

“I’ve been working with the Akashic Records for many years and I’ve found that *The Infinite Wisdom of the Akashic Records* is the most clear and comprehensive book I’ve ever seen on how to access the Records and then effectively utilize the knowledge you uncover. Lisa Barnett is a powerful writer as well as, in my humble opinion, a pure catalyst to the Masters of the Records. If you’re looking for a way to find your life path, clear old karma, or heal physical, emotional, and spiritual issues, the Records will give you all the answers you’re seeking and *The Infinite Wisdom of the Akashic Records* will gracefully open the door to the Records.”

—Debra Halperin Poneman, best-selling Chicken Soup author and founder and CEO of Yes to Success, Inc.

“Lisa Barnett has helped thousands access their Akashic Records and find the unique solutions that work for them. Now she’s taken her ability to teach others and created *The Infinite Wisdom of the Akashic Records*, making her knowledge about the Akashic Records available to readers everywhere. If you want to learn how to access the information that will help you make long-lasting changes to improve your life, this is the book to read.”

—Peggy McColl aka “The Best Seller Maker,” *New York Times* best-selling author of *Viral Explosions*

“Wouldn’t you love direct access to the library of YOUR soul, the Akashic Record? Lisa Barnett provides you with the key to that access in her new book. Her approach is loving AND practical. She reminds us that how we think, feel and act NOW is within our control, and that our fears and worries reside in the past. Give yourself the gift of pure empowerment by reading this book and applying its wisdom in your life. Your expansion awaits!”

—Cari Murphy, Soul Success Coach and award-winning radio host, international best-selling author of *Treasures of Heaven*

“Happiness and gratitude for *The Infinite Wisdom of the Akashic Records*. Lisa Barnett’s spiritual how-to book will be my go-to-guide for many years to come. A brilliant piece of work! The author was able to take the subject of connecting to our highest Guidance and turn it into a compelling read. I have recommended it to all of my colleagues.”

—Debbi Dachinger, success expert, media personality, #1 international best-selling author of *Wisdom To Success* and *DARE TO DREAM*

“Lisa’s approach in how she delivers her book *The Infinite Wisdom of the Akashic Records*, is one of the most clear and understandable I have seen on this subject. Allow Lisa to support you on your personal journey to greater expansion through the wealth of insights and teachings she shares in this gem of a book. This is a must-read for anyone who wants to learn how to benefit fully from their Akashic Records.”

—Emmanuel Dagher, #1 best-selling author of *Easy Breezy Miracle*

“Lisa Barnett’s *The Infinite Wisdom of The Akashic Records* is spot on. Lisa’s authentic approach to sharing the wisdom, insights, truths and energies of the Akashic Records makes this book easy to understand and digest for both the novice and the experienced professional Akashic Records Practitioner. This book is a must-read for everyone who wants to learn how to truly gain information

and heal from and enjoy their Akashic Records. Bravo, Lisa!!!”

—Lori Ann Spagna, best-selling author, speaker, luminary, visionary

“Lisa Barnett’s *The Infinite Wisdom of the Akashic Records* is a must have for anybody that has felt that they had more to contribute to life, more joy to feel, love to experience and to ultimately finding their purpose in life. Once you discover, through Lisa’s elegantly simplistic and masterful teaching, how to access your akashic records, you will find the key to the divine doorway which leads to all of the potentials that you have always felt were possible but did not know how to access. This book is a gift that you deserve to give to yourself!”

—John Burgos, founder and host of Beyond The Ordinary Show

“*The Infinite Wisdom of the Akashic Records* was my first introduction to understanding and opening Akashic Records and it’s fantastic! The step-by-step guidance is clear and detailed, and Lisa writes from her heart - you can feel her passion through the pages! If you’re looking for a way to deepen your spiritual practice and access your Akashic Record, this book is for you.”

—Dina Proctor, best-selling author of *Madly Chasing Peace*

“I really believe everyone could learn something from *The Infinite Wisdom of the Akashic Records*. Calling back my energy was the single most useful gift I have ever received. If I had read just this passage, the book would have been worth its weight in gold, and that’s just one page! Thank you, Lisa!”

—Judy O’Beirn, #1 best-selling author of *Unwavering Strength*

“Lisa Barnett holds the keys to the Akashic records with her master level Intuitive skills and her oracle wisdom she carries in her heart, both lending to the greatest practicality on this awe inspiring subject. *The Infinite Wisdom of the Akashic Records* will rapidly transport you to the highest realms of understanding this ancient field of knowledge and how you can best tap into it for real results in your life. Be ready, because this book will change your reality for good!”

—Christel Hughes, CHt, Founder and CEO Academy For the Soul aka “Spiritual Trainer to the Stars”

“In your book, not only do you share your powerful story with us, but you teach us how to learn about our own soul’s story through the Akashic Records. Thank you for shining your light and sharing your wisdom on every page!”

—Christine Kloser, best-selling author of *Pebbles in the Pond*, founder of the Transformational Author Experience

“Lisa Barnett’s approach to teaching the Akashic Records is grounded and nonjudgmental, making all feel at home learning about the Records and the wisdom and love they provide. *The Infinite Wisdom of the Akashic Records*, is a true gift to anyone looking to live the life their soul desires.”

