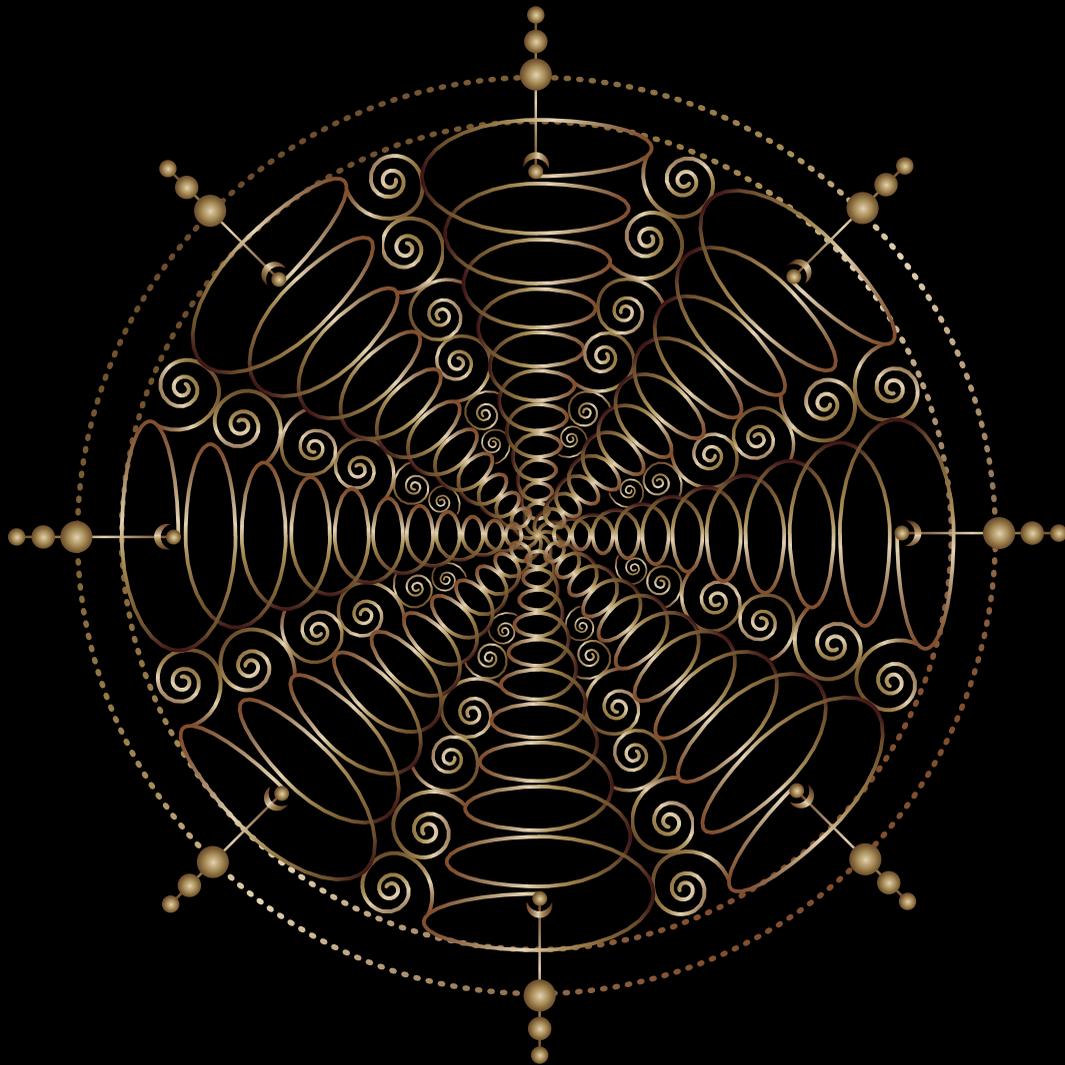


# THE AKASHIC RECORDS

---



A Course / Workbook for Accessing and Reading  
the Akashic Records for Yourself and Others

---

Created by  
*Karen LaCamera*



# TABLE OF CONTENTS

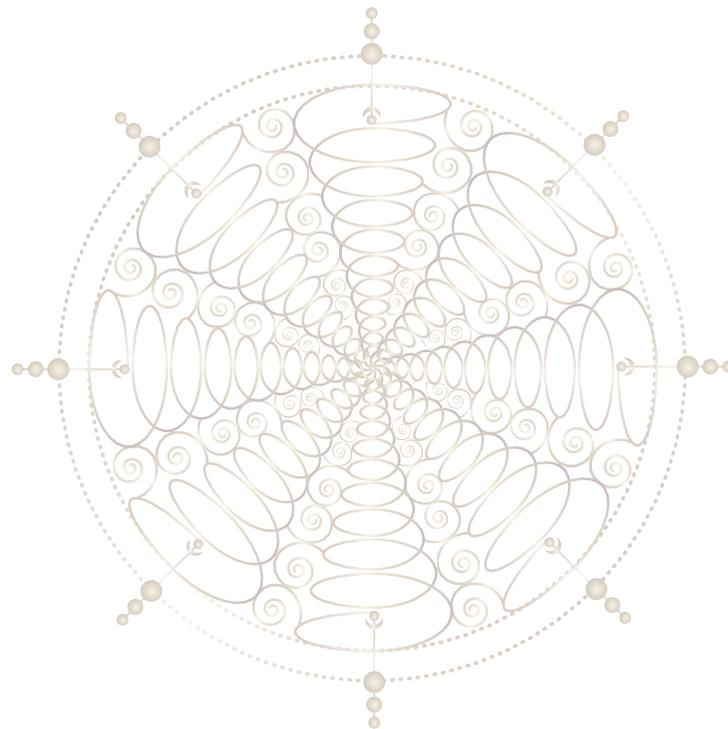
<b>3</b>	<b>SECTION 1: Course Information, Resources, and Mandalas</b>
4	Glossary of Terms
6	About This Course
7	Why This Course is Different
8	Helpful Tips
10	Who We Truly Are: Our Multidimensional Selves
12	Trusting Your Intuition
13	Guided Meditative Journey #1 : Grounding and Connecting
14	Mandalas for Meditation
16	Akashic Records Mandala
16	Private Facebook Akashic Records Mentoring Group
<b>17</b>	<b>SECTION 2: Timelines, Lifetimes, and Incarnations</b>
18	Timelines, Lifetimes, and Incarnations Explained
20	Timelines, Lifetimes, and Incarnations Explored
22	Expanded and Constricted Fields and Timelines
<b>25</b>	<b>SECTION 3: Information About the Akashic Records</b>
26	The Akashic Records
28	Free 15 min. Personal Akashic Records Reading from Karen
29	Extended Topics
32	Healing That Can Take Place Through This Process
35	Guided Meditative Journeys #2 and #3 : Contracts/Agreements, and Ancestors
<b>39</b>	<b>SECTION 4: Preparing to Access the Akashic Records</b>
40	Questions to Ask While You Are In the Records
41	Creating Your Opening and Closing Statements
42	Creating Your Opening and Closing Statement Templates
44	Details to be Aware of When Accessing the Akashic Records
<b>47</b>	<b>SECTION 5: Accessing and Reading the Akashic Records for Yourself</b>
48	Two Ways of Working in the Records
49	Step-by-Step Guide for Entering the Records
50	Notes



# SECTION 1

---

## COURSE INFORMATION, RESOURCES, AND MANDALAS



## GLOSSARY OF TERMS

Here are some terms that will be used during this course. These descriptions come from Karen's own experiences, in her own words.

### AKASH / FIELD OF POTENTIAL / QUANTUM FIELD / VOID / ZERO POINT / SOURCE / GOD / SPIRIT / UNIVERSE

This is the original frequency that existed before creation began ... the vast, invisible, multidimensional field of energetic pure potential in which the creation of all matter, form, thought, consciousness, vibration happens.

We were created from and exist at all times within the energy of this field, we ARE this field and we are not separate from it. When we are accessing information, timelines, and other versions of ourselves ... we are not going outside of ourselves anywhere to do so. We are reaching deep within, to a place where most people never even realize they have access to. This place within us is our own Zero Point which is directly and continuously interfacing with the universal Zero Point. The very basis of being, the Akashic Field within which all is contained.

### ALIGNMENT

A shared resonance of vibration or frequency. The feeling of sameness, or shared experience. You can align your energy/frequency/vibration with a person, place, thing, thought pattern, habit, behavior, experience, programming, expectation, energy, etc.

### ATTUNEMENT

A change in one's energy/frequency/vibration that will allow them to match that which they are ready to experience.

### CHANNELING

The process of becoming a clear vessel or channel for information and energy to pour through. Ego steps aside slightly so that the information or energy comes through without filter, personality, judgment, etc.

### CONSCIOUSNESS / SOUL

Some people refer to consciousness as our "Soul". However, I feel like our "Soul" is more of an energetic middle-man that is separate from, but is still tethered to our original Source based consciousness. It accompanies us into our bodies and physical experiences, and returns back to our original consciousness when done in each lifetime. Being that we are multidimensional, we can have multiple physical experiences at the same time because our consciousness is limitless in its creative potential, and because it follows the Source directive and thus wants to experience itself in every possible way.

### FREQUENCY

Scientifically speaking ... Frequency is the number of waves that pass through a certain unit of time (typically 1 second) in a perpendicular direction to where the waves are traveling, and can be measured in terms of Hertz (Hz). It is the number of times that an object vibrates (has a back and forth movement). Light wave frequencies are higher than sound wave frequencies. When it comes to how the word is used in this course, it refers to how our energy is perceived and presented to form a certain high or low resonance with the other energies around us.

### GUIDES

This is typically used as a catch-all term for when I refer to the peeps on the "other side". It includes (but is certainly not limited to): the higher self, ancestors, deceased loved ones or pets, angels, archangels, ascended masters, spirit family, galactic family, elementals, consciousnesses, etc. Your own parallel soul incarnations can also come to you as guides. So please keep an open mind when you feel that this may be the case. Listen to your intuition.

### HIGHER SELF

You can also call this your soul, soul self, intuition, imagination. To me, they all refer to the same thing: the multi-dimensional divine sovereign aspect of Source as yourself that is orchestrating everything from their higher perspective.

## INCARNATIONS / TIMELINES / LIFETIMES / SOUL STORIES

I will use these terms instead of saying “past lives”.

### MANDALA

Whereas the Akashic Records are a cosmic library of information, mandalas are the embodiment of that information in the form of patterns, symbols, and shapes. Mandalas are a combination of geometric shapes and symbols that radiate out from a central focus point in various ratios, proportions, and angles. The use of Sacred Geometry in mandala design and creation is quite common. Using shapes, symbols, ratios, patterns, etc. that have special meaning and a history of application in ancient traditions and practices, is a mindful way of incorporating the energies of the esoteric, metaphysical, and spiritual into a mandala. Mandalas are considered a form of meditation for both the creator and the user/viewer, and can help in focusing one’s being and consciousness on creating a sacred space during a spiritual or metaphysical practice. There are many different cultural and spiritual traditions around the world that use mandalas in their art, sculptures, weavings, carvings, etc. Creating mandalas is a wonderful mind, body, spirit meditation. We can use our mind to choose the shapes, angles and repeaters; our body performs the actual physical act of drawing and coloring; and our spirit connects to the energies of Sacred Geometry and mandalas while entering a quiet and calm meditative state.

### MULTIDIMENSIONAL

Those who incarnated on earth at this time are physically present in the 3rd and 4th dimensions. The 3rd dimension is typical earth life with all the emotional attachments and trappings. You have entered the 4th dimension upon awakening to the fact that you are more than just your physical body, behaviors, patterns, programming, personality, and the expectations placed upon you by your family, friends, government, religion, culture, and society. As we progress along our path to discovering who we truly are at our very core being, and we progress deeper into our Source consciousness, we ascend into the 5th dimension and beyond. It’s important to note here that dimensions are really just a raising of consciousness. So when you hear the term “ascension”, it is referring to the raising of your consciousness, not you actually physically leaving your body behind. Each of us hold every possible dimension within the very core of our being, our Zero Point. It’s possible to weave in and out of different levels of frequency in consciousness no matter which dimension we are in. This can happen unconsciously when we are tapping into denser emotions such as fear, anger, hatred ... or it can happen when we are consciously working with our own frequency to interact with beings at other levels of frequency or in other dimensions. So think of a dimension as more of a frequency.

### OTHER SIDE

This term can mean many things, including “Beyond the Veil”. I use these terms interchangeably. It refers to all that exists just beyond our physical senses, in other frequencies, dimensions, realities, timelines, etc. Most people access the Other Side through their clair senses. For more information on the clairs, see “Trusting Your Intuition” section.

### RESONANCE

When you have a room full of guitars and you pluck one string of one guitar, the strings of the other guitars will “resonate” or create a similar action of vibration to the sound waves that were emitted. A fun example is that when my dog barks at her nemesis (any package delivery driver) in the vicinity of my crystal singing bowl, just the vibration of the sound waves of her bark sets my bowl to singing! So when you resonate with something, you are aligning with it on an energetic level and sharing a similar frequency.

### SHADOW WORK

When we are triggered by something that someone has said or done, it indicates that there is some deep thinking, feeling, and uncovering to find out why that trigger is there for us. It involves a lot of self reflection regarding the suppressed emotions and feelings that we bury deep inside of us. Sometimes it is rooted in attachment to current or past life issues or ancestral traumas that we brought forth with us into this lifetime. Sometimes we are mirroring the collective.

### VIBRATION

Scientifically speaking ... Vibration is a back and forth movement of an object. Vibration is frequency in form. Sound is a form of the vibration of waves that travel through an object. When it comes to how the word is used in this course, it refers to the energy/feeling of how dense any physical object may be perceived or experienced.

# WELCOME!

Welcome home to the remembrance of the truth of who you are, to your very own collection of stories!

You hold access to everything your Soul has ever experienced ... across time, space, lifetimes, and dimensions. All of it lives in the Akashic Records, which is the living library of your Soul.

Every experience and moment that you've ever lived, loved, created, fallen, or risen becomes part of this vast collection of Soul Stories. Each incarnation is its own timeline, and each timeline is a story, a chapter in the ongoing book of you.

These aren't dusty, tooled leather covered tomes from the past ... they are alive and breathing through your emotions, patterns, and choices in every moment. When you learn how to consciously tune in, you will begin to hear your Soul narrating its story through your intuition, your sensations, and your heart's inner knowing.

This course is designed to help you remember how to do just that: how to open the Records for yourself and others, explore your multidimensional stories, and recognize how each one adds depth, clarity, and wholeness to who you truly are. Whether you call it past, parallel, or future, every experience is happening in the now and your Soul is inviting you to read, listen, and remember.

## ABOUT THIS COURSE

Here are a few of the benefits you will receive from taking this course:

- Access to every story of every version of you that exists in all of your incarnations and timelines
- Access to relevant information and messages contained within your Akashic Records
- In addition to acquiring information, you will focus on the energy, emotions, and multidimensionality of who you are in regards to the information/stories that comes through
- Discover the hidden pieces of you that are begging for your awareness, your acknowledgment, your attention, and finally the integration to complete the wholeness of you. This may bring up some Shadow Work for you. If that's the case, I have some resources I can share with you. There is an online self-paced "Working Your Shadow" course that I developed with a dear friend and mentor that is available on her website: <https://www.kimberleekaitlin.com/challenge-page/workingyourshadow>
- Develop a deeper awareness of who you truly are, how you operate, how to turn your perceived weaknesses into your superpowers, how to call your power back, and how to navigate this awakened state by simply being YOU
- Experience what it's like to tap in and read someone else's Akashic Records, as well as your own, and learn how to use this gift as a potential tool in your metaphysical modality toolbox
- Remember that you come from the Akash, you are the Akash, therefore all of the Records that exist within the Akash also exist within you. You are totally epic

This guidebook and the accompanying practice pages allows you to set your own pace of learning and remembering. You will never be completely alone in this process. We have a 1 hour mentorship phone call together, where I will guide you into the Records and back out again. There is an option to book as many extra one-on-one half hour mentorship phone calls with me after the initial phone call and during your remembering process. These phone calls will create a safe and sacred space where you can share, be heard, and have deep discussions with me.

When you are listening to the meditations, your experiences may be vastly different than what you are hearing. The channeled meditations contain a multidimensional aspect that brings you into a certain frequency of intuitive imagination. We are all approaching this from different levels of experience.

