

# Healing (Yourself) Through the Akashic Records

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**R**emarkably, today is a dramatically new day for healing and we are the healers we need! Unprecedented changes are afoot in our understanding of "healing" - the ways we perceive ourselves - who we understand healers to be - our relationship to healing - our expectations of results - assuming personal responsibility for our well-being - and - even appreciating the benefits of our distress.

Good fortune has provided me with the opportunity of participating in this shift through my work in the Akashic Records. My conscious quest for peace, relief and physical well-being began at age 24 during a moment of intense spiritual awakening. In that moment, I became aware of my oneness with every person and every living thing. I experienced a sense of being liked and loved by the spirit of Life, which, at that time, blew me away. Off I went to discover how to live my everyday life rooted in this awareness.

Decades later, I continue to grow into this startling realization -- I am loved. Along the way, I have encountered scores of useful approaches to self-aware-

ness and enhancement which kept me intrigued and moving along my path. However, it was not until my encounter with the Akashic Records in 1994 that I felt anything close to that original spirited moment. I was simply riveted by the Akashic Presence, which I have discovered to be the convergence zone of the Love, Light, and Power of Life, with the compassion, wisdom and energy of the Source. Since then, I have taught thousands to work in the Records, with incredible results.

My early endeavors into the Akasha revealed it to be an infinite spiritual resource. Initially, I felt certain I knew what that meant. Years later, truth be told, I am just beginning to grasp what this infinite spiritual resource entails. I am constantly amazed that the Record has no ending, no finish line. Plumbing its depths, I see that this realm can never be exhausted.

Another insight that still amazes me years later is the simple accessibility of this infinite resource. Through a surprisingly simple process of living life, meeting challenges, exploring everyday human struggles from

within the Akasha and applying guidance gleaned, over time, I have adapted a new approach that reliably brings about significant change. Like yours, my life's challenges have run the gamut - from health concerns to raising a child to caring for aging parents - all the while nurturing an intimate relationship with my spouse and assisting students and clients with all of the above. Working in the Akasha provides reliably consistent results, seemingly tailor-made to each situation, always providing me with inner peace and perfect outcomes.

### What are the Akashic Records? What perspectives define the Akashic Approach?

How can this infinite resource support your healing? The Akashic Record is a vibrational archive of the journey of every soul, without exception. Akasha is a Sanskrit word meaning primary substance or essential life force, that which is unaffected by human intention, thought or feeling. Basically, this is the raw material of Life. Every set of Records has two parts - the blueprint of each soul's potential and destiny, as well as, the corresponding catalogue of human incarnations, through which an individual soul grows into awareness of their blueprint and lives a human life expressing their magnificent truth. In other words, as I like to say, our Akashic Records tell the story of our becoming awake, aware and aligned with our soul and then acting to honor the truth of our fundamental goodness. From an Akashic point of view, this awakening takes place through space and time and is our ultimate destiny.

I use the Pathway Prayer Process to Access the Heart of the Akashic Records, which I fully describe in my first book, [How to Read the Akashic Records](#). This Prayer is perfect for moving consciousness to a highly receptive state and then calling forward one set of Records at a time for review. This system is a marvelous crucible for examining issues, patterns, limitations, beliefs and actions from the perspective of the soul, looking at the identity of an individual, as well as, their purposes and intentions for this life within the context of all lifetimes. Ideal for personal empowerment and consciousness development, the Records are known for endless compassion, acceptance of

human imperfection and an ability to bring the light of the soul into focus no matter what the difficulty. Quite different from fortune-telling, the Akasha contains all past, present and future possibilities, in an atmosphere suited for cultivation of growth. This is why I say healing "through" the Records rather than healing "by" the Records. Here, in the Akasha, we can register the Truth and allow healing to unfold through that revelation.

The Akashic Approach invites us to explore the governing absolutes, their influence on the atmosphere and how this relates to healing. Three imperatives safeguard the sanctuary of the Akashic Records -- "**Judge Not**," "**Fear Not**" and "**Resist Not**." The cooperative relationship of these principles ensures an atmosphere of kindness, respect, acceptance, appreciation and compassion. Making the effort to be less judgmental reduces our fears, and when fear is diminished, resistance becomes unnecessary. We are called to consider the possibility that everything in our experience is a component of a structure supporting us in recognizing the perfection of our own (and everyone else's) soul, even when human behavior suggests otherwise.

Energy corresponds to human emotion and thought. Negative judgment and criticism act as crazy glue, attaching us to that which we do not want. Whereas, acceptance and allowance cause release of that which we do not desire. It follows then, that when dealing with undesirable conditions, it is energetically advantageous to accept what happens, freeing the condition for transformation. Do not confuse this approach with approval - I am not suggesting you prefer unpleasant or harsh circumstances. Rather, simply accept and see that, "*Yes, this really is the way it is right now, and that's okay.*" Your acceptance is precisely what releases resistance and activates liberation.