—Tara Taylor, Intuitive Counselor, author of *Through Indigo’s Eyes* and *Becoming Indigo*

“*The Infinite Wisdom of the Akashic Records* is truly a gift to personal freedom. If you want to

know more about you but you are unclear how to access it, this is the book to open awareness and possibility. It's one of those books you can flip open and read a single passage and have a jaw-dropping moment. Thank you for this great gift!"

—Jeneth Blackert, Change Agent, #1 best-selling author, *Falling in Stilettos*

"I have always been fascinated with knowing about my soul's eternal journey. In *The Infinite Wisdom of the Akashic Records*, I found a book that really helps you see the bigger picture. It explains in a clear and engaging manner, how we can all access our own true history and uplift how we perceive our lives in a major way. Well done, Lisa Barnett!"

—Daniel Parmeggiani, spiritual teacher, international bestselling author of *The Magnificent Truth of Our Existence*

"Lisa Barnett is a gifted teacher and writer who combines 20 years of experience accessing and teaching the Akashic Records with a loving and encouraging author's voice that gently guides readers to greater awareness. *The Infinite Wisdom of the Akashic Records* can help anyone learn to access the Akashic Records for a more fulfilled and supported life."

—Jennifer Colford, international best-selling author of *Managing Mothering*

"Lisa Barnett is a wonderfully gifted Akashic teacher, with a true desire to help people discover lasting solutions to their unanswered life questions. She's taken this love of helping others and created *The Infinite Wisdom of the Akashic Records*, freely sharing her knowledge about the Akashic Records in a way that is understandable and accessible for everyone. If you're ready to make profound changes, to heal your physical, emotional and spiritual life issues, this is definitely the book for you."

—Beverley Golden, author of *Confessions of a Middle-Aged Hippie*

THE

Infinite Wisdom

of the

Akashic

Records

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of the
Akashic
Records

Lisa Barnett



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THE INFINITE WISDOM OF THE AKASHIC RECORDS

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I dedicate this book to my wondrous father, Don Colby. You have been my spiritual inspiration, lovingly sharing your expansive view of life. Thank you for your unconditional love and support on my extraordinary spiritual journey.

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Great gratitude goes out to the Akashic Lords and the Beings of Light who suggested years ago that I reveal Akashic Record knowledge to the world through a school and books. Your love, guidance, and wisdom have transformed my life.

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My dear husband, Jesse, who has supported me on my spiritual path from the first day we met. You make it possible for me to expand into the infinite wisdom of the Akashic Record so that I may teach, write, travel, and share this profound work. Your love assists me in everything I do.

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All my students and clients whose questions and desires to change their lives have helped me to bring through much of the information you will read in this book.

I thank my fellow Akashic Record teachers and consultants from the greatest expanse of my heart wouldn't have come to this point without all the support, editing, and ideas I have received from you. You keep me moving forward on my Akashic path.

To all my friends I haven't mentioned by name, I thank you and I love you. You are the Light that keeps my candle burning. You are the motivation and support that keeps me strong. Thank you.

Disclaimer

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Contents

Foreword by Dawn Marian, DD

Introduction

Chapter 1: The Library of Your Soul

Akashic Record Basics

Soul Contracts

Money Nightmares

Health Worries

Weight Concerns

Forgiveness

Chapter 2: Support for Your Life

A Personal Story

Getting Prepared

Guided, Guarded, and Protected

Your Heart's Desire

Guidelines for Accessing Your Record

Three Akashic Prayers Outside of the Records

Working Inside of the Records

The Akashic Knowing Wisdom Prayer System

Opening Your Akashic Record

Akashic Record Prayer 1—Sirius

Akashic Record Prayer 2—Arcturus

Akashic Record Prayer 3—Galactic Traveler

Prayer Lineages

Journaling: Pages of Self-Healing

Am I Really in My Akashic Record?

Learning to Trust

Chapter 3: Healing Through the Akashic Records

Clearing Issues with Akashic Support

Calling Back Your Energy

Karma and Forgiveness: The Forgiveness Prayer

Feeling Blocked: The Prayer for Physical Clearing

Creating Boundaries: The Prayer for Clearing Others' Energies

Clearing Disembodied Souls: The Prayer for Clearing Entities and Energy Patterns

Divine Alignment: The Prayer for Aligning with Your Soul

Practicing What You've Learned

Bringing Grace into the Physical: The Energy Release Grace Point

Clearing Emotions with Emotional Trigger Words

Releasing Physical Pain

Healing Fear

Chapter 4: The Expansive Akashic Field

30 Questions to Help You Go Deeper into Your Record

Clearing Childhood Fears

What Areas of Life Am I Avoiding?

The Highest and Best Path Exercise

Checking In

Gathering Wisdom from Past Lives Exercise

Is My Life Preordained?