Your unique experiences in this course may not be like anyone else's, and THAT'S OK! As you progress through the sections, it is essential that you remember to follow your own truths. That means as you go deeper within you may have new perspectives stemming from your remembered experiences, especially when you remain open to receive. It's natural to re-think outdated beliefs and truths. And if something doesn't sit right with you, let it go and move on. Trust your intuition.

There is no right or wrong! There is no one way to do this! Your intuition will lead you exactly where you are supposed to be and as long as you trust that it has your highest, best, and greatest good in mind then you will flow through this process like quicksilver. This is YOUR experience, YOUR truth, YOUR process. Own it.

**NOTE ABOUT LINKS: If you are using the pdf version of this workbook, you will see active hyperlinks (in blue and underlined) that you can click on. You will be taken directly to those pages. If you are using the printed pdf file or the spiral bound workbook, the hyperlinks will not be active ... however you can go to page 108 and scan the qr codes instead, and it will take you directly to the webpage on your phone.**

## WHY THIS COURSE IS DIFFERENT

In this course, we'll be exploring the Akashic Records from a deeply personal point of view ... a point of view that honors your own multidimensional nature and the infinite stories your soul has written across lifetimes, realities, dimensions, and beyond.

My intention is to help you reconnect with all of your soul's expressions, every story of you, every version of you that exists throughout the vastness of creation, and to show you how to access the Akashic Records within the Akash so you can begin to recognize just how expansive, creative, and limitless you truly are.

Through my own experiences reading the Akashic Records, I've witnessed how much potential and possibility lives within this Akashic field. Quite often when I open the Records for myself or a client, I discover something new and unexpected ... which inspires me to share these discoveries with others who may feel restricted by "rules" or expectations that don't resonate. It's important to remember that your own unique experiences are totally real and valid, even if you feel like they go against the norm.

If at any point you feel uncomfortable that we may be "breaking the rules" or wandering off the usual path ... take a breath, place your hands over your heart, and remember that this process is divinely guided for your highest good. Then, trust yourself enough to keep going. You're not just learning a technique here, you are remembering how to listen to your own Soul Story.

This course will take you beyond any limits. I will guide you to claim your own connection and develop a style of accessing and reading the Records that feels natural to you. Whether you prefer to visualize opening a book in a library, see the information appear like scenes on a screen, feel it come through when you hold an object, smell/taste/touch it ... your way is the right way. Follow your intuition because that is always where your truth lives.

The first half of this course is all about you. You'll learn to make yourself a priority and focus on reading your own Records before reading for others. Many people find it easier to read for someone else, but this training begins with self-connection. By the time you reach the section on reading for others, you'll have a strong foundation built on self-awareness, practice, and personal truth.

This journey is about rediscovering/remembering yourself through your stories ... the stories your soul has written across lifetimes throughout time and space ... but most importantly of all, the one you are living right now. You can then help others to remember their stories by guiding them through their own Records.

## HELPFUL TIPS

### LETTING GO OF EXPECTATIONS - BEING OPEN TO RECEIVE

Do you feel like you have some expectations as to where this is all going to go? Throw them all away. They won't serve you. Expect the unexpected. You will focus on your intuition and the infinite versions of you more than anything else. The information that you receive during this process may come through your physical senses, your clair senses, or your intuition in many different forms or presentations. The more open you are during this experience, the more will come through to you. The more you expect things to go a certain way, the more you will be trapped in a box of expectation and resistance.

### FOCUSING ON "PAST LIVES"

We usually think of our other incarnations as being in the past because we are currently physically existing in linear time. There is a definite need to access the information that we consider to be from our "past lives". It can show us where we have come from, who our ancestors were, what issues have been carried on down through the genetic line, what patterns we continue to deal with, and more! However, once we open up our awareness to a certain point, we will see that "past lives" are only considered past based on the linear time constructs that our collective consciousnesses has created for us. This is how we are able to orient ourselves in time and space through this current lifetime.

When we reach this point on our journey and we continue to focus on anything in the past, we make a stronger meaning out of the past while we really should be focusing on the present. If we over-identify with these so called "past lives", then we are not really focusing on what we are meant to do in THIS life, in each present moment. It is almost a disservice to ourselves and our continued soul growth to focus on anything other than our vast multidimensionality and limitless sovereign divinity in every now moment. So don't get caught up in the "past" aspect of this journey.

### BEING IN THE PRESENT MOMENT

We tend to spend a lot of time looking at how our past has shaped us, and even conditioned us into reacting with the same responses time and time again. We also tend to spend a lot of time looking to the future, hoping to glean some information on where to go on this journey of ours, or how to do/be something bigger, better, or more awesome. The place where we spend the least amount of time is in the present. Why is it so hard for us to learn to just BE? Part of the purpose of this course is to integrate our other incarnations into our NOW awareness. They may bring messages, healing, and information in regards to past or future inquiries but the focus of this process is that it happens in the now so that we can become a more whole version of ourselves. This process brings us even deeper than the Akashic Records, all the way into the Akash itself... the ultimate place of BE-ing.

### GETTING HELP

When we first start on our journey of awakening and enlightenment, we are eager to dive into all of the possible information that is at our fingertips regarding the reasons behind our triggers, patterns, projections, emotions, physical ailments, strained interactions, etc. We can benefit greatly from practitioners who can help us to retrieve information and messages that guide us, or bring a new awareness and perspective into our consciousness. This can lead to a search for certain practitioners who can intuit this information for us through various means and tools such as energy work, Tarot, Astrology, Human Design, Runes, Akashic Records... and the list goes on. We are eager to dive deep into this information gathering process because it is very healing for us to be able to find the root causes of all the ills that we suffer from. This is where you will hone your intuition by deciding which practitioners and modalities resonate with you.

### THE CONCEPT OF EMBODYING ONENESS vs. UNITY CONSCIOUSNESS

We do not need to lose ourselves in order to feel united and integrated with the whole. As Above, So Below.....and vice versa! We each have our special sauce or flavor of what we embody and desire to experience plus our personality, and our ego adding even more spice. There is no reason why we have to lose that part of ourselves in order for our awareness to finally realize that we are already unified with everyone and everything else. It is when we become our whole self that we realize we are not apart from anyone or anything else. In order to reach that state of knowing and being, it starts with us, from within. When we do this work within ourselves, we begin pushing out the old paradigm for

an awareness of a more interactive and unified approach at reuniting our very own community of OUR SELVES, which leads to unifying with larger and larger communities until it encompasses all of consciousness. In essence, we are already unified and one, we are simply playing with separation to enhance our earth journey experience. Remembering this is all you need to do to get back to that state.

### MOVING PAST TIMELINES ALTOGETHER

When we do this deep work for ourselves or for others, we look for information and answers to probing questions. We seek to understand our other incarnations and the timelines they create. This comes from a state of being that embodies seeking, uncovering, revealing, fulfilling, and more.... in other words, a place of lack. There will come a time where we become so centered in our core self that all timelines will disappear, because we are so in the flow that there is no need to know where we've been, what else we are doing, or where we are going. Once you get into that state of being present in the now moment, don't be alarmed if you suddenly don't have access to timelines. At that point, they really don't matter. This could happen for 5 seconds, 5 minutes, 5 hours, or 5 days! It's a back and forth process until you are ready to finally exist in that heart centered state of full presence and knowledge that you are the Akash. There you will experience Joy, Peace, Bliss, Neutrality, Non-judgment ... your natural states of being, and they eclipse all feelings that are brought about by outside influences. When this happens, remember that it is a temporary state of being. Rest easy in the knowledge that as your frequency changes, so does your access to the Akashic Field and the Akashic Records. There is always an adjustment period, and you may notice significant changes to the way you access the Records and what kind of information now comes through.

### FULLY COMMITTING TO BEING HERE ... IN THE NOW MOMENT

Do you ever feel like you really don't belong here? Maybe you feel like you were coerced or forced to be here? I assure you that you were not. Your higher self had big plans for various experiences in this lifetime. Trying to get ego to be an equal partner in this endeavor is not an easy task though, and so we feel like we are half in this world and half out of it. Afraid that if we fully commit to being here at this time that we will be so earth based that we will lose our connection to our higher self and Source. Then we spend our entire lifetime trying desperately to fill up that empty half of us through our experiences, interactions, relationships, emotions, etc. We are constantly looking outside of ourselves for this filler so that we can feel more whole. The entire time we don't truly understand that we are really only half engaged.

Now what if we sat quietly with intention and opened our heart spaces to their very widest, and then called to our higher consciousness and invited it to fully enter our being and awareness. We tell ourselves that we will from now on be ALL IN. We are fully committing to being here in our bodies on this earth at this time. We are taking responsibility for our feelings, emotions, relationships, reactions, interactions, triggers, projections, etc. We will practice self-awareness and self-care on a consistent basis. We will make a point to listen to our intuition and most importantly ... how we feel. Essentially we will have equal collaboration between our ego selves and our higher selves.

I dare you to do this. I did it and I am no longer the same person I was before I went ALL IN. I'm not going to tell you that only magical things happened from then on, however I can tell you that I now have a deeper awareness of myself and who I really am. I am now able to determine who I am by releasing all of the things that I am not. I am better able to see what I have taken on from others, whether it be their expectations, emotions, projections, etc. I have a clarity like I've never had before. I'm able to look at my own triggers and shadow from a whole new perspective. When I do enter into in a state of resistance, I'm now able to identify it and what part of it is mine and what part is coming at me from another, or from the collective. I'm also able to understand my resistance in a way that was previously unavailable to me. I'm able to invite in all of my other incarnations to help complete the whole picture of me, because now there is room without all of the other junk from other people that I had collected over the years. Does any of this resonate with you? You may discover the same changes within yourself if you decide to take this simple step. This may be a stopping point for you to consider taking this action before you move through this course. It might seem like such a silly thing to do, but it is the most profound way that you can begin or continue on this process of being whole and complete, all of your own making.

## WHO WE TRULY ARE: OUR MULTIDIMENSIONAL SELVES

Do you even know who you really are?

Let's go back to the beginning. This is about to get deep, so please keep an open mind.

YOU, my friend, are a divine sovereign being yet part of the divine unified whole. A direct emanation and embodiment of Akash/God/Source in physical form having a soul and consciousness expanding experience. You embody the ALL. You exist in and as the ALL, and you do it in a physical vessel. The ALL is Akash/God/Source and includes the entire field of quantum energy. This field remains in a state of inertia until it is roused into movement by using waves and frequencies of sound and light. It's like a silent orchestra waiting for direction, a key, an octave, and for it's strings to be plucked and notes to be played to create a symphony that will delight the senses. And so when each of our consciousnesses were breathed into being from the Akash out of simple curiosity and wonderment, we spiraled out into this field of quantum energy and began to play, create, mold, and shape that energy to create the most magnificent experiences we could dream up.

Our consciousness is in a constant state of expansion, of learning and knowing more about itself. It's our Source directive. In order to achieve this, our consciousness pours some of its essence into what we call a soul. It's like the tether between our physical vessel and our consciousness. Our soul needs a place to reside to have some of these experiences and so it is anchored into human form and given an ego as a counterbalance in some of the lower dimensions. The soul brings with it all of the multidimensional information and potential. But where to put it all?!? The very essence of our true soul selves exists within our physical selves.....including our heart space, our energy centers, our cells and our DNA. What an incredible resource we all have access to! How does it make you feel knowing that everything you think that exists outside of you actually exists within you!

But if we are multidimensional and in a constant state of expansion, then why would we stop at this one tiny little soul earth incarnation? Simply put, we wouldn't and we didn't. We are taught in today's world that we have this one life and we better make the most of it. And while it's true for THIS SOUL INCARNATION of our multidimensional self, remember that we have a limitless amount of soul expressions and experiences happening simultaneously.

But then how do all of our other incarnations have a soul too?!? We each have a portion of our "OverSoul" or "Higher Self" consciousness that comes to us in a soul form. They are all connected and they each are a tiny section of the whole web.

So while our consciousness exists in a multidimensional state at all times, our physical body is firmly rooted in this conditional third/fourth dimensional reality by being placed in an energetic holding field around our physical bodies called a Merkabah. While here in physical form, our expansion must be slightly slowed down so that we can experience density and emotions.

Within the 3rd dimension comes a literal playground of the lower density emotions and thought forms such as fear, anxiety, depression, hate, anger, jealousy, judgment, attachment, etc.. It is here where we have the hardest time remembering who we truly are because we are bombarded with so many choices and experiences that vibrate at a much lower frequency than where we normally exist at when in our true form as consciousness.

We are shaped by our experiences in all of our soul's incarnations. Our higher self decided to try out some of the denser emotions and thought forms for the first time in this particular earth incarnation. Sometimes we try again in the next incarnation to see if another perception of that experience can be had. We can also come into a new incarnation while having chosen to carry on ancestral trauma that could go back for generation upon generation. The traumas, patterns, and unfinished business from these timelines can then lead to an attachment to the emotions, experience, or outcome. And releasing these attachments can come along with a healing process.

Of course the attachments we have in this lifetime can affect our interactions with others, as well as with ourselves. Our

soul and our spirit family are gently trying to get our attention and guide us through this maze of emotions and feelings. This can happen through synchronicities, such as seeing the same number over and over, feeling the invisible loving presence of another being beside us, getting that intuitive hit or “knowing”, etc. Or it can happen when we find we are triggered by something that someone has said or done, and thus causes us to do some deep thinking to find out why that trigger is there. It can even happen when we project our issues onto others....who so graciously (and unknowingly) mirror it back to us so that we can see it literally right in front of our face. This work is called Shadow Work and a lot of times is rooted in attachment to “past life” issues that we brought forth with us into this lifetime, or the ancestral traumas that are coming up to be healed once and for all ... for all past and future generations.

There is an absolute need for us to work with those denser emotions and figure out why they affect us so. We do our Shadow Work in this way. It is an equal part of us that cannot and should not be ignored. When we are only acknowledging “love and light”, it’s called “Spiritual Bypassing” and it can lead to an unbalanced way of being. The suppressed parts of us will only scream louder to be heard and acknowledged. We are the sum of ALL of our parts, and that includes our shadow parts.

This awareness precedes our process of discovery of self. This is the time when we realize that we are not just the 3rd dimensional dense experiences, as previously mentioned. This also the time where we start to learn who we truly are at our very core level, and who we are not ... once we remove all of the patterns, programming, behaviors, expectations, triggers, reflections, etc.

It starts with realizing that we are so much more than our physical body and circumstances. And it continues with maintaining a balance of our shadow and our light.

As we achieve the higher frequencies that are already stored within our multidimensional self, we begin to look at life through a new lens, a way of being that embodies of a complete lack of judgment. As we continue this process of constant awakening and awareness, our consciousness expands and we are able to be more multidimensional, and less dimensional.

Remember ... Source, the Akash, is always within us and surrounding us. We do not have to reach out beyond the very core of ourselves to have access to that which is innately within and part of us. We are naturally designed to align with our truest Source based self. In essence, we will come to recognize our own Zero Point and that is a direct emanation of the Source Zero Point.

It’s time we recognize that we are more than our singular current awareness, and start diving deeper into all of the possibilities and potentials that await us. A good way to begin this process is to start accessing the Akashic Records.

Once we have come to the realization that we are more than just this singular human body/mind/spirit, we can then open ourselves to potential beyond our wildest dreams. Once we realize that we have access to all of our multidimensional expressions and soul stories, then we can start to tap into them ... to learn from them, to understand what we’ve been going through, to see our weaknesses and strengths, to experience our gifts and “super powers”, to call all parts of us in every expression and incarnation on every possible timeline back to the whole.

We have a lot to remember. We are our greatest untapped natural resource. All of the answers we will ever need are right there within us. When we become comfortable with owning our magnificence and understanding our vastness then we can start to become more whole than we ever dreamed possible.

# TRUSTING YOUR INTUITION

## SYNCHRONICITIES/PREMONITIONS

You know those numbers you keep seeing repeated everywhere? Or that name you see on a license plate, then a truck, and then a billboard? How about when you think about your best friend “randomly”, and 10 seconds later they call you! What about when you are about to pick an oracle card and before you turn it over you already know what’s going to be on it. This is your intuition! You may be at the point where you are so tapped into your intuition that it completely guides your life. You may be at the very beginning of learning to discern and trust in the information you are given. No matter what place you are currently on in your journey... you at least know that intuition plays a HUGE part of your connection to your higher self, your guides, and all that is “beyond the veil”. Through this process of connecting and integrating, you will be honing your intuition. You will release more doubt as you go deeper into this process.

