

# Healing with the Akashic Records

**The Akashic Records hold complete and accurate vibrational information of every thought, state or deed ever perceived or expressed by every animal and human throughout space and time.** They also have a precise record of the interconnectedness of all beings and objects linked to each individual. Simplified, it means that they know everything there is to know about everything and everyone in any dimension at any point in time.

In the Akashic realm, Records are dynamic energies that are not defined by time or information as we know it. We can think of the *Akashic Records* as the Universal Wide Web, and the mind as the search engine that can access the website that holds the truth, wisdom and energy of our soul as well as our story and anyone or anything connected to us.

## The Akashic Records offer us a bridge to our soul

The Light Beings of the Akashic Records offer us a bridge to our soul and give us all the comfort, understanding and guidance we need to improve our alignment and relationship with soul and life. As co-creator of who we are, our soul knows precisely what our true nature is, what our life purposes are and exactly what resources we need to express them to our full potential. The same could be said about the relationship between the *Akasha* and our soul given that the Akasha is the realm from which or through which all things arise. That's why healing through the Divine love of our Akashic Records is so transcendent for us and potentially for our soul as well.

The experience of surrendering to the energy of one's Akashic Records is truly awe inspiring, comforting and encouraging. It's often described as a blissful spiritual communion with what can feel like God energy.



Let the stars  
brighten  
your way.  
- Colette Grace St. Clair

The role of the Akashic Records is to enlighten any of our misinformed perceptions about any aspect of our life. They also help us unveil and heal the causes of our suffering and guide us to break through our self-limiting beliefs, showing us how to use more of our hidden potential and forgotten qualities. Through integrating more of our soul's love and wisdom, the Records also help us understand and release whatever sabotages our relationships with family and others.

We can ask the Akashic Records for help when we have a problem or when we're suffering physically, mentally, emotionally or spiritually. We can turn to them for guidance and support in improving ourselves and any situation we find ourselves in. They can assist us with any aspect of life and it's up to us to ask questions and be proactive in our engagement with them so that we can receive more of what they have to offer.

**“The Akashic realm is the highest level of consciousness we can access for answers and solutions to the questions and problems that arise at our level of human existence.”**

Here are some of the things I've had the honor of helping my clients with over the years:

- Physical health and its metaphysical aspects
- Mental and emotional health - both conscious and subconscious
- Spiritual health and its connection to soul
- Reactivation of forgotten personal attributes and qualities
- Past life healing and assimilation of spiritual strengths
- Relationships with family, pets, friends, peers and professional connections
- Marriage, intimate relationships, divorce
- Parenthood, miscarriage or abortion
- Helping pets with physical, mental and spiritual healing
- Conflict resolution
- Businesses and creative projects
- Financial health and security
- Reading and healing properties, whether it's your residence or if you are buying or selling a private or investment property

## Two ways of using the Akashic Records

The first is on an as needed basis and particularly in hard times. When we struggle with some of our life experiences it is often because we cannot see the big picture as we look at challenges through the lenses of a wounded or uninformed mind. Most of us have experienced transcending suffering only to realize that the pain was all along a blessing in disguise. The disguise is simply a filter that we unconsciously create in our mind because we fear the unknown and we fear pain. Having been hurt and wounded once, one hundred or one thousand times, we forget that we are part soul and we forget to sustain a relationship with our Spirit that keeps us on friendly terms with our soul and with life. Without spiritual education and practices such as meditation and prayer, we can easily become glued with our ego to a physical life that knows little love, gratitude or joy.

Given their awareness of all things unconscious and subconscious, the Akashic Records can help us faster and better understand why we're suffering. As importantly they help us heal and transform in ways that teach us priceless life lessons. Remembering those lessons empowers us to gracefully handle future challenges thus strengthening our self-confidence and self-esteem, both integral to our personal and spiritual growth.



## F.A.Q.

Here are some examples of frequently asked questions and struggles that my clients have brought to their Akashic Records:

- What is my life purpose?
- I'm confused about God.
- Why can't I trust God 100%?
- Why do I keep failing?
- Why do I feel I'm not good enough?
- How can I stop disliking myself?
- How can I be with my family without getting hurt?
- Why do they bring out the worst in me?
- What's the healthiest way for me to deal with conflict?
- I really need to get over my fears and insecurities.
- I don't want to feel lonely or lost anymore.
- What is my body trying to tell me and how can I heal it?
- I don't want to be an addict anymore.
- Why am I uncomfortable in my own home?
- Why can't I have my own family?
- Why can't I find true love?
- Is this person meant to be my life partner?
- Is there a past-life connection?
- How can I help my parents, children or pets?
- How can I forgive the unforgivable?
- What is my full potential and how can I experience it?
- What's the best job or career for me?
- Why isn't my business as successful as it deserves to be?
- What is really blocking or limiting me and my creativity?
- I feel hopeless and helpless.
- I'm tired of suffering and want to end the struggle.
- Why don't I get what I want and deserve?
- I want to feel happy and fulfilled?
- I feel I'm missing something important.
- How can I develop psychic ability?
- How can I learn to play?
- How can I love myself?
- How is this experience serving my growth?
- What have I done to deserve such karma?
- I really want to improve my life and feel good about it and myself.