Next Steps on Your Akashic Path

Index

Links for Free Downloads

About the Author

Foreword

by Dawn Marian, DD

Humanity is at an unprecedented time in its history. As the world population tips past 7 billion, we have challenges that have never been faced before on this planet. Now, perhaps more than ever, a guidebook is needed to find our way. The Akashic Record is just that—a map to consult as humankind unfolds its destiny. Once an esoteric sacred practice hidden from the masses and privy only to those in the highest spiritual orders, it has now become accessible to those who seek its wisdom. Its vast realms of information range from the sacred recordings of the history of the cosmos to the journey of each individual soul, and include universal principles for living a joyful and abundant life.

Lisa Barnett has taken this path of ancient wisdom and delivered a straightforward process to access the Akashic Record for modern times. Though simple, it is no less profound than when taught by the mystery schools of yore. The Akashic Record contains solutions to every problem humans face from a global scale to the everyday challenges of raising families, dealing with health problems, and living a purpose-driven life. It dissolves barriers to abundance, enhances creative expression, and heals emotional wounds. It is a must for anyone who desires to become a living expression of the Light and Love that he or she inherently is, and has always been.

This book is for all seekers of a deeper significance to life. It provides tools to create an authentic life experience based on the expansive intelligence of the soul and the unconditional Love that flows through the Universe. Lisa Barnett succinctly teaches how to easily open the doors of the Akashic Records to those who feel the heart's call to receive the wisdom and healing of the Akashic Field.

It is with whole-hearted admiration and great excitement that I recommend this book, so lovingly written by Lisa Barnett.

Dawn Marian, D
Akashic Records Teach
Reiki Master Teach
Founder of **The Radiant Heart School**
Transformatio

Introduction

Do you sometimes feel as though you're playing whack-a-mole with your problems? Do you solve one life issue, only to have another pop up somewhere else? Did you finally get a handle on your money issues, and then suddenly your relationship fell apart? Did you finally lose that unwanted weight with your new exercise program, only to be told you had a heart condition and you needed to stop exercising? Did you manifest your perfect job, and then your life partner found out his or her company was relocating to another state?

Wouldn't it be nice to have a clear, quick, and easy way to resolve the issues that life inevitably throws in your direction? A way that considers all of the influences involved in these situations, including your childhood programming, your ancestral genetics, *and* your past lives? Imagine what it would be like if you could finally have everything you need to know. This is the gift of working in the Akashic Records. And the best part is that you can be filled with unconditional love while you're working through any and all of your issues.

So, what *are* the Akashic Records?

The Akashic Records are records of every soul's journey, from the time it first individuates from Source until it finally returns home—a journey that can take millennia. No matter how new or ancient a soul you are, your Akashic Record holds all your thoughts, feelings, actions, and deeds from each lifetime. You can imagine the Akashic Records as a library, with each book representing a lifetime, or as a computer, with all your information stored on the hard drive. The Akashic Field is part of and connected to the All. It is the information arm of Source. You have your own Masters, Teachers, and Beings of Light that keep track of this information, just for you. You can access these Masters and Teachers, and they will answer your personal questions about this life and lives past that are affecting you today.

The answers to your questions are waiting to be revealed to you, including everything you've ever wanted to know about yourself, whether in your current life or in your past lives. Not only does your Akashic Record contain the answers to your current concerns, but the Record is also ready, willing, and able to assist you in releasing energy blocks that may be preventing you from living a life of fulfillment and abundance. The Akashic Records provide profound, divine wisdom, given with clarity and unconditional love, to help guide you through your day, directing you to and on your soul's path. The wisdom in the Records clears karma and releases negative energy patterns that no longer serve you—negative energy patterns that contribute to financial hardships, create relationship problems, cause unnecessary emotional suffering, and so much more.

The Akashic Records are easy to access, and can assist you in understanding your soul's path. The Beings of Light want to help you. They give this gift to humanity because they feel that by understanding the uniqueness of our soul's path, we will move through our karma to embrace the love that each and every soul is here on earth to experience. Opening the Akashic Records will allow you to begin to realize how soul contracts function, how they're utilized to prepare you for your soul's path, and how they influence your daily choices. It will show you how to work with those contracts for the benefit of increasing love, happiness, and success in your life.

Your Akashic Record can also aid you in identifying and understanding past-life vows, which will affect you in this lifetime until you renounce their necessity and release them. How often have you fe

like you've hit a brick wall in your ability to make money? Have you ever experienced the excitement of making a lot of money only to once again return to a state of "just getting by"? This may be because you have an unidentified past-life vow with poverty. For example, my clients often tell me they don't feel that they deserve to charge a fee and make money from the healing work they do. When we go into their personal Akashic Record we see past lives in which they were monks, nuns, or ascetics who took vows of poverty. When you work in the Akashic Records, you can ask your Beings of Light to help you grow and learn from those experiences and to release what no longer serves your life today.

Or maybe you feel as though you've been too controlling in some areas of your life. Perhaps you lived a life or numerous past lives when you vowed to never relinquish your power again. You could have been in government—a ruler who had his or her power taken away during a rebellion or revolt—so in this present life you feel afraid of losing control. The Records can help you release these old energies so they no longer manifest in destructive ways in different parts of your life.