## THE “CLAIR” SENSES

Our “clair” senses refer to our ability to tap into other frequencies, dimensions, realities, timelines with the “extra” senses that we have beyond our physical senses. A lot of times we experience our clair senses through our own chakra energy centers and through heightened physical senses. Some of our clair senses may be more developed than others. That doesn’t mean the rest won’t come online at some point. Some of the most well known clairs are:

- Claircognizance – Intuitive knowing
- Clairvoyance – Intuitive seeing
- Clairaudience – Intuitive hearing
- Clairsentience – Intuitive feeling
- Clairsalience - Intuitive smell
- Clairtangency - Intuitive touching

## AM I MAKING THIS ALL UP?

Doubt is inherent in all of us. We doubt what we cannot see or experience with our physical senses. I assure you that when you are attuned into the process of connecting deeper within, you are NOT making any of it up. And here’s why: You will be going through a completely creative and intuitive process. There will be no chance for your logical brain to make up these scenarios and stories as fast as they will be experienced by you. You see ... the thinking, logical, practical side of your brain is typically associated with “ego”. This part of our thinking process operates from a particular frequency. It is deliberate and it is slower. Whereas the process of tuning into creativity and intuition operates at a completely different (higher) frequency. So those ideas that just pop into your head? Pay attention to them because they are coming from a higher intuitive place than your regular thought process!

## WHAT IS EGO’S MAIN PURPOSE?

To keep you safe, secure, and boxed up in a little piece of existence where you can only experience things that your physical senses pick up. Ego will doubt everything that it considers “other”. It is very skeptical! So if you are doubting anything that you are getting from your creative and intuitive information and experiences, that’s actually how you know you aren’t making any of it up! Ego would NEVER doubt itself. That would be counterintuitive to its purpose! Spend some time feeling into that and see where you may have been doubting TONS of imaginative, creative, and intuitive information that has been coming your way.

It is important to note that our ego’s are not something to shun, resist, shut down, block, or get rid of. They are a vital part of our Earth experiences. They are completely valid and real. Through the self work that we do, our main goal is to get ego and our intuition/higher self to actually work together. It’s ok to rock back and forth between the two, but there will also be times where they are completely aligned. Both sides are necessary for your purpose of incarnating into this (or any other) lifetime.

## GUIDED MEDITATIVE JOURNEY #1: Grounding and Connecting

This recorded guided journey will help you get deep into your heart space and become conscious of the energy flow within and around your body. It will reconnect your awareness of your own Zero Point to the Source Zero Point. You can use this any day, any time, for any reason. It is not just for going through the Integration process. It is particularly useful to help you get into the necessary vibrational state and flow at any point in your life. Practice this meditation a few times. It will become second nature at some point, and instead of going through the entire process you will simply need to tap in and see how your energy is flowing and correct accordingly. Visit this link to access the recording:

<https://www.align-bydesign.com/akashic-records-course-welcome>

If you are more of a visual learner, the reading has been transcribed below:

*Find a quiet place where you can take a few deep breaths and relax and really tune into your body and its energy. Now turn your attention to your heart space. This is the very seat of your soul, where the deepest connection to your Source self is. Your heart space is you can most easily access your own Zero Point energy field, that is a direct reflection of Source's Zero Point energy field. This is where you want the energy to continuously flow from.*

*Visualize the energy from your heart space swirling and pulsing. It is the brightest of light filled with a rainbow of colors. It feels full of joy, peace, and bliss.*

*Now turn your attention to the rest of your body and notice that there is a clear channel that runs from the top of your head, down your spine, straight down through your heart space and down through the bottom of your feet.*

*Now turn your attention back to your heart space for a moment and visualize the bright, swirling heart energy flowing from your heart down your spine through your root chakra, down your legs and through the bottoms of your feet where it flows down into the Earth, all the way down to its very center where you will now visualize it wrapping around the core. Now pull this grounding earth energy all the way up back through your feet, root and spine, and all the way back up into your heart space.*

*Now visualize the earth energy that has entered into your heart space, traveling all the way up your spine, up that clear channel and out through the crown of your head as it goes into the very essence of Source, the Quantum Field or Zero Point. Pull that energy back down through the crown and down the clear channel and back into your heart space. Let it swirl here for a moment and feel into it.*

*Now you are going to visualize the energy that is in your heart going out through the front of your heart space, down the front of you and around the bottoms of your feet, then up the back of your calves and hamstrings, up your back, and in through the back of your heart space. Now draw that same energy forward out through the front of your heart once again but this time go up and around your chest, neck and face around the top of your head and then around back of your head, neck, and shoulders, down your back and in through your back heart space.*

*Repeat this process in a continuous pattern thus creating an infinite loop that resembles a figure 8, or infinity symbol.*

*This is a good way to keep your energy in constant flow that is always coming from your heart space, but is always also pulling from Gaia and from Universe and Source's Zero Point. This is how you can stay tethered to all three in a perpetual motion that you have now set up.*

## MANDALAS FOR MEDITATION

I tune into the Quantum Field while doing my creative and intuitive work. In doing so, I access a lot of esoteric information, all of which channels through me. It's taken me a while to come to a place of discernment and trust for this process to flow the way that it does. Because of my ability to be a clear channel for all information and messages to flow through, I'm able to put the thinking/logical/practical part of my brain aside and let the information channel through. One of the ways this information has been coming through is in the form of Sacred Geometry in Mandalas.

You will now have access to some very high frequency energy in the form of Chakra Mandalas (both shadow and light), and the Five Elements/Platonic Solids Mandalas (both creation and destruction/stillness). These mandalas will be a great tool in helping you to work with balancing your energy ... in grounding and connecting. They are created with Sacred Geometry shapes, symbols, patterns, and numbers embedded within the designs.

There are the 7 Chakra Light Mandalas, 7 Chakra Shadow Mandalas, and the 5 Creation Elements and 5 Destruction/1 Stillness Elements Mandalas. Each comes in 8.5" x 8.5" PDF format so they can be printed on letter sized paper at home. Each mandala comes in a color in version for you to meditate with, use as a healing tool, crystal grid, or use as a beautiful decoration in your home or office. Each mandala also comes in black and white outlined format so that you can use them as a coloring meditation, like I do!

### THE ELEMENTS / PLATONIC SOLIDS MANDALAS

The Tetrahedron represents the element of Fire. The Octahedron represents the element of Air. The Hexahedron represents the element of Earth. The Icosahedron represents the element of Water. The Dodecahedron represents the element of Spirit (or Aether/Ether/Universe). The Platonic Solids are a form of Sacred Geometry. These solids are the five geometric solids whose faces are all identical, regular polygons, meeting at the same three-dimensional angles. The creation elements mandalas have been channeled using Sacred Geometry, numbers, colors, and concepts, that represent each element's energy. When you use these mandalas, you will be accessing the energy, vibration, and frequency of each element to help you with any intuitive or energetic work based on how that element shows up in your life.

The destruction" mandala encompass vastly different energies and meanings than their "Creation" counterparts. Each card (except for Aether) contains the Creation element image of itself in the very center, after all Destruction can only come after the Creation, and through Destruction itself then Creation can begin again. When you use these mandalas, you will be accessing the excess of energy, vibration, and frequency of each element to help you with any intuitive or energetic work based on how the over-abundance of these elements shows up or needs to show up in your life. These mandalas show you where you might need to look deeper within your energy or your life to find where this particular element and all that it represents, may already be wreaking havoc in destruction mode or may be needed to cause a re-set.

### THE CHAKRA LIGHT AND SHADOW MANDALAS

Chakras are the 7 main energy centers of the human body. Each Chakra is like a spinning vortex of energy that comes out the front AND the back of the body. Each Chakra also has the ability to hold shadow and light. Cleaning out your energy centers is an important part of any kind of light or shadow work. Finding out which Chakras are blocked or feeling funky can give clues about what traumas, emotions and feelings exist within and causing a density, or a shadow.

Sometimes we do shadow work in addition to our light work, and this can lead to going into a deeper place within ourselves to uncover density that we may or may not realize is there.

Shadow work is an entire juicy subject matter all on its own. If you feel like you need to pause here and dive into some shadow work before you begin doing any more work in your timelines within your Akashic Records, please feel free to do so. I offer another online self-paced course that encompasses shadow work. It was created by Kimberlee Williams and myself, and can be accessed through this link: <https://www.kimberleekaitlin.com/challenge-page/workingyourshadow>.

You do not have to stop this course in order to do shadow work. It is highly likely that during this process, parts of your own shadow will be revealed to you. It is perfectly ok to do your shadow work in tandem with this learning and attunement process. However if your intuition tells you to pause this process while you do your shadow work, then please honor that.

In addition to the Light Chakras ... I have channeled a unique set of mandalas that are based on the shadow energy of the Chakras. When I tapped in after their creation, asking what exactly these mandalas are for, here is the answer that I received:

*These mandalas contain more than just the shadow energies of the chakras. They contain a frequency or vibration to demagnetize various consciousnesses and thought forms from your own being that are available in 3d and 4d. If you are tapped into and attached to anything less than a 5d consciousness or thought form, the density in them can become magnetized to your own consciousness and you can carry around the potential to tap into them at any time...over and over, as often as you like. These mandalas will help you in your shadow work to become aware of, acknowledge, heal, integrate or release, transmute and de-magnetize the denser shadow consciousnesses and thought forms that are ready to be detached. These mandalas hold the space through sacred geometry, color, vibration, frequency, and light codes to ease you through the process of shadow work on a whole other level than what you are used to.*

### **Crown Chakra**

Located at the very top of our skull. The Crown Chakra is our connection to Spirit/Universe.  
*This energy center is represented by the colors: Crown Light: Purple - Crown Shadow: Silver*

### **Third Eye Chakra**

Located in the center of the forehead and associated with the Pineal gland in our brain. The Third Eye Chakra is the center of our knowledge and intuition and connects us to all of the "clairs": clairaudience, clairsentience, clairvoyance, etc.

*This energy center is represented by the colors: Third Eye Light: Indigo - Third Eye Shadow: Purple*

### **Throat Chakra**

Located in the center of our throat. The Throat Chakra is connected to our inner voice and our ability to communicate and create.

*This energy center is represented by the colors: Throat Light: Light Blue - Throat Shadow: Navy Blue*

### **Heart Chakra**

Located in the center of our chest. The Heart Chakra is the seat of our soul, our access to our true source self, and where we ideally need to operate from.

*This energy center is represented by the colors: Heart Light: Green - Heart Shadow: Forest Green*

### **Solar Plexus Chakra**

Located just below the rib cage. The Solar Plexus Chakra is the center of our personal power.

*This energy center is represented by the colors: Solar Plexus Light: Yellow - Solar Plexus Shadow: Black and Gold*

### **Sacral Chakra**

Located in the center of our gut. The Sacral Chakra is connected to our emotions and sexuality.

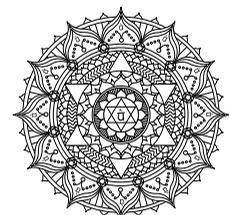
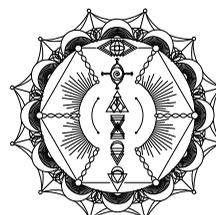
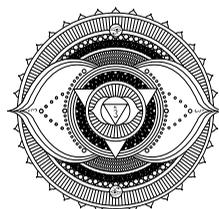
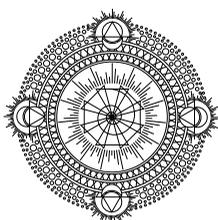
*This energy center is represented by the colors: Sacral Light: Orange - Sacral Shadow: Burnt Orange and Turquoise*

### **Root Chakra**

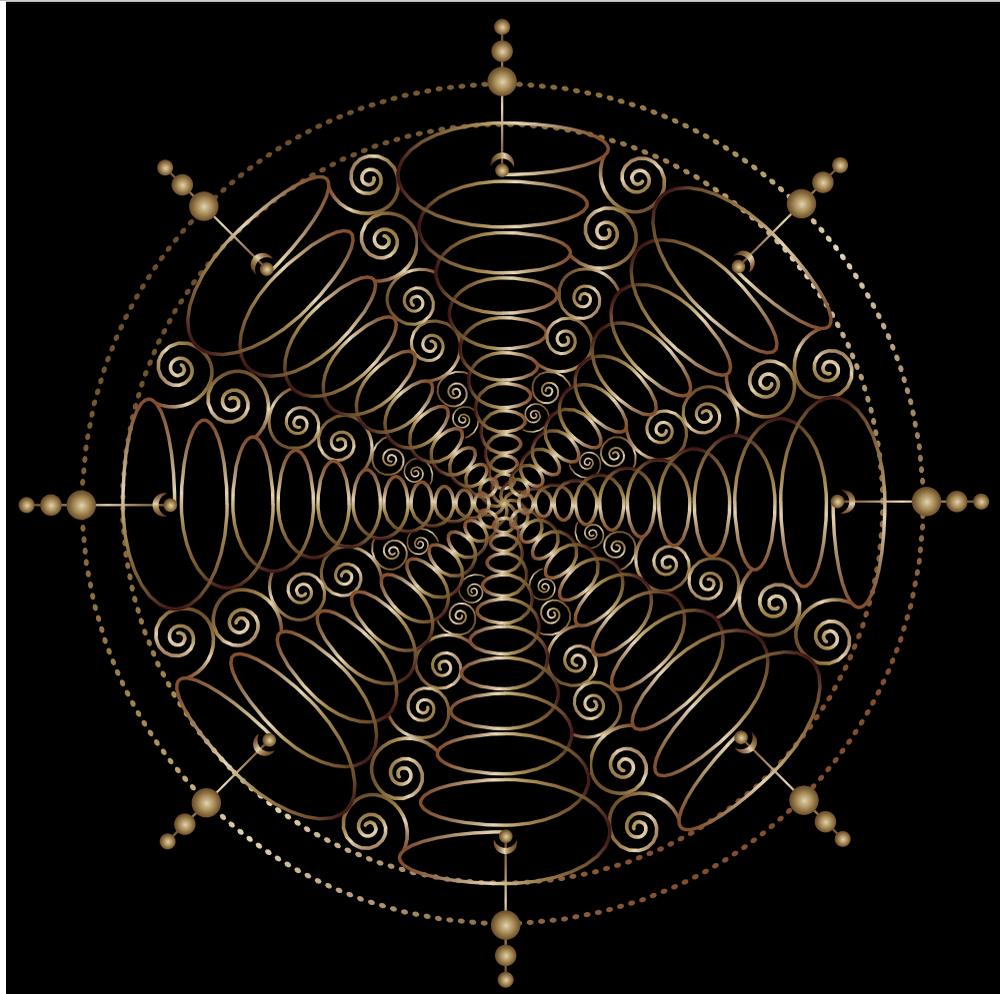
Located at the base of our spine. The Root Chakra is the center of our survival and security, as well as our connection to Gaia/Earth.

*This energy center is represented by the colors: Root Light: Red - Root Shadow: Maroon*

Visit the download page for the Records, Chakra, and Elements Mandalas: <https://www.align-bydesign.com/akashic-records-course-welcome>



## RECORDS INTEGRATION MANDALA



Karen channeled this Akashic Records Mandala so that you can have access to a visual representation of some of the sacred geometry and light codes that exist within the Akashic Records. While some people are more drawn to sound or feeling, some are more drawn to visuals ... the vibration and frequency of this mandala will resonate with all who intend to access the Records, no matter what your preferred senses are.

