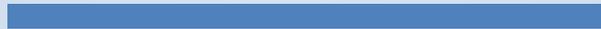




Using the Akashic Access Prayer

To Access the Akashic Records
for Yourself





What Are the Akashic Records?

In her book, *How to Read the Akashic Records*, Linda Howe writes, “The Akashic Records are a dimension of consciousness that contains a vibrational record of every soul and its journey. This vibrational body of consciousness exists everywhere in its entirety and is completely available at all times and in all places. As such, the Records are an experiential body of knowledge that contains everything that every soul has ever thought, said, and done over the course of its existence, as well as all its future possibilities.”

Accessing your own Akashic Records allows the wisdom of the Akasha (a Sanscrit word meaning *primary substance, that, out of which all things are formed*) to shine a light in your life ~ illuminating your path, making sense of your life’s challenges, and opening the door to deepening the connection with your own Soul.

You can connect with this amazing spiritual resource by learning to open your own Records, thereby, gaining reliable access to this amazing infinite source of

compassion, wisdom, guidance, information and healing. It is, in my opinion, the ultimate spiritual self-empowerment, self-growth tool.

Why use a prayer?

The Akashic Access Prayer© is one way to connect with the Akashic Records. Some people connect spontaneously, and after using a prayer like this, realize that they may already have had experience connecting with the Akashic Realm. The benefit of using a sacred prayer as a vehicle is that you can connect with INTENTION and CONSCIOUSNESS, thus being aware of when you are opening and closing the Records. This allows you to recognize, become familiar with, and build a relationship with the consciousness and energy of the Akashic Records.

Basic Guidelines for opening your Akashic Records:

1. To open the Records, you should be at least 18 years of age.
2. Refrain from alcohol or non-prescribed mind-altering substances for 24 hours prior to opening the Records.
3. Choose a quiet place where you are likely to be undisturbed.
4. Determine how much time you plan to spend. We recommend starting with 15 minutes until you get used to this energy. It can be helpful to set a timer, especially at first.
5. These guidelines are for opening your own Akashic Records only. There are other instructions and guidelines for opening the Records of other people, places, and living beings (plants and animals).

Examples of questions to ask:

The Akashic Records are not a tool for prediction. You may receive recommendations and suggestions, but you will not be told what to do. Our free will is always respected. Also, since the Akashic Records are held in a dimension not bound by time, *when* questions may not give you the answers you are expecting.

It is best to ask open-ended questions like:

- What would it help me to know or understand about ____? (describe the situation)
- What are the pros and cons of making the following decision (state decision)?
- Please give me insight about _____.
- What would be a good next step for me in order to achieve ____?
- How can I best resolve the conflict with _____?

The more you describe the situation, the better. Remember, this is a **conversation**. You are building a relationship. Go back and ask for detail, elaboration, clarification, if you are not satisfied with what you receive. You can even ask in the Records how you can better phrase a question in order to get more helpful information.

Avoid *yes* and *no* questions, and recognize that whatever you receive, we each have free will and must be responsible for our own decisions. If something does not make sense to you, express this and ask for help. You can ask....

- How can I better work with the Records?
- How can working in my Records help me?
- Or any other question that can help you with this process.

A wonderful characteristic of working in the Akashic Records is that the Records and the Beings of Light within the Records help us learn how to connect with and best use the practice for our desired results.

How To Open and Work in the Akashic Records:

Once you have decided what you want to ask about....

- Sit in a comfortable place and be prepared with paper and pen or even sit in front of your lap top or computer. You will write as you are in the Records. You may also choose to orally record the information or impressions you are given.
- Say the prayer out loud one time. In the blank use your Current Full Legal Name. It is this name that has the vibration of your current Self. Using this name will insure that the correct information is brought forward for you.
- Always read the prayer, no need to memorize.
- The first several times you open the Records for yourself, you may want to read the prayer silently to yourself 2 more times. Only then, say out loud "The Records are now open." This practice can help you to go deeper into the Records and experience this subtle energy in a stronger way.
- Take a moment and settle in. Visualize a column of light starting about 18" above your head, coming into the top of your head through your crown (the crown chakra for those who are familiar) and anchoring in your heart. This visualization just takes a few seconds, and connects the heart, mind, and Soul.
- First take a moment and see if anything comes to you visually, if so, describe this. If you are not aware of seeing, feeling or hearing anything, that is fine.
- Write your question down or speak it out loud if you are using a voice recorder. You are speaking to the "Holders of the Light". These are Beings of Light that support and help us in the Records. Do not expect to see specific beings, as that is not usual or even desirable in the Records. You may feel or sense in some way the presence of loving support, but it will not be personality specific.

- Next, write or speak aloud whatever comes to you. Describe whatever you are feeling, thinking, or experiencing. Try not to judge or interpret. It is likely that, especially at first, you will wonder if you are “making it all up” or imagining. This is common. It is best just to go with the experience, and allow yourself to imagine or whatever you need to do to start writing/recording. It is best not to wait for a big answer, but to start writing any little thought that comes to you or any impressions. The information, the energy, moves on the words, either spoken or written, so as you write, more will come. *(During one of my early times in the Records, I had a vague notion of some light off to my right side and no other information was forthcoming. I ignored this impression for a few more moments, becoming more frustrated that I was at a standstill. As soon as I spoke that I was aware of this faint light, a very bright column of light appeared right in front of me and clear instructions on how to use this column of light to help heal an issue from a past life of mine also was given to me.)*
- When you are finished, read the closing prayer out loud.

It may be helpful to go back and read what you wrote or listen to what you recorded, and even share with a trusted friend. While there is likely to be something familiar (which is a good thing since this is a connection to your own Soul), over time you will notice that there are perspectives that you would not have made up or imagined. Feedback from a friend can help with this.

Other Helpful Hints:

While the Akashic Records is a sacred and profound spiritual resource that should be approached with sincerity and respect, it is also helpful to approach your experiences with light-heartedness and a spirit of exploration. You are safe and protected, and no harm can come from opening your Records using this prayer. If you ever think you receive information that creates a sense of fear, or concern, you are not in the Records.

What you receive will always be affirming, helpful, and enlightening. What matters most are the results. As with any spiritual practice, notice what is helpful. Receive and believe only what is empowering and in line with your own values. Remember, **connection with the consciousness of the Akasha is, in itself, a healing experience.** Some open their Records just to rest or meditate in the energy. The information is wonderful, but the consciousness is what is most important.

There are many, in fact probably infinite ways to use this practice. It can be integrated with other systems, and you can learn to open the Records for other people, the Records of your home or business, your pets, crystals, plants and much more.

For more information, or to share your experiences, questions, or inspirations, feel free to contact me at gwendolyn@gwendolynhill.com. Individual readings from the Akashic Records and more extended classes on How to Access the Akashic Records are available. Go to <http://gwendolynhill.com/services>.

The Akashic Records Access Prayer is available on the next page.

Enjoy Your Journey



Akashic Records Access Prayer©

Opening Prayer

Dear holders of the Akashic Light,

I ask for access, protection, guidance, compassion, and wisdom.

I ask for your help in preparing the information for me in a way I can best receive and share,

And I ask for your help in holding the Light steady in me so that I may receive for the highest good of all,

That which elevates, heals, transforms, and guides us to a more perfect connection with the Light of our own Souls.

I ask this in the service of myself, (Full Current Legal Name)

The Records are now open.

Closing Prayer

I thank the Holders of the Akashic Light,

I thank you for your support, and for allowing me to receive the Light, Wisdom, Healing, and Compassion.

Amen, Amen, Amen

The Records are now closed.

"Allow the Light of the Akasha to Shine in Your Life"