken” life, one that accelerates and brings increased clarity. You can see where you are going, and

you can see beyond appearances into what is truly driving the events in your life. Your perceptions are heightened and you have tremendous vitality, which is released by the fusion process. This vital force propels you forward; it urges you into life. One of the most compelling aspects of present-day spirituality is that the powerful force released in the fusion process enables you to move into life, fully conscious of your spiritual nature and engaged as an authentic human being.

Our awareness of what is happening gives us greater authority over our direction. Awareness, by its nature, amplifies the energy coursing through us—it fortifies the force and supercharges us. We can channel increasing awareness and energy into those things that uplift and edify us. Without this awareness, we may enjoy the experience but lack authority over the process. It's as if we're taking this trip in the passenger seat instead of driving. Our journey may be delightful but incomplete. We will lack firsthand knowledge of the terrain, the route, the pitfalls, and the elegant stretches of the journey, as we will not fully comprehend the adventure.

When energy is released in this fusion process, it can seem like a big bang, an explosion that hurls us out of our current level of consciousness into a higher one. This can seem instantaneous—as though we suddenly took a flying leap. If we look deeper, we see that the energy is indeed propelling us outward and upward. But if we could observe the action in slow motion and chart it on a graph, we would see something different: a series of small, manageable steps, one following another. The incline would be steep, comprised of a series of tiny segments. We have constructed an internal scaffolding enabling our rise to the next level of consciousness.

The Ascension Matrix

This fusion process is what we experience in Ascension. With this understanding in place, we can address the Ascension Matrix, the subject of the next part of our journey.

As I said earlier, focusing on Ascending does not cause lift-off. What will activate the Ascension experience is our conscious engagement with the dynamics of the Ascension Matrix, established by a mixture of three qualities: Gratitude, Grace, and Generosity. Placing our attention on these components and creating further inner alignment will activate the Matrix, so our Ascent can commence. The phenomenon of Ascension is part of the whole of creation—it is

already in place, and we do not have to cause it to exist. Our part is to establish right relations with our Sacred Wounds, align with creation, and focus on the qualities of the Matrix, for this is where we have maximum impact.

Each of the three dimensions of the Matrix makes its own contribution to the dynamics of the whole. The first component is Gratitude, which supplies *momentum*. The second is Grace, the *catalyst* for the matrix. Generosity is the final piece, and it provides *buoyancy*, making it easy to rise to the next level. Through the combination of these qualities, the Matrix operates to facilitate our progression from one higher level to the next, from one expanded state to another even greater expansion, from glory to glory to Glory!

CHAPTER THIRTEEN



Engaging the Ascension Matrix

Somewhere inside, you have always known that your life can be joyous and your contribution to your world significant. The Ascension Matrix offers a proven mechanism for you to realize the hopes and dreams you've held inside. It will provide you with a strategy to make a difference for yourself for the good of all.

Whenever you feel disconnected from the joy of living, whenever you feel stuck or powerless, pause for a moment and activate your Matrix. You can do this within your Records or outside of them—it works under either condition. Remember that you have three ways to set the Matrix in motion. Ask for help in knowing which of the three to contact first.

Gratitude, the Matrix's source of momentum, is a great place to start. Ask yourself, "If I felt grateful, what would I be grateful for?" It only takes a bit of Gratitude to activate your Matrix. Think of your family and your friends. What is one characteristic of a family member you appreciate? Take a deep breath, and feel yourself standing solidly on the floor. What is there about your body that you can be thankful for? Scan the room you're in and note any objects you appreciate because they are useful or beautiful. Look out your window, or better still, take a walk. Are there birds singing, breezes wafting? Are there children riding tricycles, or playing in the snow? What is there in your environment that could delight you if you gave it a chance? Turn your attention toward it, whether it's a small detail you can take note of or something so pleasing it makes you smile. Be thankful for your experience—a lot or a little—and you will set the Matrix humming.

If it seems that the experience of Gratitude is beyond reach just now, move on to Generosity, which gives buoyancy to the Matrix. You can always find a way to give. Ask yourself, "What can I give now?" Don't be too concerned with what it is or how much. Just give whatever you can in this moment. Would a friend like to hear from you on the phone? Would your son or daughter like to go to the park? Would a spouse enjoy an encouraging email? Can you donate a few dollars to a cause you care about? Do you know someone who would appreciate a bouquet of flowers? Giving anything at all—time, money, material items—will

lift you up and kickstart the Matrix.

Sometimes in the midst of difficulty, you can register a sense of Grace—the catalyst of the Matrix. It might be just a faint inkling that something has arrived in your life to assist you—a presence or a force. Perhaps a strong sense of a powerful and benevolent energy sweeps through you, taking you by surprise. You will know it when you see and feel it. Behold Grace and know that the Matrix is fully engaged.