Here are some ways you can use this mandala:

- as your jumping in or out point of the Records
- as a meditation to prepare you to enter the Records
- as a crystal grid
- as a beautiful piece of artwork that you display in your home or office
- as a way to attune yourself to the energy of the Records: before, during, or after

Visit the [download page for the Mandalas: https://www.align-bydesign.com/akashic-records-course-welcome](https://www.align-bydesign.com/akashic-records-course-welcome)

## PRIVATE FACEBOOK AKASHIC RECORDS GROUP

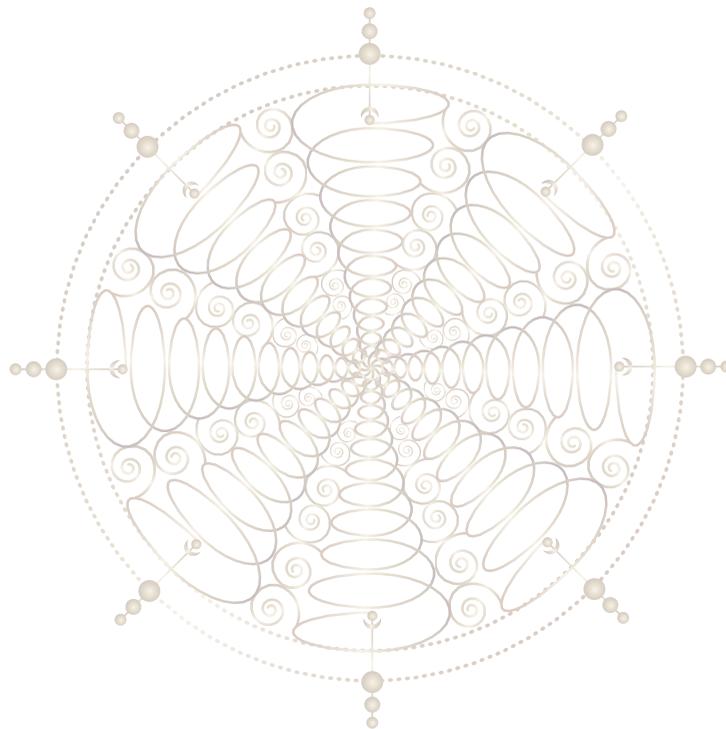
Visit the link below to join my private Akashic Records Mentor Group. Here you will be joining a community of other Akashic Records Readers who have gone through this course, as well as those who have had other mentors. This is a safe space where you can ask questions, debrief after readings, find practice partners, share new and interesting insights and information, develop lasting friendships, etc.

<https://www.Facebook.com/groups/2115485771927463>

# SECTION 2

---

## TIMELINES, LIFETIMES, AND INCARNATIONS



# TIMELINES / LIFETIMES / INCARNATIONS EXPLAINED

## SOUL STORIES

Every timeline, lifetime, and incarnation can be considered one story in your larger book of life in the larger quantum library of the Akashic Records. When we think of the word “story” it brings to mind main characters, supporting characters, setting, plot, theme, etc... which is exactly what every lifetime, timeline, and incarnation of yours has going for it. You can experience each of your Akashic Records, or Soul Story, as something informational that you simply hear or read with detachment, or you can lose yourself in the emotion, description, feelings and fully step into that version of you. Either way, you are getting exactly what you need out of each particular story/Record.

## TIME AND SPACE

Time and space are a construct of the lower dimensions (3rd, 4th, lower 5th) and are used to orient our physical selves within the world/solar-system/galaxy/universe that we reside. In reality, there is no time or space. Everything exists in expanding and overlapping spirals of consciousness within a field of potential called the Akash. Every consciousness that decides to have limitless experiences thus creates unlimited overlapping spirals. In reality, all incarnations are happening in the NOW but we perceive them as past/present/future because we exist within linear time & space “rules”. It's as though we are stretching a spiral straight and taught so that our brains can understand it through the concept of linear time. It's all about perception.

## INCARNATIONS / LIFETIMES / PAST-PRESENT-FUTURE LIVES / TIMELINES

Each incarnation or lifetime, creates its own timeline. When we access any information from the Akashic Records, we are typically able to tell the “time frame” based on our own perception and previous collective experiences. If we see a lifetime that is clearly Atlantis, or Ancient Egypt, or Victorian England ... we perceive this based on information that we have already learned, seen, and know about those civilizations, whether it was through books, movies, documentaries, news ... basically constructs that were agreed upon by the collective consciousness. So even though it feels like we are looking at events that happened in earth's past, it is actually happening right now in the timeless, limitless, multidimensional state of the Akashic/Quantum field along a consciousness spiral. So for the purposes of this course, any lifetime (whether we consider it past, present, or future) that our soul has incarnated in has created it's own specific timeline.

## WHY DO WE HAVE SO MANY (OR SO FEW) LIFETIMES?

We are multidimensional co-creative divine sovereign beings, that are a direct emanation of Source. Source is ever expanding because it can only know itself through experience. And what better way to experience every possibility than through a multitude of mini-Source beings who are themselves creators? Each of our original consciousnesses are an aspect of Source, with our own “special sauce” and so we expand ourselves continuously and exponentially for our own quest for experiences, as well as Source's original directive. Some of us choose to incarnate over and over on earth, or on other places, simply to experience the same thing through different perspectives. Some get trapped in lower density planes and can't escape and so they incarnate over and over in the same theme. Some never incarnate, and some incarnate only rarely. Some prefer to exist as energy only. Our consciousnesses can even combine with others to create another incarnation, and so on, and so on. It's all about our choice and free will.

## WHAT IS KARMA?

Karma is not a good word to describe the process of going through different incarnations ... it implies that we are a victim and that our experiences are out of our control and happening TO US instead of having been created BY US (our higher self), before we took physical form. It's an old word that encompasses an old energy. We are co-creators with others, and so we come into form with various contracts or agreements with others to experience certain things together. Sometimes our higher selves want to try an experience and it didn't work out the way we thought it would. Or maybe we would like to try that experience from a different perspective. In one lifetime we may come in as the abuser, and in another we may come in as the abused. This goes back to Source knowing itself through experience. There is no judgment at that level of existence and so all experiences are available to be tested out. A better way to look at it might be to use the law of attraction. If we are continuously participating in lower density emotions and feelings, that is what we will continuously draw to us, in any particular lifetime. Vibration will match vibration.

## DREAMS ... OR ARE THEY?

Dreams are not what everyone thinks they are. Sure, sometimes when our bodies rest our brains have to process all that happened during the day. But what we call “dreams” aren’t always just fantastical imaginings that need to be solved with a dream dictionary. Sometimes our souls will astral travel to other realms. Most of the time we are accessing our own Akashic Records, and those experiences can seem so unreal to us that we call them dreams... for lack of any better way to describe what is happening. Did you happen to have a dream where you knew the energy of the person in front of you was your Mom but it didn’t look like her at all? You have just entered another timeline/incarnation that the two of you shared and it is seeping into your awareness. There may be a message, there may simply be the need to share that experience for your own knowledge whether or not it is applicable to something else happening in your waking life. Pay attention, you will soon learn to tell the difference.

## DEJA-VU/OVERLAPPING TIMELINES

Have you ever had Deja-Vu? You know that feeling. It’s like you can predict what’s about to happen next because you feel like you already lived it before. Well, in fact, you ARE living it! This happens when a parallel timeline/incarnation(s) of yours overlaps, crosses, intersects, or overlays your current timeline and awareness. In that parallel lifetime you are having almost the same exact experience. Wouldn’t it be so cool to be able to figure out what happened on the other end, just before and just after you both intersected?

Having this experience means that you have unwittingly accessed your own Akashic Records by having that moment of clarity, knowing that there is something more that is happening to you, even though you don’t know exactly what / where / when it is!

## YOU CANNOT ACTUALLY ALTER A RECORD

Rest easy! The Records are informational only. You cannot change the content. What happened, happened. You cannot delete, but you can add to. When one is looking for change, it is their current self that will change based on the information that has been brought to light. Since the Records are multidimensional in nature and are all happening right now, there is the possibility of creating a new timeline off of any other particular timeline through your conscious intention and choices.

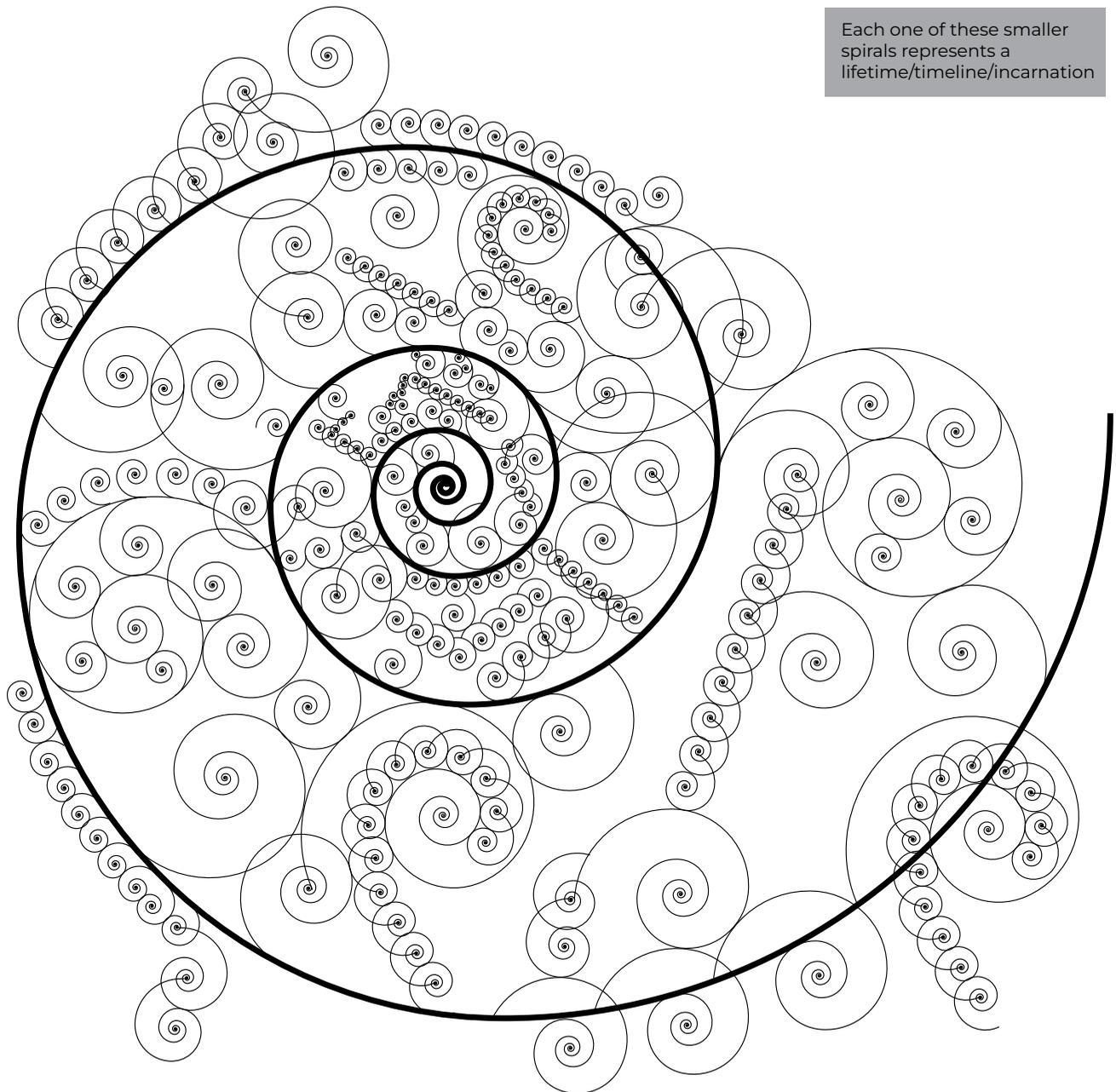
## JUMPING TIMELINES

Because all timelines are multi-dimensional and energetic, they exist in the Akashic/Quantum Field. And we know now that this field is a completely co-creative space that works with your intentions! So YES it IS possible to create a new timeline from any other timeline! This process is very helpful for healing any emotional attachments we still have within the Akashic Records. This is a conscious and intentional process. One where you tap into your intuition, creativity and imagination, and intend to manifest an entire new reality and experience from the exact chosen point to jump out of. You may jump a current timeline over into a new offshoot so that you can co-create the ending that brings you more joy, peace, balance, etc. Nothing happened to the original timeline, its still there and exists in its completion. It’s like a Choose-Your-Own-Adventure book with multiple endings!

## TIMELINES / LIFETIMES / INCARNATIONS EXPLORED

*This information was channeled through Karen. The graphic below is a rough depiction of how our other incarnations spiral out from our own Source consciousness spiral. They intertwine, overlap, begin from another's end or middle, and so on and so forth without end.*

In the beginning, our consciousness spiraled out from the center of the Akash/Source. As our consciousness spiraled outwards and began to play with the Quantum Energy, it began to create all manner of things. We could exist any way we chose. In any form, without limit.



Each one of these smaller spirals represents a lifetime/timeline/incarnation

Now imagine what happens when we get a bunch of consciousnesses together over a cup of quantum coffee ... I would say the sky is the limit but that would imply limits. These consciousnesses began to emanate vibrations and frequencies, sometimes alone and sometimes together. Dimensions were born. Creativity and co-creation abounded.

Vibrations and frequencies were explored. Creativity exploded. The desire for experience was epic. A certain frequency was thrown in here and there. Electric and magnetic forces came into play. Gasses were combined. Elements were created. Forms began to take shape. Galaxies, universes, black holes, stars, planets, and SO MUCH MORE were formed. Taking it a step further, these consciousnesses desired to express themselves in a physical way. Light-bodies, essences, physical bodies of all kinds were formed. Shapes, colors, sizes, and densities were manifested. Archetypes and thought forms were created. Consciousnesses got together to create plans, and matrices, and programming. Personality traits were chosen.

Quantum co-creation was in full swing, between every spiraling consciousness in existence. Groups of like frequency split off to create their own realities. And WOW were limitless realities created!

Some consciousnesses wanted to fine tune their experiences a bit more and so they got down to the real nitty gritty in the lower physical dimensions. Emotions were the name of the game in this case.

Dense physical bodies were created in various forms and density to experience what an existence would feel like with emotions and feelings.

Every time a consciousness created a new experience along its ever expanding spiral, it sprouted a new timeline. These new timelines contained part of our consciousness in soul form that was then (in some cases) tethered to a physical body. Each incarnation of our soul became a new lifetime or timeline to experience. Timelines were created as off-shoots or continuations of our original existence. If you look at a spiral stretched straight out like a rubber band, from a linear point of view, you can only see a portion that extends out in front of you and behind you in a seemingly straight line. That is how we orient ourselves in the 3rd and 4th dimensions, through this linear lens. If we stepped way back and took a multidimensional birds-eye view, we would see a limitless spiral coiling into forever that has all kinds of arms, or protrusions, coming off of itself and overlapping, twisting, curving, and creating even some of its own arms and offshoots. Now imagine this happening but also imagine billions upon billions of other consciousnesses overlapping, twisting, curving and co-creating new timelines with those it interacts with. The prospect is dizzying and almost impossible to comprehend.

Now, notice all of the space in which these timelines exist, the in-between areas that seem empty or like a void. This is the Akashic Field, where there is limitless potential in what we can do with it. If you look even closer you will see tiny gaps or void spaces between timelines. In these gaps there is a portal that pulls us directly into the part of the Quantum Field where nothing is actually happening, its the Zero Point of existence ... the essence of Source, the Akash. I call these cracks in time. You know how when you are driving and you suddenly arrive at your destination with no conscious recollection of how you got there? THAT is a "crack in time" where your consciousness goes directly back into that void for whatever higher purpose it has. Maybe it's to rest? Maybe it's to reconnect to our Zero Point Source selves? Maybe it's to step back into our multidimensionality so that our ego awareness can have a bit of a wake up call, or awakening of its own. We all have different reasons why we go there.

When we put it all together, we now understand that we can set the intention to access the information of those timelines of the lifetimes of our other incarnations. AND we can access the space of pure potential in-between. The combination is completely at our fingertips, in our eyesight, in our DNA!

## EXPANDED AND CONSTRICTED FIELDS AND TIMELINES

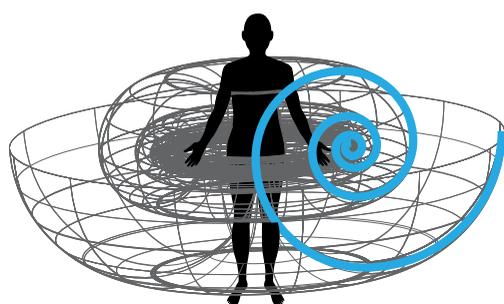
Let's talk about spirals again. We know that as an emanation of Source, our consciousness expands outward as a never ending spiral. Spirals, in most ancient traditions, represent the expansive force of creation. If a spiral is allowed to continuously expand without limit then it will constantly be in creation mode.