The Akashic Records, although simple to access, are a powerful, profound tool that you can rely on each day in order to make your life easier. The Akashic Records can guide your choices, from the most ordinary, everyday things such as which foods to eat to ensure a healthy body, to how to maximize your efforts to achieve your goals. They can also tell you what could be an underlying cause of an illness and even how you may be able to heal it as you release the core beliefs underlying it. One of my favorite ways to use the Akashic Records is to simply open it and ask your Beings of Light, Teachers, and Lords to put you in God's arms, so that you may experience the pureness of your connection with divinity and its source of brilliant light and unconditional love.

This is only a sampling of what awaits you in your Akashic Record. Like intuition on steroids, the Akashic Records will inspire you, motivate you, and fill your life with grace in a way you've only dreamed is possible. The unconditional love that emanates from the Records is expressed with meaning, caring, and loving kindness.

The Infinite Wisdom of the Akashic Records is filled with powerful processes and prayers to help you access your own Akashic Record and lovingly heal yourself with the help of the Beings of Light, Masters, and Teachers who will guide you every step of the way. It is designed to guide you, step by step, through discovering the following:

1. Vibrational keys (sacred prayers) to simply, directly, and easily access your Akashic Record
2. Important guidelines that hold you in the light of protective love in the Akasha's sacred field of energy
3. The art of formulating questions in order to receive life-enhancing answers
4. How to release negative karma, which binds you to negative life patterns
5. How to access inner wisdom for clarity in order to navigate your life with more precision
6. How to practice accessing your Akashic Record to ensure continued success in receiving more information
7. Additional tools and prayers to assist you in further healing

You are honored, loved, and revered for your great courage in choosing to incarnate in this dimension. The Akashic Records' Beings of Light, Masters, and Teachers wish to serve you so that you may feel blessed in each step that you take toward living your true purpose.

The Infinite Wisdom of the Akashic Records has been written to facilitate great change in the world, one soul at a time, and you are first up. You are going to have the opportunity to clear fears and unnecessary karma so that you can move on to living the life your heart and soul desire. How do you

think you found this book? You have already been guided. Your inner being knows of your deep desire to heal and move into the direction of your life purpose. This is a giant step in your path to healing, and I feel blessed that you are allowing me to share this sacred work with you. Thank you for letting me be your teacher by reading *The Infinite Wisdom of the Akashic Records*.

If you are ready to experience unconditional love and feel the radiant light the Akashic Records hold for humanity, it's time to create the life your soul planned before you came here; to live the life you deserve.

I send you blessings on your journey.

The Library of Your Soul

Akashic Records Basics

The greatest storehouse of infinite knowledge you will ever explore awaits you here! Chapter by chapter you will gain greater understanding of the Akashic Records and the wisdom they can offer you today. You will learn how to open your own Akashic Record, and how to listen for the answers that can untangle your issues, creating forward movement, unencumbered, with ease and with unconditional love.

For now, though, let's start by saying the Akashic Records are the informational arm of Divine Source energy. Those who study the Records often refer to them as a library. They are the Divine library, where, throughout time, soul records of everyone and everything that has a soul have been stored. Every person has his or her own Akashic Record, containing each individual soul's journey throughout time.

Imagine that you have a personal library filled with books and each book represents a lifetime. You may have 600 or 800 lifetimes just here on planet Earth, as well as other planes of existence, other dimensions, other planets, and the angelic and elemental realms, just to name a few. Everything that our souls have thought, felt, or acted upon throughout time is in the Akashic Records. We are infinite beings with vast Akashic Records.

Not only do we, as individuals, have Akashic Records, but our businesses have them as well. As you learn to access your own Record more and more deeply, you can also access the Akashic Record of your business to find many ways to help grow it, including how to best serve your employees and clients. You can also ask the Akashic Records to assist you in finding ways in which your business can be of assistance to humanity. Your family of origin has a group Record that is helpful in working through group dynamics, learning about group contracts, and finding your soul family members in your human family now. For pet owners, you will be happy to know that your pets have an Akashic Record too. You may find it interesting to ask in your own Akashic Record about the past lives you and your pet have shared, and how you can be supportive to them in this life.

All of this information is accessible, but the first step is to learn to enter your own Akashic Record. Do you remember how you first learned to read when you were in first or second grade? And then how you continued to strengthen your reading skills and gained new knowledge by exploring different subjects? That is how it will work for you with the Akashic Records. Once you start learning how to access your own Akashic Record, you'll then continue to grow and explore the Akashic Field each and every time you open your Record. The amount of information in the Akashic Field is infinite in the truest sense of the word, so there is always so much more to experience.

The Akashic Records allow us to see the world from a much different perspective than most humans do—one that is broader and deeper in scope than many humans allow themselves to delve. The image that the Beings of Light have shared shows most of us walking through our daily lives down on street level, just dealing with our issues, traumas, and problems. It is so easy for us, as humans, to get caught up in our daily dramas and the dense energies of this earthly plane. But when we begin to access our own Akashic Record, we are lifted energetically into a very different place on

much higher vibrational plane. It's like being in an airplane looking down on the Earth, where all of the troubles, issues, and traumas appear so much smaller. At that perspective, it is easier for you to see where they all connect, and why you had chosen certain issues to work through in this lifetime. This higher viewpoint offers you a different way of looking at life: instead of seeing it as filled with problems, you are suddenly aware of the opportunities for growth and limitless possibilities your choices have offered you. For example, a person with whom you are in conflict over a business deal might be a piece of the karmic circle you've come here to complete. In your Akashic Record, you start to learn about the connections dating back through time and space from another lifetime. You then realize that the two of you had a similar issue in a past life, and that you have both chosen to finish that karma by working through a business deal this time around with integrity instead of an attitude of "take the money and run," which you may have done in one or more past lives. In this present life, you can choose to be helpful and supportive to that person in order to create a strong business relationship by being the forgiveness you may need to offer and she may need to have you mirror back to her.