Any one of these three qualities will activate your Ascension Matrix. Direct your focus to one of them and see where it takes you. Go with it. As you do, you are sure to move beyond and rise above the entanglements you face. You will find yourself participating without feeling burdened. You will be free to take any action that makes you happy, and as you do, your very happiness itself will be a blessing to everyone around you.

From the new altitude attained, observe yourself, your everyday life, your community, and your world. What contribution can you make that would thrill and inspire you? Now, free of complications, you will more clearly see what you can do to make the difference you have been hoping for in your world.

Understanding that the Ascension Matrix is there for you, and knowing how to use it, you become the generous giver you naturally are. You bring forth your powerful ideas for making your world, your home, better than before. As one of the soul group of humans on the Earth at this time who knows that personal healing is not just for you alone, that it has a greater purpose: to free you to be a useful, effective instrument of the Divine for transforming all of humanity's quality of life.

Rising through and above the problems of your human life, you become part of the solution, and every life you touch is blessed. Be liberal in the use of your Matrix. Activating it causes two things to happen. You will become liberated from unnecessary burdens, and you will become free to act on the inspiration that lives within your heart. You will discover a profound sense of satisfaction. You will come to know an inner peace that is the result of participating and contributing to life to the best of your ability at any given moment. You will live your ordinary life in extraordinary ways.

Begin here. Start now. The Matrix will whirl into motion, and moment-by-moment, it will lift you upward toward the high, lofty places, right where you belong.

Afterword

Before we conclude our work together, I'd like to briefly discuss the relationship between spiritual healing and the realms of physical, emotional, and mental health. I would also like to touch on spiritual health itself. Then I'd like to take one last look at our healing protocol before I send you on your way.

The Health Effects of Spiritual Healing

When I first started working in the Akashic Records, I had the idea that if I could just correctly manage the energy I found there, I would be relieved of all aches and pains. This has not proven to be the case! While I have enjoyed the gift of tremendous change and have seen my students experience such gifts as well, the actual outcomes of the work have invariably been different from my expectations.

Some people reap profound physical healing: a woman who came to me with a heart disorder, for example, no longer suffers from her illness and is medication-free. Personally, I have been relieved of emotional distress rooted in spiritual insecurity, a relief that centers on the pivotal notion of the trustworthy nature of Life and the spiritual forces present in it. Working in the Records in the ways I have described in this book, my awareness of the world as a safe place has grown exponentially, and my ability to see others as fundamentally good-hearted (even if not good-natured) has expanded far beyond my expectations. This shift in perception has made all the difference in my being able to relax and enjoy the goodness of Life.

I have seen students relinquish hardened resentments and find peace both within themselves and with those they had previously identified as adversaries. One woman arrived wanting to find out how to heal her brother from his greed; instead she released a burdensome feeling of jealousy and departed with a

softened heart. Another transcended much inner torment as she recognized the futility of thinking that achieving an advanced academic degree—her third—could possibly win her father’s approval. She did, however, go on to get that degree for her own reasons, which propelled her into a new and satisfying career.

Mine has been the great privilege of being with others as they recognized the part they play in their own dilemmas and set off with remarkable compassion on a new course toward peace and freedom. I have been there as people discovered within the Records the truth about their difficulties and became empowered to take healing actions on their own behalf. The issues I have seen brought to the Akashic Records have been of every type and variety: addictions, painful relationships, financial failure, physical distress—the entire array of human suffering. What has continually amazed me is that the solutions the Akashic Records suggest are always perfect for each unique individual and the exact circumstance he or she is facing.

This is how I know we are working with a higher wisdom, a greater consciousness—there is no other explanation for the tailor-made direction each person has received. While I have guided my students in their work, I certainly haven’t supplied the answers myself, and students came to me unable to discover the answers themselves.

Some have not experienced the “miracle cure” they wished for—they have not been able to toss away their crutches and dance all night. Others experienced only slight improvement in their health or circumstances. A man’s back pain still comes and goes, but it’s no longer constant; he’s pleased with his progress but would appreciate total freedom from his pain. The woman who used to smoke a pack of cigarettes a day now smokes only at parties. She can enjoy herself on these occasions because she’s free from the constant self-condemnation she used to bear. Another client longs to be a screen actress, but at the moment, she’s glad to be in commercials and industrial films. Through her work in the Records, she came into contact with her Innermost Self and abandoned her career as an accounting clerk, knowing that this choice of jobs was not her truest self-expression. She’s on her way.