Let's be clear about the concept of creation in regards to energy... Quantum energy just is, it cannot be created or destroyed. It can, however, be manipulated into form. So when I refer to the concept of creation, I'm referring to the creation of experiences and not the creation of energy.

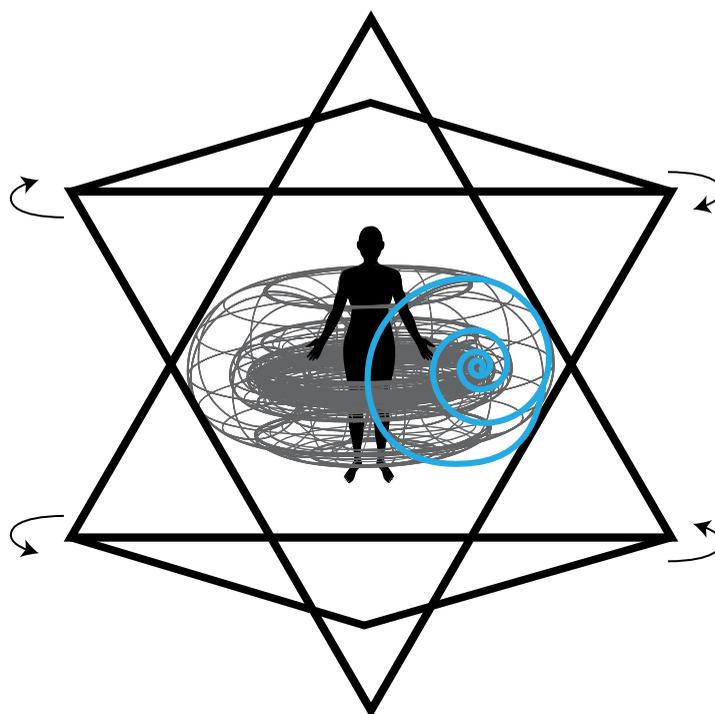
If we take the concept of Above (our consciousness being a spiral) and expand it in the same way Below (our incarnations also being spirals) then we mirror the actions of Source in human form. So think of each incarnation as its own spiral, expanding off of our original consciousness spiral (this is represented by the concept of fractals, but that is a scientific rabbit hole that you are welcome to go down on your own). If each of those soul spiral incarnations were allowed to continuously expand, we would have lifetimes that lasted thousands of years, or eons of time. And in some cases, this is exactly how some of our parallel selves exist!

Each spiral creates its own Toroidal field. A toroidal field looks like a giant donut! This is the energetic aura that some people can see around other people, animals, trees, objects...basically anything in creation. If the spiral is allowed to continue to expand then the toroidal field expands with it.

However if we decide to incarnate in any of the lower vibrating dimensions (like this Earth), thus choosing to experience those denser energies, emotions, thoughts, feelings, etc. then we sometimes need to have a way to shorten that "time frame". In order to shorten the expansion, an energetic device was needed to keep the energy contained so that lifespans could be lessened. These physical bodies simply cannot last thousands of years. The Merkabah was created as two overlapping tetrahedrons that spin in opposite directions. This twisting action successfully keeps our



**Open Spiral**  
Ever Expanding  
No Merkabah

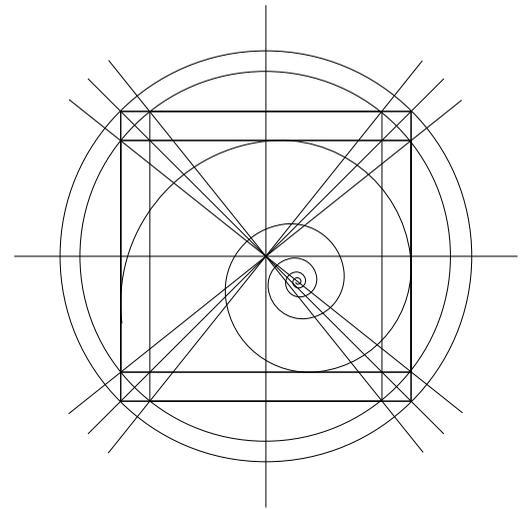


**Closed Spiral**  
Limited Expansion  
With Merkabah Containment Field

soul spiral from continuing to expand, closing off the end of the spiral and creating a closed toroidal field around us. The slower the spin, the lower the vibration that it is able to contain within it.

You may be thinking “Well why on earth wouldn’t we want to be in continuous expansion mode?” The main reason is that in the denser realities and dimensions, we need to be grounded for the most optimal experience. If we were constantly connected and expanding without being grounded then we would appear like our “head is always in the clouds” and not able to function on an interpersonal level. Our frequency would be too high to even experience the denser and lower frequency feelings and emotions of fear, judgment, hate, anger, anxiety, etc.... and having those experiences is one of the main reasons why we incarnated into this current earth timeline.

Here’s an example for you. There was a couple who built their house based on the energy and layout of the plans of a spiral. Over time they began to experience less desire to leave the house and interact with anyone on any level. They became used to such a higher frequency that they didn’t want to participate in the lower frequency world around them. When it was discovered that the spiral was the issue behind the energetics of their house and their very beings, a new house planned and built around the energetic layout of the Solsticial Quadrilateral. It is a containment system for the spiral, based on the 4 cardinal directions, as well as the equinoxes and the solstices. Notice in the drawing above right that the spiral is contained and thus cannot expand into infinity, which causes a slowing down of energy and experiences. Once the couple adjusted to this new energetic base they became more balanced and were more able to function in society again.



The Solsticial Quadrilateral

The point of this explanation of your energy and how it is contained, is to help you understand where you are coming from on a very basic energetic level. So if you start to connect with your parallel incarnations you will understand the basic energetics behind each one of them, whether they are parallel earth incarnations, parallel galactic incarnations, versions of you that exist solely as a consciousness, or as a guide from a higher dimension and frequency. It also gives you information on how you can better understand and work with your own energy.

You may also get a glimpse of some of your other incarnation’s Merkabahs, or aura’s. If that’s the case, pay attention to their energetics. They may be off and may need you to help them to clear something up possibly by sharing information, knowledge, wisdom, experiences ... or removing an emotional attachment to an experience.

When you are reading for yourself, you may need to consult other practitioners in how to incorporate some energy work or any other modality that can help you move out of the stuckness of energy before it manifests in your physical body to get your attention.

When you are reading for others, you may be given helpful guided meditative journeys or suggestions by your client’s guides in order to help them move beyond their own stuckness.

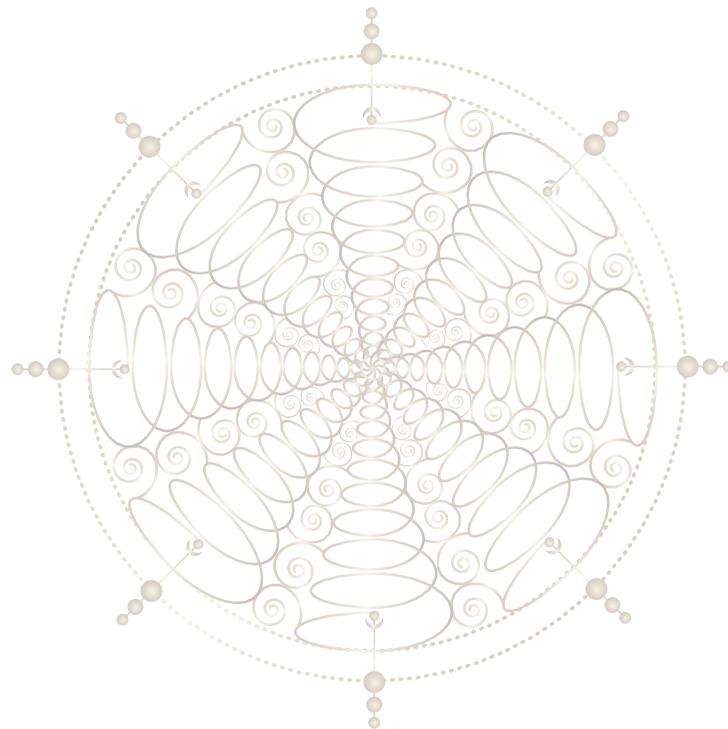
Energy is an important part of everything in existence. As you work with timelines, you will also be working with energy.



# SECTION 3

---

## INFORMATION ABOUT THE AKASHIC RECORDS



# THE AKASHIC RECORDS

## WHAT ARE THE AKASHIC RECORDS?

The Akashic Records are the multi-dimensional energetic recording of every thought, deed, action, word, emotion, feeling, etc. of every lifetime/incarnation of every consciousness/soul that was ever created from the Akashic Field. Think of them as your Soul Stories, or your soul's Wikipedia. Some even call it the "Book of Life". It's constantly being added to based on new information and experiences that happen for you and all of your soul's other expressions of self.

## WHERE ARE THEY LOCATED?

They are located energetically in the Akashic/Quantum Field/Field of Potential, of which we are all made, and which exists in our physical body, our consciousness, and most importantly in our DNA.

## WHAT KIND OF INFORMATION DO THEY CONTAIN?

The Records contain information about every soul's incarnations, along with all of the details, no matter how small or seemingly insignificant. They contain everything that was experienced by the physical senses in that incarnation, as well as the contracts and agreements that we had with other beings, and beyond.

## DO THEY ONLY CONTAIN EARTH LIFETIMES?

The Akashic Records technically refer to earth incarnations. Some use it as a catch-all term for all Records from every incarnation, including those not experienced here on earth because most people have not heard of the Amenti or Galactic Records.

## THE AMENTI & GALACTIC RECORDS

The Amenti Records and Galactic Records contain a different storehouse of information that refers to our experiences in all of our non-earth/galactic incarnations. Since this is not as well known and not widely acknowledged or accepted, it's not talked about much. The information that we need to know right now does not necessarily distinguish between the Akashic and the Amenti/Galactic. However if you are attuned to the energies of different kinds of Records, you can intentionally direct yourself to the specific information contained within each. In this course you may get information from ALL of these Records. You never know what will come through.

## WHO CAN READ THE AKASHIC RECORDS?

Anyone! No matter where you are on your journey, you can remember how to access the Records! You may already be doing it and just don't realize it.

## WHAT IS MY PURPOSE IN READING THE AKASHIC RECORDS?

Your purpose is to gain or bring awareness through information while being the clearest channel possible, whether it's for yourself or for others.

## WHY DO I NEED TO LOOK AT MY RECORDS?

- To look deeper into current traumas to see if they are based on other incarnations
- To find a way to heal an emotional attachment that has been plaguing you
- Sheer curiosity and information gathering
- To look deeper into current patterns that need to be reset or removed
- To know more about your purpose, gifts, abilities
- To know whatever it is you need to know right now

## GUIDANCE WITHIN THE AKASHIC RECORDS

Before, during, and after we visit the Records, we have a multitude of "guides" available to us, and some of those guides are the other versions of ourselves. Once we start the intention process to investigate all of our information and all of our other versions of self, we can begin an integration process that will take us deeper into our truest selves. Guides are not necessary for this process.

## WHAT IS IT LIKE IN THE RECORDS?

Everyone has a different experience! You may view the Records as though you are reading a book or watching a movie. You may actually be present in the Record itself and be able to describe it from a 1st or 3rd person perspective. You may move about in the Record and view it from a bird's eye perspective, a person's height perspective, standing behind someone, etc. Some people feel the Records through their 5 physical senses, with physical sensations in their bodies. Some people see color. Some people feel vibration. Some actually see with their physical eyes as it unfolds in front of them. Some may hear with their physical ears what is happening. Some may experience "seeing" it through their third eye. Some may have the claircognizance "knowing". Some will channel the Lords of the Records as they describe the Records through your voice. You can fast forward, pause, rewind. It's really filled with limitless possibilities. So keep an open mind because you may begin developing ways to access this information that you have never experienced before, or never even considered. Your access can change over time, as you attune on a deeper level. Don't be disappointed if you initially experience only one of the ways listed above. It simply means that for now you are getting your body, mind, and spirit used to the vibration and frequency necessary to be able to gain access to all that the Records have to offer.

## WHAT KINDS OF EXPERIENCES CAN HAPPEN IN THE RECORDS?

Since the Akashic Records are located in the Akashic/Quantum Field, reading them usually contains more than just information regarding a person's other timelines. Don't be surprised if your or your client's guides pop in and offer some support, guidance, or messages to go along with the reading. You may also intuit what would be the best energy modalities to use once the healing process has begun after the reading.

Your guides may suggest certain guided meditative journeys that can be listened to in order to help integrate, or release any emotional attachments. Be open for new ways of accepting the information that you are getting.

Not only will you be reading the Records, but you will also be honing your own intuitive skills and ability to discern. The more open you are, the more of a clear channel you become, the deeper you can get into the Akashic Field for ALL things, and not just the Akashic Records.

## WHAT IF I'M NOT GETTING ANY INFORMATION WHILE I'M IN MY RECORDS?

There can be a few reasons for this:

1. Your higher self or your guides are blocking your access
2. Your energy/vibration/frequency is not in energetic alignment with the Records
3. The questions you are asking may be irrelevant to the timelines that need to come up
4. There may be no actual incarnations that apply to that question

Step away and do some kind of self care. Whether it be a quiet meditation, listening to the Solfeggio frequencies, taking a shower or bath, smudging, whatever tool you use to re-ground and re-connect. Sometimes you might need to take a day away and come back to it later. You can always go back to the Ground and Center Meditation that I provide, or spend some time with either the Records mandala, or working with the Chakra or Elements mandalas.

You may also consider revisiting your intentions or your questions. Perhaps you or your client needs to present your intention or question in a different way.

## AKASHIC RECORDS AND MORE!

I say MORE because everything that comes from the Akashic Field is pure potential. When you are looking into your Records, you are accessing the Akash, which means that there is more of everything that has the potential to come through in this process. One typically thinks of reading the Akashic Records solely as an information gathering process. I have found that even a year ago, that may have been true. There have been such incredible energetic shifts since the pandemic and lock-down of 2020 that pretty much "all bets are off". So while you are practicing accessing the Records and just trying to feel comfortable navigating them, start to really pay attention to everything (and everyone) else that may be trying to come through. No need to be stressed if all you are getting right now is information. Patience! Just you wait and see what starts to trickle through!

## HOW IS THIS DIFFERENT FROM A “PAST LIFE REGRESSION” OR A QHHT SESSION?

Past life regressions take you deeper into another one of your incarnations ... during which you are present to the point of being in that particular body and thus feeling the exact emotions, feelings, and physical sensations that you had during that lifetime. This can be a very traumatic experience to re-live for some people. It is a very similar way to access your Akashic Records but instead of someone reading your Records for you, someone is guiding you through a state of hypnosis to help you to retrieve the information yourself.

## CAN I READ THE RECORDS OF A DECEASED PERSON?

Possibly! You would have to tap into that person’s energy and ask their higher self if they are willing to grant you access. You may be allowed partial or full access, or none at all. Those who have passed on and no longer attached to a physical form may be very open to sharing their information with you so that you can pass it along to a family member or friend who is doing the requesting. It’s all about gaining a Soul’s permission, and if you don’t have their verbal assent then you will definitely get a feel for their reply when you set your intentions as you tap in to the energy of who they were in this or any other timeline.

## FREE PERSONAL READING FROM KAREN

Now that you are part way through the course and have a pretty good idea where this is all going, I’d like to offer you a free personal Akashic Records Reading. The reason why I like to do this is to show you how I read the Records. You do not need to read the same way I do, this is just to give you an idea of one of the ways that one can read the Records.

You will notice that I typically deliver information from the Akashic Records in story format. This is my own unique way of doing a reading. You may not resonate with this way, you may have your own unique way of doing it and that is totally ok! I’m not teaching you my way, I’m helping you remember the best way that works for you.

I will ask the question “What do you need to know right now” and send you a roughly 5 minute voice recording. You are welcome to take notes and write down any questions that we can discuss during our mentorship phone call.

Please email me at: [alignbydesignkaren@gmail.com](mailto:alignbydesignkaren@gmail.com) and let me know that you have reached this section and I will get your recording to you ASAP.

### PEELING BACK THE LAYERS OF AN ONION

With each question that is being asked in the Records, and each answer that starts coming through, you may find that you are going deeper and deeper into the overall theme of the totality of the questions that were asked. You peel back that first layer of the onion by answering the first question and you find that the second question's information lies directly under that first layer...but that second layer couldn't have been revealed until the first layer had been exposed! And so on and so forth. Some onions are REALLY BIG and some will make you cry along the way.