One of the wonderful qualities about reading and healing through the Akashic Records is that they treat each one of us in a way that is specific to our needs and sensitivities as well as our ability to comprehend and absorb. And when our struggles involve other people, they have exact and perfect knowing of all the entanglements and dynamics that connect us. While explaining what we need to learn, healing occurs in a way that serves all parties concerned. As a result, clients report feeling more understanding, peace and compassion toward those who previously pushed their buttons. Why? Because the buttons are neutralized and replaced with wisdom and patience. Amen!

The second way of using the Akashic Records is establishing an ongoing relationship with them and working at a pace they recommend is best for each individual. It feels like a partnership and comes with a heartfelt commitment to make an effort to improve ones life. This may arise from simply deciding that we've had enough of not feeling happy or fulfilled and from the desire to manifest more in life and become the best version of ourselves that we can be. The decision may also stem from feeling inspired by any of the spiritual teachings we resonate with and the desire to discover and explore them within and for ourselves. Whether we follow Marianne Williamson, Caroline Myss, Louise Hay, Don Miguel Ruiz or Dr. David R. Hawkings to name a few, working with our Akashic Records on a regular basis takes what we've intellectualized from their teachings to a deep level of experiential learning.

## Self-Discovery and Healing

An ongoing relationship with the Akashic Records is a journey of self-discovery and healing that leads to beholding and expressing our true nature. This means that we get to send our lower ego into early retirement and discard its outdated compass, replacing it with a spiritual GPS that receives signals from the satellite of our soul. By upgrading from a Global Positioning System (ego) to a Spiritual Positioning System (Spirit), we align ourselves to the vibration of a much higher consciousness that enlightens our life path. Like with psychotherapy, it's also how we strengthen our emotional intelligence and stamina, enabling us to navigate through life with more ease, confidence and faith.

Counseled by the Akashic Records we learn how to take better care of ourself and our life. The Light beings of that realm act like gentle teachers and they give us tools and homework assignments that are therapeutic and self-empowering, again, specific to our needs and potentials.

## Invest in Your Personal Growth

When it comes to investing in our personal growth, we are called to look at ourselves and take stock of what we want to change. By choosing to evolve and putting the effort towards that, we spare ourselves the kind of strong pain and suffering that eventually arise from resistance or denial. We don't have to know how change will come about but we can set the intention and take the first available steps. The list below can give you an idea of what most people look at and you can use it to identify what you want to heal and what you desire to manifest more of in your own life.

Suffering → Understanding  
Fear → Faith  
Resentment → Compassion  
Anger → Forgiveness  
Doubt → Hope  
Hatred → Love  
Judgement → Peace  
Self sabotage → Acceptance  
Guilt & Blame → Forgiveness  
Limited perceptions → Expansion  
Indebtedness → Prosperity  
Struggle → Progress & Ease  
Sadness → Enchantment  
Confusion → Awareness  
Belligerence → Graciousness  
Procrastination → Creativity  
Resistance → Devotion  
Isolation → Belonging  
Pessimism → Inspiration  
Worthlessness → Fulfillment  
Codependency → Emotional Intelligence  
Victimhood → Liberation



## How to choose an Akashic Records practitioner

It's important to note that the Akashic Records practitioner's general or specific knowledge or expertise plays a vital role in this work. For example, if the reading concerns a business or an investment and your questions require business or financial acumen, the practitioner would have to have some basic understanding of the subject matter along with the relevant vocabulary needed to communicate what the Akashic Records wish to convey.

As another example, if the session concerns someone's physical or mental health, the Records would use anything that is in the practitioner's awareness to share needed information. There are occasions when the Records will suggest we use the internet to seek out specific information, be it for a service, a product or educational content. Whatever your practitioner has in his or her professional toolbox can also be of value to the work if the Records request a particular skill.

In my case, the enhancing skill could be animal communication, afterlife communication, communication with Spirit babies or telepathy with a significant other including your inner child. Come what may, Akashic Records readings are always rich and never boring!

## It is possible for you to read your Akashic Records

I suggest you read the book by Linda Howe "How to Read the Akashic Records" and follow the suggestions presented in it. Don't be discouraged if you have yet to develop the psychic muscles that enable you to engage in clear communication with your Records, that will come with time. But please do open your Records at least to sit quietly, eyes closed and allowing yourself to feel the divine love and transformational energy that awaits you. As you develop a relationship with your Akashic Records, you'll be able to seek their counsel regularly, giving yourself access to mentorship that can be compared to life coaching, spiritual psychotherapy, couples counseling, energy healing and business or career coaching.



The photo above has the “buzzwords” that most spiritual teachers write and speak about and they’re very important because they represent much of why we’re having a human experience. It is suggested that you experience the vibrational energy of each word by simply closing your eyes and holding one word at a time in your mind. You also want to relax and breathe slowly and deeply so that your emotional body can express to you what your Spirit or subconscious mind need you to recognize.

Be in a conscious marriage with your soul and you’ll fall in love with life again.

Blessings,  
Colette G. St. Clair