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PART ONE



The Fundamentals



An Introduction to the Akashic Records

The Akashic Records are a healing realm made up of *Akasha*: the primary substance. This substance is Light, the essential life force as it exists before our thoughts and feelings step in to manipulate it. It is both a presence and a healing force. Nonintrusive by nature, the Akashic Records never impose themselves upon us. They never interfere with our choices, even under the most desperate of circumstances: they do not compromise human dignity. Instead, the energy of the Records *responds* to our desire for assistance, to the cry of our heart when we are in pain. When we are open to the energy of the Akasha—even just a little—it moves toward us to meet our needs. It approaches at a pace we can manage, one that supports us and is not frightening.

At its most basic, our task when working with the Records is to become aligned with ourselves. Once we are centered, we can then direct our attention to the Light and let it do the work.

A Superior Intelligence

One of the assumptions we make in this work is that the Light of the Akasha is an intelligence superior to our own. It is infinite knowledge and wisdom. It is the Light of the mind of God moving through the heart of the energy body of God. And because it is a greater intelligence, we do not have to tell it what to do: we trust that it operates on our behalf and for our own good. As I have observed repeatedly through years of teaching and my own experience, the more we experiment with the Light, the more positive results we see and the better we are able to trust the actions of the Light. The more we trust, the more Light we can allow, and the more we allow, the more frequently and quickly the Light moves on our behalf.

Spiritual Healing Through the Akashic Records

Spiritual healing can be defined generally as *healing from the point of view of the soul*. Let's take a look at the qualities and dynamics of the spiritual healing process that are specific to the Akashic Records.

An Atmosphere of Transformation

The principles governing the Records establish and maintain an encouraging atmosphere for transformation. There is a predictable, progressive pattern to the flow of Akashic energy that operates at every level, and there are energy dynamics at work in our relationship with the Akasha that facilitate change.

An infinite spiritual resource, the Akashic Records are a dimension of consciousness that contains the vibrational

record of every soul and its journey. There are two components to each individual's set of Records: the fixed and the evolving. The fixed aspect is the essential pattern of your soul, which can be understood as the DNA of *who you are at the level of your soul*. More importantly, this is the soul-level truth about you: who you truly are in your human journey through time and space. The second part of your set of Records is the *lifetimes you experience as you become aware of the essence of yourself*. Here you find the ever-evolving catalog of the human experiences you have had, are having, and will continue to have, as you move toward awakening.

We Are Allowers of Healing

When we work within the Akashic Records, we are “allowers” of healing. As we align with ourselves and our truth, the Light does the work. We do not send energy to our Records or receive energy from them; in the Records, we recognize that the Light within us is within everyone and everything, so there is no reason to send or receive. Our challenge is to allow the Light to move through us. We do this by “cleaning house,” making more inner space so that what is already present can be revealed. We take stock of our own makeup and let go of anything that interferes with our ability to experience our own goodness. As we engage in this process, we free up room within our interior for the ever-present Light to expand. The Light supports our housecleaning, corrects any imbalances we may have, and quickens our ability to be happy and joyful.

“Judge Not,” “Fear Not,” “Resist Not”

Some environments are more conducive to such a healing experience than others. The atmosphere within the Akashic Records is highly supportive of transformation, and this is because of the essential principles that govern the Records.

“Judge Not,” “Fear Not,” and “Resist Not” are the absolutes of the Akasha. In combination, these principles produce a culture of honor, kindness, and respect, providing us with an opportunity to know our own souls as whole, complete, and good. As we gain this knowledge, we transform. We shift from being judgmental, fearful, and resistant to becoming accepting, allowing, and embracing. When we examine our difficulties from within the Akashic domain and its governing principles, we see our problems as they truly are. As many of us have learned, once revealed, the truth sets us free.

The influence of the “Judge Not” principle establishes a neutral space where it is easier for us to be honest. In an environment free of judgment, there is no threat of criticism. Free of the potential for judgment and the pressure it creates, we can simply observe and report what we see. Events and situations are no longer perceived as indictments or evidence of our failures; they are simply events and situations. In such a space, it is safe to take a good look at what we have done, or have not done, and know that the Records offer no support for using anything against ourselves.

Adding “Fear Not” to the mix amplifies the benevolent climate of the Akasha. Here we meet the kindness, respect, and high regard that are ever-present for us. Bullying, shame,

harassment, and ridicule dissolve in such an atmosphere. “Judge Not” and “Fear Not” are twin principles: if there is no active negative judgment, there is no reason to be afraid. While this comes as a great relief, it can take some getting used to—we are initially unaccustomed to the absence of judgment and fear. Regular exposure to this climate enables us to adjust to the freedom inherent in it, and over time we find that we no longer have to hide or protect ourselves from what is going on within us and around us.