### READING PLACES AND OBJECTS

The word most commonly used for reading the energy of objects is "Psychometry". There is no specific word for doing "psychic" or "spiritual" readings of houses, buildings, or property that I currently know of. Both practices could technically fall under the term Akashic Records Reading. *"But how can a house or object or property have any Akashic Records if it's not a living breathing entity?"* It seems so complicated and separate from the Records, but it's actually not. Think of it this way ... houses and objects are made up of atoms, electrons, energy, and thus part of the energetic Akashic/Quantum Field, where the Akashic Records are located. Property is the same but more earth based and has a much deeper connection to the Quantum, being so entwined with Gaia and all of the beings that exist upon our beautiful sphere. So it stands to reason that there may be some information to pick up regarding the inanimate.

Everything that is made of energy has the potential to have a consciousness. Even rocks and air molecules have a consciousness, so it stands to reason once again that houses, objects, properties, etc. would also contain a consciousness. When we are doing a "reading", we are tapping into the consciousness of what we are reading, as well as the energy associated with it.

Besides the consciousness of that particular object, house, or property, you might also encounter the Akashic Records of the beings that were in contact with said object, house, property, etc. You may or may not get specific names, dates, faces, etc. You may only get impressions of energy and/or activity, or emotions or feelings surrounding the object, house, or property OR you may be welcomed and drawn into certain stories that are being shown to you ... well ... simply because you asked! Maybe it's time for the energies of a place to be revealed, acknowledged, and healed. You were asked to read the object, house, or property for a specific reason. That reason is because your higher self and guides as well as those of the person asking - assuming you are doing this for a client - think you are the one person who is holding the perfect resonance and embodying the clearest channel for this information to finally come to the surface to be looked at. This DOES NOT mean you have to do any clearing or healing. Sometimes there can be very dense energies of lower vibration that are attached to the object, house, or property. You are the information provider only, up to a certain point. Some of you were absolutely meant to stop there and pass along resources for other practitioners to do the clearing and healing. Some of you were meant to do the clearing and healing yourself. It is VITAL that you do the Ground and Connect Meditation (or something similar), and the visualizing of your clear channel before you do readings of this type. I also recommend that you intend to have your entire energetic field look, feel, and act like Teflon. So that if you do encounter any denser energies and lower vibrating beings, that they literally can't and won't stick to you and hitch a ride.

It is my suggestion that you wait to do these kinds of readings until you feel comfortable holding the vibration and frequency needed to align with and access the Records, and feel equally as comfortable navigating through the Records and the information that they send your way.

The Lords of the Records are a great resource as well, if you feel the need to call in energetic protection before you begin any kind of reading, whether it's a person, place or thing.

### WORKING WITH ANCESTORS, ANCIENTS, AND INDIGENOUS PEOPLES

Don't be surprised if you get a whole host of beings from the other side who want to help you through a reading. As much as ancestors have been jumping up and down and waving in our faces lately, the ancient or indigenous populations of certain areas are trying to get our attention too. It seems that all beings beyond the veil are so excited that we are intentionally attempting to interact with them (probably after years of giving us synchronicities and messages that we

either miss or ignore), that they are coming through en-masse at the beginning of or throughout a reading. This may be less so in a typical Akashic Records reading, but may be more noticeable if you are reading the Records of a house or property. I know for me personally, indigenous peoples are making themselves known in many readings because they want to take a very active role in helping us clear not only our own emotional attachments, but also all density and attachments from anything that touches the Earth. In order for this ascension/enlightenment process to take place, density needs to be acknowledged and sometimes transmuted so that the higher vibrations and frequencies can exist in their space. This is not only true for humans, but also for Gaia. I find that all of these beings are very eager and willing to work with us through our process. If you find that they are coming through during your readings, by all means invite them in and be open to how they feel the integration/release/healing process should go. After all, they were there first and spent eons of time incarnating, so they are probably pretty knowledgeable about the energies present in that particular location.

A great way to work with the ancients, indigenous peoples, and ancestors is to visualize meeting them at a bonfire. It is a very cleansing and purifying process for all involved in the reading to go through. They may perform a ceremony of some kind in the location that you are reading for, and usher any denser energies with their own Spirits towards the fire for the cleansing and purification process. They are available for so much more, and they will be the perfect guides to help you during your reading. Please refer to the guided meditative journey recording and transcription that is included with this course that guides you through meeting your ancestors. With intention, you can invite in more than just your ancestors, you can use this guided journey to connect with the ancients and the indigenous peoples as well.

### GALACTIC BEINGS

Believe it or not, YES, this is a thing. If you are here and reading this, then it is clear you have an open mind and you know that this universe is filled with other beings who operate in higher dimensions, frequencies, and realities. Sirians, Pleiadians, Andromedans, Arcturians, Orion, Archangels, Ascended Masters, to name a few. Surely you have either heard of or worked with beings from either a different dimension and/or one of those star systems. They are just as eager to work with us as much as and sometimes more so than the ancestors, ancients, and the indigenous peoples. In fact....there is historical documentation (not widely accepted, of course) that some of the ancients, ancestors, and the indigenous knew of these beings, worked with them, or were from beyond Earth themselves.

It's not only humans and the Earth that are raising consciousness. It's actually ALL beings from ALL dimensions, frequencies, and realities. It's a constant process of contraction and expansion, and we are all going through an ascension and enlightenment process of some kind in our own way no matter what dimension we exist in. The higher frequency beings honestly don't make much of a distinction between Akashic and Amenti Records at this point. They figure that if we are looking for help then they are happy to provide guidance and support! So remain open to the possibilities of messages, guidance, instruction, and support from these beautiful souls and consciousnesses who are always right by our sides waiting to be acknowledged.

### OUR OWN SHADOW WORK AND THE LAW OF ATTRACTION

Everything is made of energy. Energy is electrons vibrating at certain slower/faster and lower/higher frequencies. The slower it vibrates, the more dense it is. Fear is of a lower vibration. What you vibrate is what you attract. You probably already know by now that when you are doing this energetic work, you need to maintain a grounded yet connected state of mind and being, as well as keeping yourself as clear a channel as possible. YOU are in charge. YOU are the creator of your reality. If you have fears of certain beings, or certain situations, this may be some shadow work that you are meant to do before you making a practice of going into the Records. Sometimes our own shadow work will come up during or after we do a reading. It was meant to be. It means that before you go on to the next level in your work, you have some clearing and healing to do on yourself. I find that it's no mistake that I see my own shadow when I'm giving a reading in which the message resonates so strongly with me. Our higher selves and guides will bring to us whoever is necessary in order to get a message across to us. There are no accidents. If you choose to offer Akashic Records readings to others, but are feeling like doing a reading has brought on your own shadow work, it's ok to ask your higher self and guides to hold off sending any other clients your way until you have worked through everything that came up for you.

## A TRUE MASTER WILL ALWAYS BE A STUDENT

While I hesitate to use the word “Master” with all of its current word associations, it is really the essence of the word that I’m going for here, not the politically incorrect feelings it may stir up. Mastery is meant to refer to that state of being where you naturally embody the work you do, speak your truth, embody authenticity, are willing to share all that you know, and also understanding that your own knowledge will never be complete. A Master’s wisdom comes from constantly learning, and who better to learn from than everyone else we encounter on our journey including those that we consider “students”. So please seriously consider that every single person in our lives (clients and every single other reader you encounter) could probably teach you something new, or at the very least provide you with a new way to perceive an old thought/concept/belief that you once had.

## VIBRATION AND FREQUENCY

When we exist as consciousness, we do not have access to the denser emotions, feelings, and experiences that come with having physical form in a denser dimensional reality. However, when we do take physical form we all carry the ability to access a smorgasbord of potential vibration and frequency at any given time. You may notice that sometimes you are having an “off” day and really tapping into feelings and emotions around sadness, fear, anger, etc. Remember that it’s OK to venture into the lower vibration. In order for something of a lower vibration to be released, it needs to be felt and acknowledged. By the same token, higher frequencies are available for us to access whenever we are able to tune into them.

We are here for a purpose, to have as many experiences as our higher self thought would be necessary for our soul growth in our expansion process and so we are meant to tap into the denser vibrating feelings and emotions. ALL of our feelings and emotions are valid. Each one provides us with a valuable learning experience.

The Akashic Records exist at a particular frequency. If you are out of alignment with that frequency then you will not be able to successfully align with the Records and all of the energy and information that they contain. This is why it’s so important to be mindful of our mind/body/spirit and the energies, vibrations, and frequencies that we embody at any given time but most importantly when we are trying to do our work with the Akashic Records.

**AWARENESS**  
LEADS TO  
**ACKNOWLEDGMENT  
& ACCEPTANCE**  
LEADS TO  
**INTEGRATION - RELEASE - HEALING**

## HEALING THAT CAN TAKE PLACE THROUGH THIS PROCESS

Our main purposes within the Records is to bring awareness through information, and to re-integrate all versions of ourselves into the greater awareness of each expression. Once the awareness settles in, we can then begin the process to accept it, then our perspective changes, and then we may start to integrate and/or release what is necessary to begin a healing process. The most common healing that tends to take place is the removal of an emotional attachment to something that happened in another incarnation. Current physical, mental, emotional ailments, or behaviors and patterns will persist without us knowing why. Getting this information from our other selves can shed a lot of light on our current issues and help give us a new understanding of how we can move forward.

Not every reader is meant to do healing work through the Records. Accessing or hearing the information in the Records can itself be very healing. However there is a plethora of other healing work that can happen if you, as the reader, feel called to do so. If you do offer certain healing modalities, you may not even be able to separate them from your work in the Records.

### WORK THAT CAN BE DONE WITHIN THE RECORDS:

#### 1. SHADOW WORK

This term is a hot topic in the spiritual & metaphysical communities right now. And it's more needed than ever before. It basically means that we are committed to uncovering the deeper meanings behind the triggers and patterns that we experience, the projections that other people are mirroring back at us, the attachments that we have, etc. It brings to light the shadowier and unexamined aspects of ourselves that need to be integrated so that we can be more whole. This work can shed light on the buried parts of our past that may still be having an effect on our behaviors and reactions in the NOW. There is a whole lot of Spiritual Bypassing that is happening when people are only focused on the "love and light" aspect of life. This is a very valuable tool to gain insight on the origin of some of these unexamined, unacknowledged, or suppressed feelings and emotions, or the shadow parts of ourselves.

#### 2. BALANCE/DUALITY (DIVINE MASCULINE/DIVINE FEMININE)

Sometimes we over-compensate with one way of being over another, and we become out of balance. Maybe we spent many more incarnations in the feminine and now we need to balance that out with the masculine, or vice versa. There is also a current collective consciousness where the rise of the Divine Feminine, after being subjugated by the patriarchal paradigm, can only reach a certain level until the Divine Masculine comes up to meet her. At that point they will ascend together and create a whole new reality. This consciousness has been played out for thousands of years and is now coming up for all of us to review.

#### 3. ANCESTRAL

Ancestors are not as revered in our culture as they are in most other cultures. They are a valuable source of support and guidance for us as we move through each incarnation. Most of them have probably "been there, done that". We are now in the time of a great awakening on our planet, the likes of which has never happened before. In order to keep accessing those higher vibrations, we need to release the density of past traumas. So there is a HUGE population in this lifetime that agreed to carry the last of our ancestor's traumas forward with us, to be healed once and for all. Our own ancestors can even be US from a previous incarnation!

#### 4. UNFINISHED BUSINESS

Maybe there is some unfinished business that needs to be revealed and looked at. It's possible to have a conversation with another version of ourselves where we both don't want to repeat any particular experiences and so we agree to move past all of those possible timelines.

#### 5. AGREEMENTS/CONTRACT

Every single person we interact with on a daily basis has some kind of agreement for potential experiences with us. Those that we are closest to and trigger us the most are typically those that are closest to us on the other side. Those are the beings who agreed to be the ones to help us with the really dense and tough stuff...because they are able to hold that opposite feeling of unconditional love, non-judgment, compassion, etc. within their

higher selves as they go through our experiences with us. When we think of Contracts, we think of a legally binding agreement that cannot be easily amended. This style of co-creation is of an old energy that no longer serves us. We are now existing in the 4th and lower 5th dimensional frequencies that encourage and foster more co-creation and more flow. What I find is happening now is that any and all old contracts are being voided and burned to ash. It is now becoming an agreement based existence. What this means is that we are co-creating our realities with an awareness that we didn't previously have. So we are now able to interact between our other selves, and our higher selves on a more intimate level and thus co-create and readjust on the fly. This is what the new energy is bringing to us, and it's much more inclusive, creative, and intuitive. The other versions of ourselves that come through may have some valuable insights regarding old contracts we may have with other beings, or agreements that need to be reviewed. These insights can sometimes explain why we are having difficulties within any particular current relationships.

#### 6. WITCH WOUND

A vast amount of souls incarnating today have spent at least one other incarnation (whether male or female) being persecuted, prosecuted, or basically murdered (burned at the stake, drawn and quartered, drowned, hanged, etc.) simply for their beliefs, abilities, gifts, powers, and so on. Their actions and beliefs threatened the control of the patriarchy, religious leaders, or government. In essence, most of us had a life cut short and the trauma of being unjustly accused for being and expressing our true, authentic, divine sovereign selves. When we incarnate today, we have that heavy consciousness still attached to us in some way and so we try to stay under the radar, play small, stay in the metaphysical closet, not rock the boat, etc. It's also our ego's way of protecting us from harm. When these versions of our other selves arrive into our awareness and show this kind of previous incarnation, it is meant to bring in a big healing breath not only to themselves but also to the collective consciousness that is also dealing with this right now.

#### 7. RELIGIOUS TRAUMA

There are many religions on this planet and some of their histories are filled with war, suffering, persecution, fear, control, dogma, and so on. Some of these religions can also be a force for good! Most people who have incarnated today have experienced some kind of negative experience through religious persecution in their past...whether they were a believer in that particular religion or not. Please read the Witch Wound description, it contains parallel experiences with this subject.

#### 8. IMPOSTER SYNDROME

Imposter Syndrome can be a direct emanation of the Witch Wound and Religious Trauma. Perhaps we were a midwife, an herbalist, an astrologer, an animal communicator, someone who could command the elements, a "seer", a psychic, a medium, or perhaps they embodied any other of the host of clairs or special abilities. Imposter Syndrome can occur due to one's being ridiculed, not believed, not being able to speak their truth, shunned, excommunicated, killed, etc, simply for living authentically, whatever that may have looked like. And so we take those beliefs into our NOW selves and again, "play small". There is another part to this ... we tend to have plenty of experiences being our authentic selves in other lifetimes, during which we lived fruitful, prosperous lives, where we had full access to our gifts, abilities, clairs, and "superpowers". And let's say in this current lifetime we only just awakened at age 48, and we feel as though "what could I possibly teach anyone, or how could I possibly be an example to anyone since I have so little experience to offer from my experiences in this lifetime?" When in reality, we have the ability to draw on all of our other incarnations' vast experiences, gifts, abilities, etc! This leads directly to number 8 below ...

#### 9. TURNING OUR WEAKNESSES INTO OUR SUPERPOWERS

Once we get to know our other selves better, it will shine a light onto some of the reasons why we act, behave, react, trigger, emote, etc. We may see some of our other selves' trials, traumas, and tribulations and see a similar pattern happening in the awareness of our current timeline. It may be something that we think we need to "get over" or "move past" and it may be something that embarrasses us and so we sweep it under the rug. What if I told you that there is a way to turn these weaknesses into your greatest superpowers? It's a simple perspective change. Let me give you an example. One of my own issues that I perceived as my greatest weakness for a long time was caring what other people thought of me. I constantly focused outside of myself and eventually this practice created some emotional attachments to other people, situations, relationships, & outcomes. When I turned my focus inwards and really changed my perspective I then realized that I actually care what people

think in general, about lots of things ... because I love to learn new things and so I'm curious about what people think! And I realized that I started to be less attached to what they thought about ME in particular. I do some of my greatest learning and shifting by listening to other peoples stories, opinions, and truths. It helps me sort out my own truths! Once I changed my perspective, I became less and less caring of what anyone thinks of me and instead I focus on what they think about other things ... and then I am better able to keep the focus on me by listening to the wisdom in their own words. If we can change the focus back to ourselves instead of outwardly onto others, we pull your power back instead of constantly giving it away.