By accessing the Akashic Records, we start to see our lives (which often include trauma and emotional pain) in a different way, from a more complete perspective. Before accessing the Records, it was as though we were stuck in a maze, just wandering around hoping to find the exit. The appearance of being in a maze is part of the game our soul chooses to play with us. The only problem is, we don't know it's a game, and we are not aware of the point of playing the game. As we access the Akashic Records, we learn that we are here to remember who we truly are: infinite and divine souls playing a human game—at least for now. Imagine that you are a magnificent, divine spirit who has lived throughout eternity, and that you know all there is to know. You are part of the Divine Source and you are one with God. You are pure Light and you land on Earth to play the human game of life, trapped in the illusion of limitation because you find yourself in a confined space—a little body. Part of the game is that you are going to forget everything you knew before being human, and you are going to play in this earth plane to experience life and see how fast you can remember the truth of who you were as the magnificent, divine being you started out as. Whew! That was a mouthful. Just imagine what your soul felt like going through it. That is the game we all play here on Earth. We are humans seeking to remember our divinity.

You are in the middle of the maze, and you want to see how fast you can move from the center out into infinity, unity, and divinity. *How fast can I remember who I really am?* Answering that question is why your soul prompts you to seek, question, and yearn to know thyself. You have your own Lords, Masters, Teachers, and Beings of Light that keep your Akashic Record, and they are waiting for you to speak to them so they can help you. They will take your hand and walk you out of the maze and the game of life. All you have to do is ask.

As we connect with the Akashic Records—as we see things from a new perspective and feel it energetically—we move into a higher vibration, which is a healing vibration energy. This Divine Source energy is actually the information arm of God, where the energy of the Akashic Records is stored. When we study our Record, which is one of the highest vibrations, we move into this vibrational field with ease so we can experience profound healing. When we plug into the vibration of the Divine arm, the Akashic Field of energy doesn't only heal us; we also heal the earth plane. As more people study and access the Akashic Records and bring forth that Divine vibration, it will magnify and intensify as higher energy here on Earth as a whole. In other words, as you heal yourself, you will also heal the collective energy of humanity because your healing energy expands out into the ethers. That is how the powerful Akashic Records work as a healing tool.

When I teach or give a presentation on the Akashic Records, I like to begin with the following prayer to help bring the highest vibrational energy to the group. You may want to read it with the same

intent to help you gain full understanding from this book:

Close your eyes slightly and allow your body to relax into your chair. Just relax into the Akashic Field of energy and allow yourself to feel the sensations going on in your body. It may feel sparkly, tingly, or warm. I often see it as a silvery blue column of light. Whatever it is that you notice is just perfect.

Now, take a deep breath and allow yourself to drop deeper into your heart by focusing on your heart center. Ask your heart to relax and expand a bit more, similar to a balloon expanding and filling your chest. Feel the warmth. Say:

“We ask our souls, our spirits, to come fully present in our physical bodies. We ask the Divine Lords of unconditional love to help us center fully in this moment as we create this sacred space. Please wrap us in your love and protection and allow us to travel to the highest realm of the Akasha available to us today. Please help us as we lay our multidimensional hearts open to Divine love and release all resistance. Lords of the Akashic Records, please guide us to the deepest truth that we can access now. Support us in healing and releasing that which no longer serves us on our true path. We give great thanks for your Divine love and support on this journey today. And so it is.”

As you feel your heart open and see this energy surround you, you may also notice a new lightness or tingly feeling in your body.

Soul Contracts

The Akashic Beings of Light often show me funny images whenever I ask them questions. They are pure Divine love, and often express themselves as joy, fun, and laughter. When I asked them to explain the soul contracts that we write before we are born, they showed me a huge gymnasium—the kind you may have played basketball in when you were in high school. In this gymnasium, many souls came together before their journey back to Earth for another human life. They interacted with each other, much like a networking event. During these interactions, they made arrangements and/or contracts with each other to set up situations in order to complete the karma that their souls intended during any number of lifetimes on earth.

