



## Akashic Records Approach & Inquiry Points

The Akashic Records - aka the record of our soul and its experiences from all of its incarnations - is a powerful experience to engage with. The term Akash or Akasha in Sanskrit means sky/god/ether/space/all that is and is created from the space, etc. It is tied to Brahman in Hinduism and it is said that all of everything arises from it.

The early 20th century theosophists and metaphysicians revived the concept and brought forward the concept of the Akashic Records. Alice Bailey is who I align with as the progenitor of this concept and of course Madame Blavatsky and others were birthing the concept at that time too.

Alice Bailey would call it a photographic film or a metaphysical archive of all of our soul's experiences on earth.

Our Akashic Records are a record of our soul's lineage. Our soul strands that are alive and driving each of us today are strands of a larger body - our oversoul. All of the information for all of our soul's incarnations and plans and lessons as well as the future – are housed in our 'Records.

I have always been taught/known/understood that our subtle energy body - our chakras and our aura – house our Akashic Records. As a result, I recommend grounding down and then moving up through your chakras to where your guide takes you to your records.

During this CPP Super Circle I will be guiding the grounding and opening up to the Akashic Records.

Once you are in the Records – whether guided as a group by Angela or doing this independently – you want to approach them as Read-Only. Meaning - I strongly discourage anyone from altering the records or going in in any other way than Read-Only. When you are advanced in this practice, how you work with the 'Records is up to you. As you learn – always approach them with reverence and as a Read-Only experience.

I recommend going to the 'Records with inquiry points or questions that you want to know or learn or to understand about your own Soul. The following is a list of many potential inquiry points - the possibilities are endless. Remember that questions, inquiry points - generate psychic messages and experiences. Remember to use your Foundational Basics during this and all psychic experiences and processes.

**Inquiry Points:**

Who is my Guide for my Akashic Records?

Will you (new guide from above) always accompany me when I work in my 'Records?

May I see my soul's volume for 2025?

Which lessons am I meant to be learning for the next year?

What is the most important lesson of this lifetime for me?

How does X person weave into my 'Records for this lifetime?

What is most important for me to remember in this lifetime?

What gifts, talents, skills from other incarnations am I meant to bring forward now?

What am I not seeing with my soul's lessons in this lifetime?

How might I speed up my soul's growth in 2025?

How might I savor the goodness of my life more?

What does my soul most want to express through me in this lifetime?

What work am I meant to be doing now?

What medical issues in this lifetime are remnants from past lifetimes?

Am I able to remember how to heal my medical issues and ailments in this lifetime?

What did I agree to do in this lifetime that I have not yet accomplished?

Which past lives are affecting my life this decade?

Tell me or show me what lessons I keep repeating, life over life?

Are there gifts, easter eggs or pleasant surprises that I'm meant to experience in this lifetime?

What experiences did I come here to have in this lifetime?

What did I agree to learn that I have not learned or mastered?

How do I become a more helpful healer for others?

What role does health play in this lifetime for me?

What role does wealth play in this lifetime for me?

Can I accelerate my Soul's growth in this lifetime? If so - may I see those volumes please?

How can I shed programming from past lifetimes in this lifetime?

How might I strengthen my - compassion, sense-of-self, self-esteem, unconditional love for others, etc?

Are there lessons that I might approach in more simple ways?

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If you are working with the Akashic Records individually, you would create sacred space, drop into a meditation to clear your fields and bring yourself into the present. From that state, you can intend to invoke a Guide for your 'Records work, access the 'Records and dive into inquiry as a framework for your Akashic Records experience!

Please remember to express gratitude and thanks for the experience and of course to shut it down appropriately with care and respect for the access and the process.