There are plenty of ways you can create this personal perspective change. Below is a short list of the possibilities of what some of our perceived weaknesses are, and how to view them instead as a superpower:

- Caring what other people think about me ⇒ Caring about what other people think in general terms, or in a specific topic so it can spark an informative discussion and possible perspective change for either party
- Defining myself by other people, relationship and situations ⇒ Learning what does and does not belong to me and discarding that which does not resonate with me
- Feeling uncomfortable and avoiding being around large groups of people ⇒ Protecting our energy because we are an empath and can feel a lot more than we bargained for
- Not being able to come up with a response in time in a heated situation ⇒ Taking the time to thoughtfully prepare what we would like to express without blasting the other person with an emotional reaction
- Having an overthinking mind that never seems to stop spinning ⇒ Use that to our advantage and pick up a hobby or alternate form of meditation that keeps the physical body & the thinking mind busy with either walking a path in nature, coloring a mandala, hand crafts of any kind...and while the mind is occupied, our intuition/imagination is free to soar and connect!

#### 10. INTEGRATING ALL PARTS OF OURSELVES TO TAKE OUR POWER BACK

No matter what we have experienced, it's ALL VALID AND TRUE!!! Whether it is perceived as "good" or "bad"... even if we were a killer or a saint, an abuser or the abused, etc ... we eventually need to look at it from Source's point of view and thus welcome all parts back to our whole self, with the utmost unconditional love. In order to be whole and complete, we need to re-integrate the darkness and shadow as well as the light.

#### 11. DISCOVERING OTHER MODALITIES FOR HEALING

The list is pretty endless. We may have some modalities or tools that we've picked up along the way. If we feel called to use them during an integration session or reading to help the other versions of us that are traumatized, we definitely should! If we don't have any other modalities, don't fret! Being able to hear the stories of our other selves and accept it with compassionate non-judgment is gift enough. And who knows what inspirations can come of these interactions. Maybe it will ignite a fire deep within that leads us to find our passions and recognize our gifts.

A few examples of other tools and modalities that could be used to help heal within our sacred space are:

- Reiki
- Oracle Cards, Runes, Tarot
- Astrology, Human Design, Gene Keys
- Tuning Forks, Crystal or Tibetan Bowls, Solfeggio Frequencies
- Tapping, Heart Coherence, Breathwork, Fire Walking
- Somatic Movement, Ecstatic Dance
- Essential Oils, Water Essences, Crystals, Crystal Grid
- Mandalas

## GUIDED MEDITATIVE JOURNEYS #2 and #3: Contracts/Agreements - Ancestors

The content contained in this section gives you the bonus recordings and transcriptions of the most popular channeled guided journeys that my guides and higher self have given to me. These were supplied in order to give us a more robust experience, and offer in the integration/release/healing of the emotional attachments that come with being aware of our other incarnations.

Feel free to listen to them or read them and incorporate them into your own practices. You may get a similar channeled experience to give to your own clients. Visit this link to access these recordings:

<https://www.align-bydesign.com/akashic-records-course-welcome>

PLEASE NOTE: In each of these recordings, where it says "PAUSE", there is approximately a 1-ish minute pause in the recording. While the recordings are relatively short, you may find that you need more time to pause and integrate. If that's the case then my recommendation is to either pause the recording in the appropriate places as you are listening, or listen to the recording all the way through once (or read through the transcribed text in the workbook) and either take notes or remember the important parts and then go into a meditative state on your own with the intention to do exactly what the recording title is about. Allow your higher self/guides to lead you through the steps that are right for you. Not everyone needs each step. Again, this is a highly intuitive and co-creative process so you may come up with some of your own necessary steps that aren't in the recording.

### CONTRACTS/AGREEMENTS

This recorded guided journey will help you to release any previous or current contracts that you have entered into in any past or present timelines. You will be setting the intention to connect with the higher self of the person/people that you wish to release from these contracts, and instead consider if you would like to create agreements, or not.

Please stop here at this section and listen to the recording at your convenience. Once you have listened and gone through your journey here, I recommend you move on to the next recording before proceeding with the course.

REMEMBER: Do not stress if you are having trouble meeting with and interacting with the higher self of any individual with whom you are voiding contracts. It's entirely possible that particular person is not in the right energetic space in order to fully participate in the process. You can proceed through the recording and set the intention that your side of the contract has been voided. There may be a future time where you can go back into the recording and try again. Trust in the process.

If you are more of a visual learner, the meditative journey has been transcribed below:

*Find a quiet place where you will not be disturbed and make yourself comfortable. Take a few deep breaths and focus your attention on your heart space, heart center, heart chakra. Allow yourself the time to really sink into the heart space. Feel as though your entire being is melting right into your heart space. Just when you feel you have reached that most melted state, visualize that you are reforming into your lightbody and stepping all the way through your heart space.*

*As you step through this portal, you step out onto a beautiful white sand beach. You feel the warm ocean breeze and salt kissing your skin. You smell the ocean. You feel the coolness of the air now that the sun has set, yet the sand beneath your feet remains warm and comforting. You hear the rustling of palm trees in the breeze. You see the brilliant full moon, so bright that it casts shadows, reflecting off the waves gently lapping against the shoreline.*

*You begin to walk, leaving footprints in the sand behind you that fill with the cooling ocean water. You now set your intention that you will connect with the higher self of the person that you wish to void a contract with. You send out all of your loving heart energy to call the energy of that other person to you.*

*As you walk down the beach and around the bend, you notice that there is the giant bright beacon of a bonfire up ahead.*

*As you approach the bonfire you feel it's warmth and yet it never gets hotter the closer you get. As you stand in front of the flames and gaze into them for a while, you see a figure walking towards you from around the other side of the fire. You may not recognize them at first, they may come to you in the form of a previous incarnation, they may appear as a light being, or they may appear exactly as you know them to be in this lifetime. You nod to each other. There is no physical contact. As one, you both step into the violet and blue flames of the bonfire. You feel it's purification fire burning to ash all that is no longer necessary for you both to carry with/between you. As you stand in the flames, you notice that they begin to burn to a bright white. When you look down at your bodies you see that you have also turned into your own bright white light-bodies.*

*After a while, you both step out of the fire fully intact, unharmed, purified, and ready to move forward. On the other side of the fire you see a table set up with a chair on either side. Upon this table is one or more written contracts that appear in either paper, scroll or other form. You each take a seat and begin looking through the contracts. At this point you will have a conversation with this other being to let them know that you are officially done with the old energy of contracts and all that they stand for. You express that you are now ready to begin a new phase of energetic agreements which can be amended and re-worked on an as needed basis. You stress the fact that this is a co-creative process and that you each have equal say only in what your part of the agreement upholds.*

PAUSE

*After having this discussion [or not, if there is a lot of previous trauma involved and the best way to get through this is to sit silently in each others presence for a few short moments] you both get up and gather all of the contracts that are on the table. You both walk over to the fire and toss every last contract into the fire and watch the ash float away.*

*You both may now either nod, shake hands, or hug and then step away from each other and head back down the beach towards the opposite ways that you came from. You now each have an immense feeling of relief and satisfaction that a new era has just begun. That you have each taken your power back in a measurable way and that all interactions from here on out will require you to each own your energies and what you put into any relationship that you may or may not carry forward.*

*As you head back down the beach in quiet reflection, you now feel ready to step out of your heart space, back into your body, and back into your physical awareness.*

## MEETING ANCESTORS / ANCIENTS / INDIGENOUS PEOPLES

This recorded guided journey will help you to connect with any of your ancestors, or any of the ancient indigenous peoples of the earth. This is an introduction process only. Where you go from here will be of your own co-creation with these individuals.

Please stop here at this section and listen to the recording at your convenience. Once you have listened and gone through your journey here, I recommend you move on to the next recording before proceeding with the course.

REMEMBER: Do not stress if you are having trouble meeting with and interacting with any of these spirit beings. It's entirely possible that they are present but not being seen so that you can slowly acclimate to their higher frequencies. You can proceed through the recording and set the intention that you will wait for the next time that they feel you are all ready to re-connect. There may be a future time where you can go back into the recording and try again. Trust in the process.

If you are more of a visual learner, the meditative journey has been transcribed below:

*Find a quiet place where you will not be disturbed and make yourself comfortable. Take a few deep breaths and focus your attention on your heart space, heart center, heart chakra. Allow yourself the time to really sink into the heart space. Feel as though your entire being is melting right into your heart space. Just when you feel you have reached that most melted state, visualize that you are reforming into your lightbody and stepping all the way through your heart space.*

*As you step through this portal, you step out onto a beautiful beige sand beach. You feel the warm ocean breeze and salt kissing your skin. You smell the ocean. You feel the coolness of the air now that the sun has set, yet the sand beneath your feet remains warm and comforting. You hear the rustling of palm trees in the breeze. You see the brilliant full moon, so bright that it casts shadows, reflecting off the waves gently lapping against the shoreline. You see sparkles of the reflection of the bright moonbeams glinting off of all kinds of smooth, colored sea glass that is mixed in with the sand.*

*You begin to walk, leaving footprints in the sand behind you that fill with the cooling ocean water. You now set your intention that you will connect with the higher selves of any of your ancestors or the ancients and indigenous peoples that are willing to meet with and work with you. You send out all of your loving heart energy to call the energy of those other beings to you.*

*As you walk down the beach and around the bend, you notice that there is the giant bright beacon of a bonfire up ahead.*

*As you approach the bonfire you feel its warmth and yet it never gets hotter the closer you get. As you stand in front of the violet and blue flames and gaze into them for a while you feel drawn to step into the inviting flames of this purification fire.*

*After a while, you step out of the fire fully intact, unharmed, purified, and ready to move forward. On the other side of the fire you see before a being or many beings who may show up in spirit form or in the form of someone that you can easily identify. You notice the tears in their eyes, how wide open and welcoming their arms are. A great shout of joy is released as you hug as many or as few beings who have shown up here to connect with you. They have so much to tell and show you. So many stories, so much wisdom and knowledge to share. Take some time now to interact with these beings.*

**PAUSE**

[At this point it is left to you to interact with this being(s). Do they perform a ceremony with/for you? Do you have lengthy discussions? Do they share ancient wisdom? Do they share the ancient traumas that need to be acknowledged because you offered to do some healing around them in this lifetime? or do you all sit/stand together in harmony and connection simply enjoying each other's energies? This is where you will take the time to interact and co-create with these beings. Take as long as you need.]

*When you feel that it is time for you to move on, you say your temporary goodbye's and invite them all to interact with you in your waking life, not just within this meditative state. You ask them to give you signs, whether it be certain number combinations, or a tap on a specific body part, or a feather that floats to you out of nowhere. There are limitless possibilities on the ways they can interact with you.*

*You now begin to turn away and walk down the beach back to where you came from. As you glance back you see that they are still there, watching you and waiting for you to return to them with a new multidimensional awareness.*

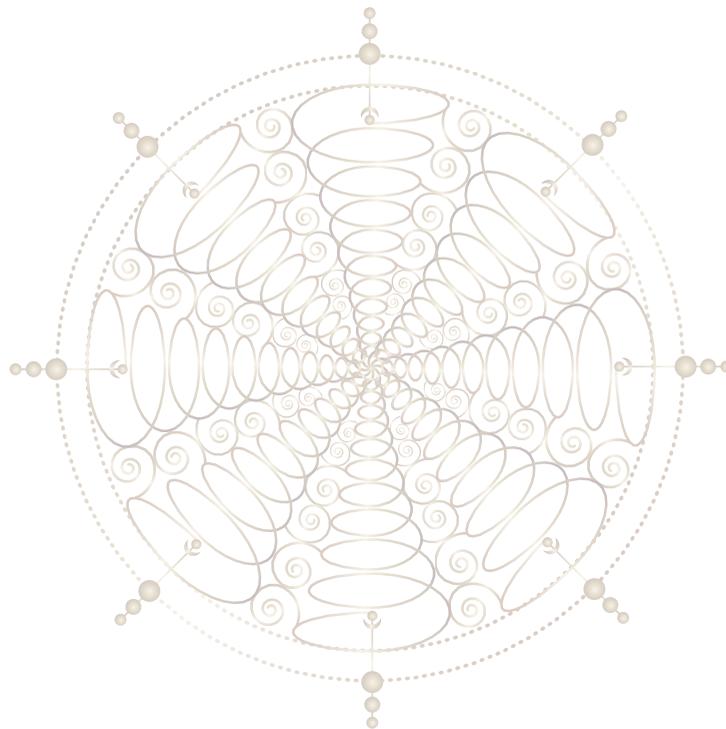
*As you head back down the beach in quiet reflection, you now feel ready to step out of your heart space, back into your physical body, and back into your physical awareness.*



# SECTION 4

---

## PREPARING TO ACCESS THE AKASHIC RECORDS



## QUESTIONS TO ASK WHILE YOU ARE IN THE RECORDS

It is important to note here that you may never be given an answer to any question in a yes or no format. You will also not get any specific answer to any question that starts with "Should I". That level of direction from an outside source would be a violation of our free will and freedom of choice. Remember that we are each here having experiences laid out by our higher selves and so our guides will only ever give information regarding the journey that we are on, in accordance to our plan...they are working with our higher selves at all times.

I personally feel it is best to go into a reading without knowing any detail at all. That may not work for you, and that's ok! Like I said, everyone does this differently. You are welcome to ask for details to help you pinpoint exactly where you need to go in the Records.

Another option to help direct you on your information quest is my Akashic Messages Clarity Deck. This deck contains Themes, Guides, Actions, Tools, Frequency, and Vibration cards that you can pull before, during, or after a reading to give you further clarity and direction within the Akashic Records. Please visit my homepage for ordering instructions: <https://www.align-bydesign.com>

Some questions that you may want to consider asking are:

1. What do I need to know right now?
2. What ancestral issues/karma is happening in my life that might need some healing?
3. Why am I stuck in this same pattern that never gets me anywhere?
4. What past lives need to be revealed and healed?
5. What is one or more of my soul's purpose(s) at this time?
6. Please shed some light regarding the possible next steps on my path.
7. What needs to be revealed about my relationship with [name]? How can I bring about healing in this relationship?
8. What past traumas need to be healed and released?
9. Why do some fears keep coming up for me? And how can I release them?
10. What is holding me back in this particular area of my life? And how can I move past it?
11. What can I do to shift my energy?
12. Where does this health issue that I have, stem from? Is there something in my energy field/past that needs to be looked at?
13. What are some of my gifts/powers/abilities that I have accessed in the past and can tap into at this time?

You may come up with any number of other questions. The above examples are just a starting point. They are open ended questions and give a lot of potential for answers and guidance.

### HOW DIFFERENT QUESTIONS CAN BE RELATED THROUGH THE AKASHIC RECORDS

Let's say you ask questions number 2, 8, and 13. On the surface, they may seem completely unrelated. Chances are that as soon as you start accessing one Record with the intention to answer one question, you will be drawn into all of the Records that encompass ALL of their questions in a single lifetime! It's no accident why you asked those 3 questions in particular.

### THE BEST QUESTION TO ASK IN THE RECORDS

If you are doing a spot check-in with your own Records, or someone you are reading for isn't even sure where to begin, the best question to ask is quite simple: **What Do I Need To Know Right Now?** This gives you and your guides complete freedom to bring forth information and messages that might not have come through if there were more pinpointed questions.

## CREATING YOUR OPENING AND CLOSING STATEMENTS

It's now time to write your own intention statement or "prayer" that you will say before you access the Akashic Records and a similar statement to close out the Records. You may also come up with a shortcut word. The next 2 pages are for you to write your final statements. You may want to practice in pencil on a separate piece of paper because you may go through a few revisions before you find one that completely resonates with you.

Throughout your process of reading the Records, your statements may be revised and edited, added to or deleted from. It could be a fluid process that will grow with you over time, or you will find the perfect statements and never vary from the. Either way is fine.

### EXAMPLE OF KAREN'S OPENING OF THE AKASHIC RECORDS STATEMENT

I am a clear channel for information and messages to flow through. I access all from the Quantum Field of Source Potential, including the Akashic Records without: filter, judgment, ego, or personality. It is my intention to access my timelines, stories, and Akashic Records. I invite in all of my guides, all versions of myself and my higher self to accompany us through this process. This session in the Akashic Records will be only for my highest, best and greatest good. My Records for are now open."