As a healing resource, the Records are nonintrusive and noninvasive. From the altitude of the Akasha, the inherent integrity of the soul becomes obvious, as is the reality that everything exists as part of the grand conspiracy to awaken all souls to their immutable goodness and connection to the Source. From this vantage point, our relationship to human





imperfection and wounds begins to transform. Consciously connecting with the core integrity of a person disarms both need and impulse to send or receive energy. We already always have sufficient Light. Recognizing this Truth, one soul to another, facilitates a quickening. A recognized soul is an awakening soul. Just as science teaches that a particle observed is a particle changed, this idea applies here as well. As practitioners of the Records, we become “allowers” of our healing, so to speak, respectful of the greater wisdom of the Light.

### Wounds: from ordinary to sacred opportunity

One of my most precious insights has been the matter of Sacred Wounds. For many years, I struggled

This clarity rattled me at my core, as you can imagine. Shockingly, my old ideas were sufficiently shattered. What remained was a liberating perspective, enabling me to clearly see the spiritual value of our human challenges. We can be freed from self condemning points of view that have kept us trapped and victimized in cells of our own making! We can heal ourselves!

Considering every wound as a sacred opportunity radically shifts our connection with our injuries. Making peace with the reality of what exists liberates the Light to expand and do what is needed to be done. The concurrent state of peace and acceptance facilitate the best of all possible outcomes. Our definition of “healing” no longer applies to a specific “cure” but rather, to a change in our relationship and understanding of our wound and its consequences.

*Deep in the soul of every human there resides a sense of the possibility of personal greatness.*

to make sense out of the injuries I sustained in life - emotional, mental and physical. Not only my own injuries, but also those of my students, each engaged in a valiant effort to heal and become free of limitations caused by their injuries. Initially, I was baffled that everyone I knew (and everyone they knew, too!) had all sustained injuries in the course of living, rendering them wounded or restricted in some capacity. Naively, I assumed that these wounds were deserved, perhaps part of some Karmic score-keeping or as a result of a faulty belief system. I convinced myself that these wounds (and their consequences) were evidence of human shortcomings, beliefs, behaviors and unworthiness, whether as a consequence of sin or a lack of enlightenment.

Taking this conundrum into my Records, I learned quite the contrary. In fact, I saw that every one of these wounds has the potential to become a portal for a direct encounter with Source! Furthermore, all wounds can be a key opportunity for a more conscious connection with ourselves and Source! Instead of evidence unworthiness, wounds are the gateway to deeper unconditional self love and awareness of an unshakeable oneness with Source.

The ultimate opportunity of every wound, then, is to discover a way to love ourselves unconditionally, even with injury and imperfection. Healing occurs.

From an Akashic point of view, we recognize that loving ourselves in any and all circumstances is central to our soul's human journey. This may take countless lifetimes, I know, and a constant donning judgment and fear along the way is required for transforming our opinions from condemnation to acceptance. Rest assured that this is precisely what unleashes the power of infinite Light to bring about whatever cure supports us at the time. In some instances, total physical transformation occurs, in others only partial change, and in yet others, the shift is in our relationship to our human condition. Gradually, we move toward mastery of unconditional love of self (and eventually, others) and awareness of our Source.

Firmly rooted in this Akashic perception, we can begin to see ourselves and others from this vantage point - considering that our wounds are facilitating the expansion of our awareness from condemning to inclusive. This posture weakens our resistance, empowers our embrace and propels us to our next



level of potentiality. Within this context, that every incident is ultimately supportive, our fears can dissolve and we are free to operate as healthy, happy, loving human beings.

Deep in the soul of every human there resides a sense of the possibility of personal greatness. This awareness amplifies the energy itself. Increased conscious connection with this energetic presence makes it easier still to surrender fear and judgment. Letting go of fear and judgment clears the path between the soul (that part of the self awareness of its divinity) and self-expression into life. This is the very essence of health and healing -- our ability to access and express our soul directly into life.

Details about the form of the healing and specifics of our preferred outcomes become secondary. Within the Akasha, we discover an innate ability to love ourselves in sickness and health, for rich or poor, in good times and in bad, for now and forever. This is the heart of all healing -- to be free of judgment, fear and resistance so as to accept the reality of our human condition's mortality, and the infinite, eternal nature of our soul.

Healing Through the Akashic Records: Using the Power of Your Sacred Wounds to Discover Your Soul's Perfection, is the guidebook I wrote to help you identify your Sacred Wounds. Recognizing your Sacred Wounds as the Path of Peace in your relationships with others - being able to move from resentment to forgiveness - practicing unconditional love of others - and - experiencing liberation from limiting patterns as you activate your Ascension Matrix (Gratitude, Grace and Generosity) -- will empower you to live in the world as it is and enable you to participate fully, completely aware that we are One. Yes, it is true -- each of us is loved by Life. Voila! And we are healed. 