For example, one soul might want to learn forgiveness. Another soul would step up and say, “Hey, I’ll agree to be your grouchy, unbearable father, so you’ll have lots of chances to learn how to forgive me.” And the other soul would say, “Sure, that works. I was pretty awful to you in our last lifetime together, so this will also help complete that karmic circle.” Of course, once you land here on Earth, you don’t remember any of that, or that these contracts were made in the energy of love and generosity. You may just be wondering, *Why did I end up with such awful parents?*

Even though we may have experienced a lot of trauma in our lives, it has been my experience with those who have worked with the Akashic Records that when they receive a broader understanding of any trauma, the experience can turn out to be quite positive. I often hear reactions such as this: “Wow, okay, so I understand that abusive father was helpful for me to recognize the light that I am, and then to forgive him as a soul, knowing the truth of who he really is. I can feel this information healing a rift in my heart. Thank you, Beings of Light.” Another common reaction is, “That feels good to shift the perspective and stop feeling like a victim.” My goal with writing *The Infinite Wisdom of the Akashic Records* is to help you achieve that type of realization and the healing that comes with it—seeing the big picture so that you know the truth of who you really are, and to *be* the forgiveness, and the unconditional love that is pure Divine truth. And so that you know throughout your being that this is

really what you have come to this Earth to do.

What we find in the Akashic Field is that when we ask a question, such as, “What is this abuse in my life all about?” we will receive two, three, or more layers of information because the Records are so vast with stored information. Let’s take an example. The Beings of Light may show you a few lifetimes when you had some unfinished karma with this man that you call your father in this lifetime and you are shown other past lives in which you acted in the same way as your abusive father. Do you see where you had the opportunity for your turn at being out of balance and abusive to others? They may also show you a lifetime when you were a powerful priestess in a goddess temple at a time when it fell to a warring clan, and you were murdered, so you vowed to never own your power again. Your Record may show that your emotional trauma was triggered yesterday, but it has its roots in an event that occurred 5,000 years ago. You can use the Records to receive multidimensional, multi-layered answers to work on each piece of the puzzle, and to work on clearing and releasing the karma, vows, and contracts you have with any person, place, or thing. As you go through this book, I will show you how to do this type of work for yourself in your own Akashic Record.

Learning to work in the Akashic Records is a process because it is so expansive in knowledge. Even if the Akashic Beings of Light, Masters, and Teachers give you two layers of one big issue today, you may find that you need to revisit that issue and continue to work with your emotions in a week or a month. We often find that a big issue tends to have multiple layers of emotional pain, with karma attached from at least one lifetime that you came here to complete. These completions can include vows from another lifetime. All of these elements can contribute to the drama and trauma from just one big issue. Sometimes you will have to process and integrate the information you were given before you can go on to the next step or unravel the next layer. When I’m working with clients, we often revisit the same issue by continuing to work through the different layers of that issue. Additional layers can surface with time, but we are not always able to see and clear them all right away. It isn’t terribly useful to receive a clairvoyant picture of a traumatic lifetime without an understanding of how to release it through clearing. I always ask the Akashic Beings of Light, “What can I do to clear that?” I’m a channel of healing energy by the nature of my soul lineage, and if you are as well, you’ll probably want to look for what you can uplift and clear. This is part of what I’ll teach you to do with your Akashic Records throughout this book. It is important to ask, “What can I finish? What is it that can bring to completion now? What karma or vow is ready to be released?” I found that because my intention is always to heal, complete karma, or release stuck energy, the Beings of Light offer tools to accomplish what is necessary in the healing process. By learning to access your Akashic Record, you will also learn about these tools and how to use them.

An example of a soul contract that is affecting many light workers right now is their contract to help rebalance the masculine/feminine energies on Earth. Each person’s soul contract appears differently depending on his or her individual life purpose. I find the Beings of Light of the Akashic Field are telling us repeatedly that it is time to bring much of this karma to completion so that we can be on task for the specific purpose we chose to incarnate. They also say that unless we can really understand and own an issue or emotion before we clear it, we will continue to re-create and repeat some of those patterns. There are times when we can clear an old energy, but it isn’t beneficial because we don’t understand it. We haven’t moved to the next level to embody the realizations. One of our souls’ reasons for coming to Earth is to grow and learn from our experiences. We come to experience the beauty and wonder of the Earth and to remember the truth of who we are. We are ancient, wise, and eternal beings, and we desire to bring that truth to humanity through ourselves. It’s as though we are climbing a long and winding staircase to enlightenment, which is the remembering of the truth of our infinite selves. If we skip a lot of stairs on our journey, we may tumble back down

again to where we were, or even a bit below. The Beings of Light say that when we “magically” heal without the learning, we don’t acquire the growth and wisdom and we’re stuck on a step mid-staircase.

When working in the Akashic Records, we work with a deep sense of integrity toward the information we receive. While doing our work with the Beings of Light, Masters, and Teachers it becomes important for us to understand our motivation behind the questions we are asking, in order to fully integrate the answers we receive. We are learning on many levels, and the answers are not as simple as *yes* and *no*. Working in the Akashic Records quickens our understanding of ourselves and the patterns of behavior we use in our everyday life. The teachings received from the Records facilitate personal and spiritual growth, so that we can move into a place of unconditional love and forgiveness for ourselves and for humanity.

The formation of this book, *The Infinite Wisdom of the Akashic Records*, is a perfect example of how working in the Akashic Records with a desire to serve creates the purpose, focus, and essence of healing yourself and others. You never know where your work in the Records will lead you. My Akashic Record school, the Akashic Knowing School of Wisdom, is another manifestation I realized with the help of the Beings of Light.