*My shortcut word for this is: "OPEN "*

### EXAMPLE OF KAREN'S CLOSING OF THE AKASHIC RECORDS STATEMENT

I express the deepest gratitude to all of my guides and to all other versions of me for being present through this process. I now close out my Records.

*My shortcut word for this is: "CLOSE"*

The reason why I created the shortcuts is because, well, it's just easier that way!

Continue on to the next two pages to document your official opening and closing statements, as well as any shortcuts that you prefer to use.

### INTENTION STATEMENT WHEN READING FOR OTHER PEOPLE

You can use the same intention statements you just need to remember to replace the word "my" with the name of the person who's Records that you plan to open and close.





## DETAILS TO BE AWARE OF WHEN ACCESSING THE RECORDS

Before you begin the process of meeting your other selves, listening to their stories, learning more about their lifetimes, and re-integrating them into your current awareness, there are a few important details to become aware of. The information contained in this section also applies to when you are reading your client's Records.

### EACH VERSION OF YOU WILL BE SLIGHTLY OR VASTLY DIFFERENT

When you enter into the guided meditative journey to create your sacred space and start meeting the other versions of you, it's very important that you throw out all expectations. Remember that your other soul expressions could be rich, poor, male, female, non-binary, teenager, elderly, infant, any race or ethnicity, highly educated, barely able to speak, sad, grief stricken, happy, cautious, part of your galactic family, and so on. The possibilities are endless and it is most important that you refrain from judgment as they appear to you. This is a safe space that you are creating, so the versions of you that are ready for your attention will be those that show up to share. It could take days, or years for all versions of you to make themselves known. Some will be ready to reveal themselves and some will not. But remember that they are each an expression of your soul and deserve to be unconditionally loved and accepted NO MATTER WHAT THEY BRING TO THE TABLE.

### MISSING DETAILS

You will not necessarily be given every single detail about each version of you. This is your cue to move on instead of becoming obsessed with or stuck on what could be.

### LOCATION/HISTORICAL TIME FRAME

If a location or a historical time frame is left out, it's because that information is irrelevant to the reading. However, if you do recognize the time frame that is unfolding before you then spend some time taking in the details as they may reveal important information. Sometimes there might be easy give-aways such as the pre-industrial revolution era, a pagoda in ancient China, the African Savannah, etc. Sometimes you may see a city with cobblestone streets but the exact location is not given. Sometimes specific geographical locations are the least necessary bit of information that needs to be given.

### GENDER/RACE

Don't assume that your gender or race in this lifetime will be the same in all lifetimes. This is where you want to try and gather the small details such as if they are wearing a dress or a top hat, a robe or moccasins, what their mannerisms are, how they physically present themselves to you. Gender or race may not even be the focus. Sometimes it is more about the energy of a person...such as a more masculine or a more feminine energy that you FEEL regardless of the physical body characteristics.

### POINT OF VIEW / PERSPECTIVE

There can be quite a few points of view while being in the Records. Take note as to whether you are viewing each record as the subject, as an observer watching a screen, as another being that is present in the record, or as your own consciousness hovering slightly above and behind yourself as you are in the record, or something else! Your perspective within the Records can change based on whether you are reading your own Records or someone else's.

### DETACHMENT - NEUTRALITY

You may see and experience things that do not feel comfortable for you based on your current programming or beliefs. It is important to set the intention to enter each interaction in a state of detachment so that you don't place judgment on any of the information that come through.

### JUST KNOWING / CLAIRCOGNIZANCE

You may not get a lot of visuals, you may simply just get the knowing. Your claircognizance will be an integral part of the information you receive. So if you "just know", that's perfect. And trust that it's true.

### INTERACTING WITH ANYONE INSIDE THE RECORDS

This has been happening more and more. Remember that everything contained in this process is timeless and

multidimensional. Every once in a while you may experience a Record where a being within that Record can see you watching and can interact with you. I would describe this phenomenon as the two of you co-creating an overlapping timeline offshoot, like interactive *deja-vu*. It's really quite startling and very cool.

### PAST / PARALLEL / FUTURE TIMELINES

We know that time and space are a construct of these lower dimensions, and so we really exist in a multidimensional reality. When you are looking at any timeline, you are essentially looking at a spiral that has been stretched out into a straight line from our earth point of view, and we call that linear time. If you were to see it for what it really is, it would look like an ever expanding spiral. So when we are reading the Records we are accessing all kinds of overlapping and intertwining spirals of information that technically don't have a true linear past/present/future. It all exists in the now. That being said, how do you identify and categorize the past, present, and future for someone who may not understand this concept? As a collective, we have created a vast amount of physical experiences that we categorize as history and linear time ... and so for the purpose of reading the Records we use those historical descriptions and indicators that show us either something that occurred, for example, in the Old West, or something that another of our incarnations is experiencing now based on the energy we feel from it, or a future potential that shows technology that we haven't even dreamed up yet.

It takes practice to be able to distinguish between the energies and frequencies that we are accessing. Our intuition and our guides play a pivotal role in helping us to dissect and present not only the specific details, but also the nuanced energies within and surrounding each Record.

### MESSAGES FROM GUIDES DURING A READING

We've already discussed the potential beings that can show up around us when we invite our guides. Sometimes they hover and sometimes they participate. There is every chance that they may deliver a message through you. I typically use the terms "Them" or "They" when I am referring to the guides, higher self, spirit or galactic family, archangels, ancestors, ascended masters, etc. These beings will not always identify themselves in a specific way because most of the time we are tapping into a consciousness that does not have a name or identifiable physical form. There are times when a specific guide prefers to be identified because it will have a particular meaning to yourself or the client. There are times when the message is more important than the messenger, and that is why they stay in the background and prefer not to be identified.

### PAUSING WHILE YOU TAKE IN THE DETAILS

Sometimes we need to pause to be able to then articulate all of the energy, feelings, emotions, details, nuances, etc. that come along during this process. Pressing the pause button during the meditation (whether physically, or intentionally if you are beyond listening to the recording) and taking notes will help you to brain dump any information that is holding you back from being the impartial witness.

### THE DOOR SLAMMING SHUT

Sometimes you will be on a roll delivering information and you will suddenly see a door slammed shut in front of you, or maybe a big STOP sign appears in front of you. This can happen when our higher selves or guides determine that any further information would not be necessary or beneficial. This is usually a big sign that your reading is done. This doesn't mean you can't go back at another time to search for more information. It just means that right now, it is not needed. Either try another question or ask for another related timeline, story, or Record to view instead.

### WHERE SHOULD I PHYSICALLY BE WHEN I ENTER THE RECORDS?

It's best to have a quiet place in a location that does not have any ambient noise or distractions. If you have a dog that barks (like I do) at every passerby then you may need to consider going to a place where that barking cannot be heard on a recording or a zoom call. I've had to actually do some readings in my closet in order to drown out the barks of my dog, and my noisy teenagers. If you cannot secure a location within your house, another easily available and free option would be to reserve a private room at a local library or to drive to a quiet location and do the reading from your car. If you are hand writing or typing the reading, then you will definitely have more flexibility on location.

### HOW DO I DOCUMENT WHAT I LEARNED?

There are many choices here. I recommend you try each one of them so you find the one (or few) that work best for you

and your process. Your options are: hand writing in the pre-printed journaling section of this workbook, typing it in a document on your phone or computer, voice recording, or video recording.

#### HOW WILL EVERYONE THAT I ENCOUNTER IN THE AKASHIC RECORDS APPEAR TO ME?

Everyone has a different way of processing information. You may see the other versions of you approach you in their physical form. You may physically feel emotions or experience everything through your physical senses. You may hear everything. Your clair senses will likely be very active during this process. There is every chance that you don't see/feel/hear/etc. anything at all but instead you get a knowing through your claircognizance. Remember that each version of you could come through to you in a different way each time, until you find the way that works best for you. Be open for the unexpected experiences so that you can hone all of your senses and your ability to receive the interactions and information in the way that is for your highest, best, and greatest good. There is also a very good chance that you will only see the other versions of you come through in their light body. Sometimes this happens because those versions of us either don't identify with the physical aspects that they took on in that particular lifetime/timeline, or because they don't want their physical appearance to become your main focus and instead want to keep your attention on the story itself and all of the emotions and baggage (light or shadow) that comes with it.

#### WHICH CLAIR SENSES AM I SUPPOSED TO USE THE MOST? WHAT IF I HAVE DEVELOPED SOME OF MY CLAIRS MORE THAN OTHERS?

Most of us have full access to our 5 physical senses, and we ALL have access to all of our clair senses. Some clair senses may be more developed than others. There is no rule regarding which way you are supposed to interact with the other versions of you or within your Records. You may use a combo of all of these senses. Sometimes you may just feel the energy or the vibration. There is no one way to "see" everything. You are not here to just "see", you are here to experience.

#### WHAT IF I'M NOT GETTING ANY INFORMATION?

You may be blocking yourself because you are expecting one particular sense to give you all the info. For example, say you lean heavily on clairvoyance ... However, this version of you only shows up containing color, feeling, emotion, and/or sound. If you are only tuning in using one sense, you will block out the possibility of utilizing all of your other senses. This is why it's so important to remain as an open clear channel without expectation. You never know how the other versions of you or your client will come through.

In addition to the above mentioned possible "blocks", consider that the versions of you that are ready to integrate may not need to share any pertinent information with you. They may simply need to integrate with you and then can be called back at any time if there is something to share.

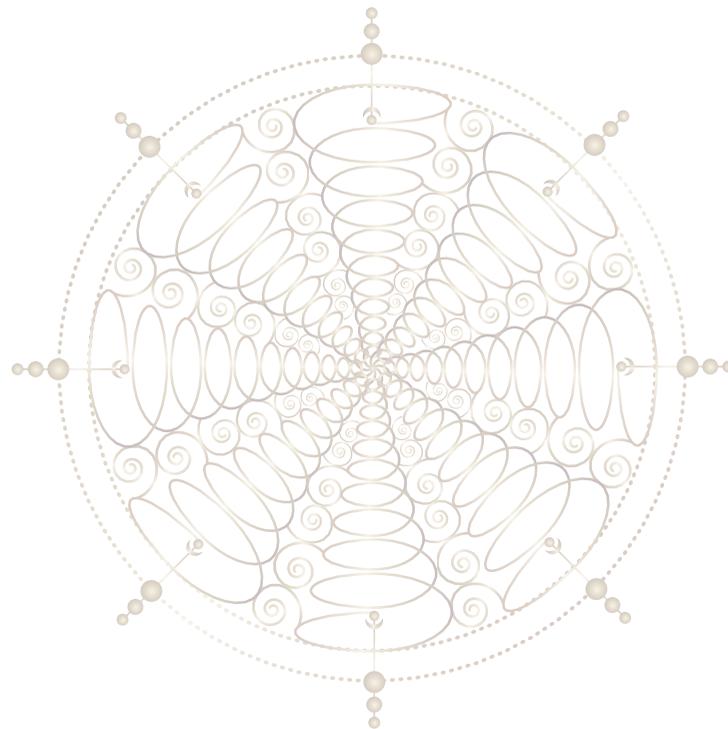
#### WHAT SHOULD I HAVE IN FRONT OF ME?

- Your writing utensils (pen/pencil/keyboard)
- Headphones/airpods/earbuds
- Fully charged phone (if you are using it) and a charger just in case or other recording device
- Timer
- Your opening and closing statements
- Akashic Records journal/notebook (just in case questions come up or you need to note something that happened for future reference)
- Space clearing tools that you feel like you need ... such as candles, crystals, crystal grid, mandalas, etc.
- The questions that you are asking

# SECTION 5

---

## ACCESSING & READING THE AKASHIC RECORDS FOR YOURSELF



## TWO WAYS OF WORKING IN THE RECORDS

In this program, we will be accessing the Records in two different ways. The first way is through creating your custom sacred space during our mentorship call, which is more information based. The second way is through the *Integration at the Well* meditative journey, which is more interactive and integrative.

The biggest problem that I hear from other Akashic Records readers (including myself) is that it's hard to read our own Records. This can be for various reasons....maybe it has to do with an emotional block that doesn't allow us to see what's really right in front of our noses. It could be that our higher self doesn't think we are ready to access certain Records just yet. It's also possible that there is some significant healing that we need to do emotionally and we will need outside support to do that. Sometimes that support comes in the form of a reader who will deliver this information in a neutral and compassionate way, and may have access to their own healing modalities to help us, or can refer us to other practitioners that they work closely with. Mostly, it's our egos that get in the way of us accessing the Records. It's our doubt and our self-worth issues that set up a blockage or a veil of sort.

It has always bothered me that we have such issues getting into our own Records, so I asked my higher self and guides to show me a way that I could share, and to also use in my own practice! It came in the form of an oldie but goodie. When I first got the *Integration at the Well* meditative journey to share a few years back, it was a super powerful way to have my clients connect with and hear the stories of their other soul expressions. It was channeled through me not long after I became attuned to the Records and started doing readings. It has since been expanded and adapted to include a more powerful intentional process to access all of our selves. I was guided to provide this as a stand alone way for people to re-integrate all of their incarnations, to hear the stories of ourselves, and to incorporate the information into our now awareness. It has become incorporated into this program as an alternate way of entering our own Records, which differs ever so slightly from how we access someone else's Records.

When you are in the Records, your experience may vary from Record to Record. Pay attention to more than just what you are seeing or feeling unfold before you.

Consider that there is an infinite amount of information about your true self and all of its expressions. Do you really want to or need to know all of it? You certainly can access any of it, but it's such a vast amount of knowledge and information that you need to learn how to navigate your way through it all.

This process of navigation coupled with the navigators being other versions of YOU, can really help you hone in on what you need to know in any given moment.

It's even possible to get to the point where you are accessing your Records on the fly, instead of sitting down and going through a meditative process to pick through any relevant information. You may be in a store and suddenly feel overcome with an emotion that you can't explain, or have a flashback of something you can't quite remember all the details of. It's entirely possible to access your Records each time so you can get some immediate answers.

Your access to the Records is always available to you. As you go deeper into this process and after you have created your sacred spaces, you may start feeling your other You's trying to get your attention by flashing those memories or emotions like a beacon.

The multidimensionality of this process allows for your other You's to have access to and see other potential timelines that you could choose to head down, and they may have messages for you in advance. Or they may have something you need to clear from your field (like an emotional attachment) in order for you to manifest the optimal experiences that are laid out before you.

You don't always need to connect to the other versions of you. Sometimes only information or a message will come through. Wherever your intuition is directing you, that's what you need in the moment...and each moment is different. Through the unique processes in this course, you will have access to more than just information.

## STEP-BY-STEP GUIDE FOR ENTERING YOUR RECORDS

Please familiarize yourself with these steps so that when you go to enter your Akashic Records through the sacred space we created in the mentorship call, when you listen to the *Integration at the Well* recording, or read the transcribed text, you will have an idea of the process ahead of time.

Over time, you may develop your own process. There is no rule saying that you have to stick with the way I am teaching you. It is also important to note that if you skip any step and it doesn't affect your access to the Records then there may not be a need to re-incorporate it the next time around.

Please follow these guidelines:

- Decide whether you will be channeling the Records information via typing, hand writing, or recording, and gather all necessary tools to do so
- Find a quiet, comfortable, distraction free place to do your reading
- Clear your physical and energetic self
- Clear your space energetically
- Ground & Connect through your heart space
- Have your questions in front of you to refer to
- Set your timer (optional)
- Recite your opening intention statement or shortcut
- Journey into the sacred space that you created during the mentorship session or the *Integration at the Well* meditation, or jump right into the Records when you feel you've reached that stage of the process
- Begin channeling everything that you experience, no matter how small or insignificant it may seem to you. Leave no detail unsaid
- Listen to your intuition if it is guiding you to do any kind of guided healing meditative journey while you are in the Records (this may not happen at all or may not start happening until you have reached a certain comfort level with the entire process)
- Begin to close out the reading by stepping away from the Records. Begin to recall yourself within your sacred space where you will "close up shop", exit and close off your space
- Thank your other selves and your guides
- Recite your closing statement or shortcut
- Spend some time reflecting and using the pages in the workbook to record your experiences







ALIGN *by* DESIGN

*Karen LaCamera*

  @AlignByDesignCreative ♦ [Align-byDesign.com](http://Align-byDesign.com)