“Resist Not” is the force that enables us to allow, let go, and then move on. If we are blocking or pushing away some aspect of ourselves or our experience, paradoxically it gets wedged into us, and we find ourselves barricaded behind the very thing we do not want. On the other hand, in an atmosphere where there is no harsh judgment, and hence no fear, it is unnecessary to wall ourselves off from our experience. We can simply let go and let life flow. We can adjust ourselves to the natural movement of the life force within and around us and relax into it. In the presence of “Resist Not” energy, we lose our attachment to being stuck. We realize it is safe for us to evolve.

When we are aware of these energetic forces operating within the realm of the Akashic Records, we can sense their great potential to assist us in our transformation. Because the active principles of “Judge Not,” “Fear Not,” and “Resist Not” are always at work, spiritual healing through the Akashic Records allows us to enter into a very safe space in consciousness, and what is no longer appropriate for us dissolves.

The Formed Word

Understand that in the Akashic Records, energy moves on the formed word: spoken, written, or thought. This is true outside of the Records as well—words always carry great energetic power—but the energy is intensified within them. The movement of energy becomes even more potent within the Records because of both the clarified environment in which an individual forms words as well as the level of attention that she or he pays to their formation. As we speak the truth about any given situation, the energy of that situation shifts and loosens. Whatever we speak about transforms: its energy moves and becomes unstuck, and problems begin to resolve themselves. Simply by describing any given circumstance, even if we do not fully understand it, frozen energy patterns begin to thaw. The “tectonic plates” of the life force, once held rigidly in place, let go, and we come to discover our right relationship with our life, ourselves, and others. Then we can simply let life be, relieved of any torment surrounding past difficulties.

The Journey to Peace

One tantalizing possibility the Akashic Records offer is peace. After we work for some time in the Records, this quality of tranquility moves into the deepest part of who we are—and it stays. We become less likely to take things personally. The floor of our being becomes imbued with peace, and though turbulence may continue to occur, we move in the direction of a more peaceful, less agitated life.

This is not resignation or putting up with harmful conditions, such as “making peace” with a bad situation. I am speaking of a higher-level peace that transcends daily circumstances. We might not get the results we think we need; we might not find the person we believe we must meet to be fulfilled; we might not get the job we feel we require to be happy. We may not attain the level of health we desire or the financial situation we believe we need to attain to feel secure. When it comes to spiritual healing and this quality of peace, we are considering the possibility of being at peace whether things go our way or not. It is easy to feel a sense of peace when we get what we want, but the challenge is to feel at ease either way. When we engage in the Akashic Records and enjoy the atmosphere of kindness and respect we find there, peace becomes progressively easier to achieve.

Working with the Light Grid

Within the culture of the Akashic Records, we find a supportive environment in which we can better see what is happening and make ourselves available for transformation. Here we have access to, and make contact with, the Light Grid that holds and defines who we are.

Surrounding every person is a pattern of points of Light. Each of these points is connected to one another in a resonating relationship based on the emanating frequencies. The Light Grid is an unseen energy that holds us together. The energetic patterns contain who we are. Each of us is the physical manifestation of this unique configuration of points of Light: it is

as simple as that. Our Light Grid is immediately—but not directly—accessible in the Records. We influence it through our humanness both within and outside of the Records. Through engaging with our feelings, thoughts, and physical experiences, we transform our corresponding Light Grid.

Clusters of points of Light connect to parts of our human constitution: our bodies, emotions, and thoughts. The human vehicle is the domain through which we can directly encounter the Divine, and the Light Grid is a conduit for expanded awareness of the Divine. Addressing our worldly concerns—health, happiness, family, friends, all the various facets of life—is *the* way to interface effectively with the Grid.

As I mentioned before, when we interact with the Records, we put our experience into words. As we speak, write, or think these words, we affect the Light Grid. As we identify and describe the truth, we change the grid, altering it to accurately represent the current reality. Old, fossilized patterns begin to undo themselves. New constellations of the Grid assemble and find their rightful place within the whole of our energy system. What is happening is an adjustment to the pattern *at the level of the pattern itself*. The reassembled Grid supports us as we interact with this new, more appropriate pattern and have a chance to grow into it.

It's similar to altering a pattern for a garment. At one time in your life, the pattern may have fit perfectly; then, as life progresses, you may notice it tugs or chafes—even causing you discomfort. When you are in the Records, places where the pattern still fits and places where it no longer does are