I know personally that when we can learn to forgive ourselves of real, forgotten, or imagined transgressions, moving on in our lives into a bigger picture of our work in the world is much easier because we are filled with and live in a space of unconditional love. As we do that, we are offering support to humanity and helping the Earth to awaken into a state of unity and enlightenment. Isn’t it astonishing to know that you can help to raise humanity’s and the Earth’s vibration into a more loving presence, just by learning about yourself through opening your own Akashic Record, while sitting in your living room? How miraculous is that? The Beings of Light tell us that working diligently in the Akashic Field offers its own path to enlightenment. By living in the very high vibration—by learning, growing, and expanding multidimensionally in this amazing energy—you are awakening by creating a deeply connected place in which to view and live in the world. As you do this, you are being awakened to the essence of your being and purpose on this earth plane, so that you can fully participate in creating a new world of love and peace—a heaven on earth.

Money Nightmares

As I’ve worked with thousands of clients throughout the years, I’ve heard about many kinds of money nightmares. I’ve helped people who work so hard at creating their business only to end in a legal battle with a partner and eventual bankruptcy. I’ve helped others who fear leaving the corporate world to follow their hearts on their soul path. This often causes trauma in their everyday life, sometimes leading to divorce and physical illness. Sometimes we do follow our hearts, but end up struggling with everything breaking down until we lose every bit of money we make to repairs on our cars, houses, and bodies.

Money has many layers from a spiritual perspective, because we are complex human beings and we complicate money’s meaning and significance in our lives. One of the greatest gifts we receive when we learn to open our own Akashic Record is the realization of how expansive we are as souls, how many lifetimes we have lived, and all of the challenges we’ve overcome and grown from throughout all of those lifetimes, all the way through to who you are today, right now, reading this book. We begin to realize in a very palpable way that we are infinite beings living for a short time in our physical bodies, which is so small compared to our expansive soul. When we work on our money issues with the help of the Akashic Records, we aren’t simply working through one of our money stories—we could have five, 10, 50, or thousands of stories involving a monetary theme. Monetary

themes come from our families, our teachers, and our cultural, social, or religious beliefs. Just imagine all of the unspoken beliefs about money we've picked up along the way as we were growing up. Add to this lifetime, ancestral monetary beliefs from your numerous lifetimes when you were financially challenged. We all have different and fascinating stories about money, all written in our Akashic Records. Wouldn't it be valuable to learn about the lifetimes in which you were rich, generous, and powerful, so that you can tap into that wisdom?

These multiple pieces of the puzzle called our "life" come into our energy field from past and present lifetimes, and create complex layers with energetic blocks. The way the Akashic Beings of Light have explained our ancestral energy is that, whatever our ancestors experienced, felt, and did is passed on through our DNA, affecting us in this lifetime. Of course, we are not experiencing all of the ancestral challenges, only the ones that help us accomplish our soul's contract in our present life. We absorb many of our parents' and grandparents' money energies (good or bad), as well as those of other people, such as teachers, who had an influence on our learning and patterned our ways of thinking. Often, what they said through words or body language, or how they felt about money and its purpose—for example, "rich people are selfish," or, "money is the root of all evil"—may still influence us today. We all connect energetically into the collective unconscious, and we often unknowingly believe that those thoughts and attitudes are our true beliefs and values, when in fact they are not.

As you work in your Akashic Record as taught here, you will be able to ask the Beings of Light to assist with specific tools that will be useful as you move through your questions. I will be guiding you through the process step by step, just as I do with the students of my Akashic Knowing School of Wisdom. You will learn how to formulate questions so that you can receive the most information with the greatest clarity and understanding. One of my favorite questions that helps my students find the necessary tools for their healing work quickly is, "How do I clear my family's attitudes and ancestral energy from my energy field and life?"

When we open our personal Akashic Record and start to look at our past lives, we may learn that in certain lifetimes we had taken strict vows of poverty. For example, you could have been an ascetic in India, a nun in Spain, or a monk in Tibet. If you are having financial fears or difficulty with attracting money, you may be unknowingly hanging on to a variety of vows of poverty. You will want to work on those right away, once you have gotten the hang of opening your own Akashic Record. The Beings of Light can take you back into the energy of that past life so they can clear and release any of those old vows, allowing you to reclaim the positive spiritual energy and wisdom that was trapped from that lifetime. It's possible to move in and out of multidimensional time and space in the Akashic Field. There, we can heal a past life to create an energy shift in our present time. When we heal that past life there will literally be an energetic shift right now—in our life, in this moment. Often times, you will feel it immediately. Sometimes it takes us a bit of time to allow the energy to be integrated in our consciousness. Either way, the energy will shift. All you have to do is let it happen and notice the transformations.

Another common scenario that comes up when working with money nightmares in the Akashic Records is a past life in which you were wealthy but were not a kind or generous person. A past-life image will show up of a king sitting in a room of gold, all alone, because everyone hates him and he has lost all of his friends and family. He has taxed his subjects into extreme poverty and can't even pay for someone to care for him. The king dies alone, with nothing or nobody other than his money and his guilt to keep him company. On his deathbed, suffering alone, he vows never to be wealthy again. He decides money has made him a bad person and blames his painful death and loneliness not on himself, but on money! If you want to release the old money energy so that you can start receiving your abundance, it's important to heal and clear traumas from past-life vows. Deathbed vows, in

particular, will often stick with us for many, many, many lives.