Clearly, while spiritual healing through the Akashic Records can indeed have a dramatic effect on people’s health—there can be radical transformations at every level—changes more often come gradually, and this gives us time and space to grow into them. Without exception, whether the manifestation is immediate or slow, a *shift in perception* occurs that sets the stage for changes we

can ultimately see and measure. This shift in perception itself is the true healing, the spiritual healing that can affect the physical, emotional, and mental realms.

Once we no longer use our human imperfections as weapons against ourselves, the Light can move in and give us the relief we seek. As we gain the ability to see that the challenges we face can be used as launching pads into our future—as opposed to barricades between ourselves and our potential—we make that oh-so-necessary shift in perception. And then the Light enters and does its work. As we consider the possibility, for example, that our difficulties with the people in our lives are themselves the path to peace, we find the path taking shape before our very eyes. This consideration of expanded possibility—changing the way we *see* our difficulties—is itself the healing work.

Sound Spiritual Health

As we continue our work in the Records, transforming our ordinary wounds into sacred opportunities for transformation, we achieve greater spiritual health. All the effort we make to resolve everyday distress in the physical, emotional, and mental realms builds increasingly sound spiritual health, which in turn frees us to pursue improved health in all other areas.

We can consider our spiritual health sound when we are reasonably comfortable with this great paradox: none of us is the center of the universe, the point of origin for all life and power; rather, each of us is at the center of our *own* universe—and we are the convergence point through which all power of life flows. When our awareness is balanced in both truths, we find ourselves healthier than ever before—in all facets of our lives.

A Last Look at the Protocol

Now let's take a final look at the full protocol for healing through the Akashic Records. This is the series of four steps that emerged for me over the course of my decade-long work in the Records as a practical, effective method to meet the challenges of everyday life. Follow this protocol and you will experience transformation. Apply it to any condition whether physical, emotional, or mental. And, as you do so, remember that spiritual healing is about seeing life from a spiritual perspective, which is the perspective of wholeness and wellness. This is the level at which we can recognize the opportunity to know more love than ever before, no matter what our circumstances. Remember these steps:

1. Say "Of course you feel that way."
2. Acknowledge "These things happen."
3. Say "I am here for you. I will help you. We will find a solution."
4. Ask "How can this be good for me?"

Try it with me now—let's have one last practice session together. Think of something in your life that has been troubling you lately. Maybe you've just had the same argument with your spouse that you vowed to avoid. Perhaps you've lost your job. It's possible that you tried on your jeans from last fall and they no longer fit.

First, acknowledge how you feel. Say "Of course I'm upset. This is difficult. This is terrible."

Second, acknowledge what has happened. “These things happen. Many, many people have grappled with my issue. Right now it’s my turn. I have done nothing wrong: this is part of being human—the hard part. I remember that I am good. I love myself, and I would never do anything to cause myself harm.”

Third, offer yourself the same support a loving adult would to a child in distress. “I am here for you, no matter what happens. I will help you to the very best of my ability. Yes, this is a difficult situation, but I am here with you, and I will not leave you. You cannot scare me away. I will be here for you every moment of this journey. I am with you. I love you.”

That brings us to the fourth step: “How is this good for me?” Or perhaps more accurately, “How could this *possibly* be good for me?”

At this point in our protocol, it is helpful to remind ourselves that all of life is conspiring to enable us to know our innate goodness. One of the great spiritual laws is “Seek and ye shall find.” As you seek to discover how this repetitive failure, weight gain, job loss, or any other challenge could possibly be good for you, the seeking itself immediately increases the possibility that you will find the answer to that question. Our questions drive the quest. No one likes unemployment, or unproductive arguing, or other problems. It’s true that you are fully entitled to the human experience with its full range of emotions including dislike, anger, and fear. But at this stage of the investigation, consider the possibility that this challenge is happening for your good, so you can come to know your essential goodness, even if you have absolutely no idea how to do that right now.

Sometimes it helps to pretend, suggesting to yourself that you know your problem arose for your good and you’re just biding time until you can pinpoint the particulars. Keep raising the question, “How is this helping me to know my own goodness?” Stay in the present as much as possible and look for the answer. The answer to this question is the Light manifest in useful form: it will respond perfectly with a helpful solution to your problem. The best doctor for your condition, a new job, the resolution of tension in a relationship—these are all evidence of the practical presence and power of the Light. The answer, solution, or resolution is the Light in action.

Remember as you work with this protocol that it is not magic—it is a practical, and often gradual, approach to healing within the crucible of everyday human events. It will not dissolve your illness or your terrible predicament in an instant—though you may be surprised by how profoundly it works in your life. What it will certainly do is enable you to stop using your difficulties *against*

yourself and begin to use them *for* yourself. This is a way to explore your situation that will not cause you greater trauma and pain. Rather, it allows you to be human and opens the path to your knowing the presence of the Divine under all circumstances. Remarkable!