Health Worries

As with most issues, health challenges are usually multilayered. The pain you are feeling may not even be your own, because other people's energy also affects you, positively or negatively. We unconsciously take on and carry around other people's energy; that is why it is important to create healthy boundaries. The tools I'll teach you are designed to help you learn how to clear the layers of negative energy that you may be experiencing, including moving other people's energy out of your space.

I know from personal experience that health issues can arise when we are not listening to or following our soul's path. When I was 20 years old, I decided I wasn't going to follow the soul's path that I had been aware of since I was 3 years old. I chose instead to take the good-time-party road in San Francisco in the 1970s and '80s. I walked away from what was a very clear soul path, filled with spiritual awareness and understanding, because I was in deep emotional pain. Instead of working through the pain, understanding it, and growing from it, I ran away to what appeared to be an easy escape—good times in San Francisco. It took about 15 years of ignoring my body's physical symptoms for me to realize that I had created severe chronic fatigue, and that I had to immediately change my lifestyle. I made a conscious decision to end the wild partying and move back onto my soul's path to heal myself.

Of course, there are many reasons to have physical pain; most are in this physical realm but many have layers in other times and dimensions. Sometimes, energy bleeds through from a past-life wound to our current life, and it can manifest physically. For instance, a person will literally feel a pain in his or her back or shoulder in the area where he or she had been stabbed in a past life. The energy of the pain can be cleared from the past life through the Akashic Records, giving the person immediate pain relief. I will show you techniques to help you work with these different layers of energy. What I find so fascinating about working in the Records is that these layers of energy are often connected to the reason why we came here at this time. So, whether it is money energy you wrestle with or health issues, the past-life energy that you contracted to release in this life will continue to cause you problems until you can somehow come to a place of remembrance, releasing, and then recycling the old energy.

Weight Concerns

Many people's lifetimes have been filled with struggle, poverty, and starvation. A past-life vow never to starve again can play a significant role in a weight struggle in this life. If you gain weight no matter what you eat or don't eat, a past-life vow could be lurking behind the weight. I definitely don't advocate ignoring scientific reasons behind health issues and weight gain or loss, but I have often found added layers in the Akashic realm that it helps to clear.

You could find that your weight is connected to three or more layers such as these:

- **Layer One:** A past-life vow to never starve again.
- **Layer Two:** An energy program that originated from childhood. The little girl who is still trying to fulfill her mother's ideal image of the perfect daughter. This internal push and pull has led to overeating and a struggle with bulimia as an adult, but the energy is stuck in the inner child realm.

- **Layer Three:** Self-esteem and the challenge to feel good about yourself no matter the outward appearance. This may originate in a past life and be connected to this current life's theme related to food and self-esteem, making this even more multi-layered.

The Akashic Records are such a vast body of information and wisdom. The more time you spend in learning how to ask the right questions, the easier it will be to access the information you seek, with greater understanding and clarity. I also suggest that you make a habit of accessing your Akashic Record daily. Practice. Practice. Practice. The more you practice, the easier it will be for you to work through the various layers of energy ready to be released.

Forgiveness

One of the greatest challenges we, as humans, face in our lives is the ability to forgive. There are so many reasons in our human existence for us to hold on to anger, resentment, and passive-aggressive behaviors. It is in our greatest challenges where we find ourselves at major crossroads. If we are conscious in our choices, we will ask ourselves, *Do I take the road of forgiveness and release myself from the bondage of anger, or do I stay in the cycle of anger and remain destined to repeat this challenge once again?* I asked the Beings of Light for a special prayer to help my students access forgiveness easily and effortlessly, and so I was given the Forgiveness Prayer, which is a valuable tool to clear the layers that might be affecting your relationships with people, money, health, and weight. This invocation was given through the Akashic Records to help clear any karma from lessons you have already learned or need to complete. The Beings of Light gave us this prayer to help ease the pain that humans tend to endure rather than release in their lives. It's time for you to release any old energy you have been holding on to from any issues you may be stuck in. A helpful hint for you to find out if you are stuck in a lack-of-forgiveness pattern is to notice when you are repeating familiar and comfortable ways of dealing with stressful situations. You will want to pay close attention to how you feel and what you are thinking when these patterns come up for you. Then use the Forgiveness Prayer to assist you in releasing those old patterns.

Keep this prayer with you at all times. You can share it with anyone you feel may need it. As you read this prayer, please be sure to center yourself fully in your heart energy.

THE FORGIVENESS PRAYER

Divine, Spirit, Source, please move me into a state of forgiveness toward anyone or anything that has hurt me, consciously or unconsciously, from the beginning of time to this present moment. I now forgive them and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness toward myself for any hurt that I have caused others, consciously or unconsciously, from the beginning of time to this present moment. I now forgive myself and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness toward myself for any hurt that I have caused myself, consciously or unconsciously, from the beginning of time to this present moment. I now forgive myself and release the energy of the past.

I invoke the grace and power of forgiveness to transform my body, mind, and heart as I return to a state of Divine innocence. And so it is.

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