Our Opportunity

Every age in history has its primary challenge, within which lies an opportunity. Our challenge today is to transform ourselves to recognize our Oneness: our unity with all people, all life, and the Divine Reality. We can use our difficulties to divide ourselves from one another *or* we can join together and unify with the awareness of our Oneness. The choice is ours. We are the people, and now is our time!

You now have ample tools, forged in the Light of Akasha, to help you make the most of this opportunity. Having taken the time and expended the effort to transform your relationship with your wounds to use them as points of power and paths to peace, you will advance your growth and healing. Realizing that every hardship and injury you have sustained has offered you the chance to encounter the Divine Reality. You now know a spiritual means to explore your wounds—a way that does not limit you but instead enables you to expand outward and upward. In your capable hands is a healing system that will help you travel through the worst of your pain and beyond it into greater peace and freedom.

You are a magnificent and whole human being with both finite and infinite aspects—part human, part Divine. Live your life: own your experiences and allow them to propel you beyond all previous limitations. Reach inside, reach outside, give to and receive from Life. You are good—you have always been good. Love yourself and others. Dwell often in the safe, nurturing environment of the Akashic Records, the atmosphere of “Judge Not,” “Fear Not,” “Resist Not.” Move toward life, and life will greet you with great enthusiasm. It will take you where you have always wanted to go.

Sharing this sacred journey with you has been an honor. I know you have been compelled by the urging of your soul to encounter this work and embark on this healing journey. I applaud you for hearing the call and responding courageously. You are on this path because you know that, as you become a peaceful, free, and happy person, you will become an agent for the very same transformation in the world. Now is the time for a glorious spiritual revolution, and together we are its agents. The radiant generosity and dedication you have shown toward your Self and all of life as you move toward spiritual healing through the Akashic Records are absolutely heroic and inspiring. It is wonderful to walk together toward greater Light and Truth. Sharing a commitment to know

our souls even more, even better, we are advancing into a beautiful future here together on this planet, Earth.

Transforming the quality of life on Earth is a process with inner and outer aspects. Together we have explored the personal inner transformational experience with the aid of the eternal wisdom found in the Akashic Records. Through our work as individuals, we are each opening, expanding, and continually Ascending to higher levels of consciousness. Now we can unite, weaving together our individual points of light to create a single shining beam to illuminate the path for all.

Whether or not you and I ever meet in person, I know you are making a significant contribution to the realization of the magnificence of Life on our planet. When I feel love and acceptance, witness understanding and respect, observe people simply enjoying who they are in their everyday lives, I will know that you are participating. Each of us has a role to play in this spiritual revolution, and it begins now. You are on your way. Thank you for your courage, your commitment, and your compassion. I'll be looking for you out there. When we meet, I will recognize you by the light in your eyes, the warmth in your ways, and the joy in your spirit.

Until then,
Much love and many blessings,

Linda Howe

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About the Author

After two decades of spiritual searching, Linda Howe first encountered the Akashic Records in 1994. Many adventures later, now a Doctor of Spiritual Studies, she is today the leading expert and pioneer in the field of Akashic Studies for personal empowerment and transformation. Her book *How to Read the Akashic Records: Accessing the Archive of the Soul and Its Journey* received the 2010 Coalition of Visionary Resources (COVR) Award for the Best in Spirituality/Alternative Science and Spirituality. The first edition of *Healing Through the Akashic Records* was honored with the second runner-up COVR award in 2012. In 2015, *Discover Your Soul's Path Through the Akashic Records: Taking Your Life from Ordinary to ExtraOrdinary* was released, adding to the inspired body of work she shares.

In 2001 Linda founded the Linda Howe Center for Akashic Studies, offering her groundbreaking methods to tens of thousands of students. Widely regarded as a gifted teacher, Dr. Howe provides excellent training through live and online classes, personal consultations, and books and CDs. This work is her joy.

Linda can be reached at akashicstudies.com.

Additional Works by Linda Howe *How to Read the Akashic Records:
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“What a delight to find this unique and accessible book on the Akashic Records, a trustworthy energetic repository of higher intelligence that offers reliable guidance for our lives. Having steeped herself in the realm of these Records, Linda Howe has emerged with a simple, direct, and powerful spiritual discipline. If you follow this rich and often surprising pathway, doors will open and healing will be yours!”

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“In this brilliant book, Linda Howe shows us how to work with the compassionate awareness of the unified field to dissolve the blocks—or ‘sacred wounds’—that cloud our soul. Howe’s teachings are refreshingly positive, and she is an expert guide in showing us how to access our Records so that we may release our woundedness and repattern ourselves in order to embody the truth we were meant to live.”

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