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Akashic records online course.

Did you feel, smell, taste, or hear anything? Making a list of questions or topics of interest that may help you to get the information you seek. Or, you might experience a sweet taste, which could indicate that you were a baker. I feel that this is based on something more than I am aware of in my present life. Try placing your hands on your stomach to help you focus on your breath. Either way you may gain valuable information by taking a moment to introduce yourself and ask for help.[7] Try saying something like, "Hello, my name is Jonah Johnson and I am looking for information about any phobias I had in my past lives." Advertisement 1 Open your eyes and reorient yourself to your surroundings. You may also stand up or stay seated for a while if you prefer. Tip: Keep in mind that for some people, accessing the Akashic records takes multiple tries. This approach might make it easier to gain clarity on an issue, similar to how you might focus on one aspect of your life at a time during a tarot card or palm reading. After you finish accessing your records or whenever you're ready to end the meditation, slowly open your eyes. If this happens, introduce yourself and state your question again. P. Before you attempt to access them, figure out what specific thing you want to find out, which will help make your search easier. Before you attempt to access the Akashic records, it's helpful to think about why you want to do it. Is there anything in my past that could help me to understand if this is the best choice for me? Or you might say, "Lately I've been struggling to trust my significant other. To access the records, you'll first need to enter a receptive state. You can do this by stating your intention or a question you wish to answer out loud. Take out a pen and paper and write down anything that you remember about the experience. 2 Write down any specific questions about your past life. Notice the details of the room you are in, as well as the sounds, the smells, and the feel of your environment. Try saying something like, "I'm considering moving to a different city, but I change my mind a lot. Inhale through your nose to the count of 4, then hold for 4 seconds, and exhale through your mouth to the count of 4. Now that you have put your question and request for access to the Akashic records out into the universe, the only thing left to do is wait. 3 Repeat the process regularly to continue learning more. Tip: Take your time determining what you're looking for in the Akashic records. wikiHow's Content Management Team carefully monitors the work from our editorial staff to ensure that each article is backed by trusted research and meets our high quality standards. This article has been viewed 187,232 times. Try repeating your question or search query like a mantra to stay focused. Wait a moment and try again. If you notice your thoughts straying to day-to-day concerns, redirect yourself to your mantra and continue meditating. The being may be a guardian or keeper of the records who can help you find the information you seek, or it may be another soul who you have known in a past life. This may come in the form of images, sounds, smells, or tastes. 2 Reflect on the experience after you finish your meditation. However, earlier theosophists, such as H. Something went wrong. Focus on the question or search query that you have developed. For example, you might start by asking, "Is my relationship going to result in marriage or are we just too different for things to work out?" Then, you might ask, "Will I get the promotion I have been working so hard to get, or will I have to wait?" Advertisement 1 State your intention or question aloud and ask for guidance. Warning: Be aware that you may receive information about what you were like in a past life that could be disturbing. The idea of the Akashic records was first introduced by the theosophist Alfred Percy Sinnett in 1883. Try free-writing, talking with friends, and reading to help you identify your intentions for accessing the Akashic records. If it doesn't work for you the first time, don't be discouraged! Keep trying until you get the information you seek. Once you have been meditating for 5 minutes or longer, you may be able to access the Akashic records. It's really up to you! You could ask questions like, "What was my role in my past life(s)?" or "How can I align my life better with my soul purpose?" You can also ask about what's preventing you from solving various problems in your life, and try to get insight into what you could do differently. Not knowing what you want to find out can result in a disorganized search and you might have a hard time accessing any sort of helpful information.[1] Possible intentions might include understanding why you have a short temper so you can learn to control it better, gaining clarity on your goals so you can make an important career decision, or getting in tune with your values so you can seek like-minded people for relationships. You may hear, see, taste, feel, or even smell something that might be meant to convey a message to you. Keep it at the forefront of your mind so that you will remain focused on it during your search.[3] Remember to state your question as specifically as possible, such as by saying, "What professions did I hold in my past lives that may help me to find what I should be in this life?" 2 Sit or lie down in a comfortable, quiet place. You just have to develop the ability to read them. Then, continue to breathe and meditate as you wait for a response. However, by continuing to access the Akashic records, you may see the meaning of these images becomes clearer and clearer. Sometimes when you're accessing the Akashic records, you might see or feel the presence of another being or soul nearby. If I am correct, please provide me with the information on when and how this problem originated." 4 Try asking one question at a time to focus more. When you feel ready to begin the process of accessing your Akashic records, say what you're looking for out loud. Express a problem you've been having and then state or ask for the information you would like. 6 Wait for information to come into your consciousness. Your mind may wander at times, and this is normal. 4 Meditate on your question while in your deeply relaxed state. What images did you see? You may attempt to access your Akashic records anywhere, but it helps if you are somewhere that you won't be interrupted. You may want to try this early in the morning, at night, or a time of day when no one else is at home. For example, if you've asked about your profession in a previous life, you might see a hammer in your mind's eye, which could indicate that you were a carpenter or blacksmith. Continue to breathe deeply in this way for 5 minutes or as long as it takes to get yourself into a state of deep relaxation. Ask a Question Advertisement Thanks! Advertisement Thanks! Advertisement This article was co-authored by wikiHow Staff. Try doing this in your bedroom with the door closed. Advertisement Add New Question Question Can anyone read the Akashic records? "I quit yoga earlier this year, because I couldn't handle, understand, or process the intense visions and emotions that overwhelmed me. Theosophists believe that anyone can read the Akashic records, since everyone has contributed to them in some way during their lifetimes. Focus on your relationships, career, health, and other personal interests one at a time. Our trained team of editors and researchers validate articles for accuracy and comprehensiveness. Now I think I was tapping into my Akashic record! Id like to try it again, using your techniques to navigate!"... more Share your story What do you want to know and how might this knowledge help you? 5 Ask to be granted access to the Akashic records. For instance, if you see a hammer, this could indicate you were a carpenter in a past life. After 5 or 10 minutes of meditating, ask to be granted access to the Akashic records. Breathe deeply throughout the meditation.[4] There are also guided meditations available that you can use to help you access the Akashic records. Blavatsky, had already introduced the idea of akasha (from Sanskrit, meaning ether or atmosphere) even before that. Slowly sit back up if you were lying down. Then, sit in a quiet, comfortable space and breathe deeply for 5 minutes or so, which will relax you and make you more receptive to the records. Once you have entered a state of deep relaxation, clear your mind of all thoughts except for your question. Co-authors: 18 Updated: March 26, 2021 Views: 187,232 Categories: Hinduism Article Summary Akashic records can help you learn about your past lives, which in turn can help you better understand yourself spiritually. Use pillows and blankets to make yourself comfortable. However, it's important to remain open to the information and avoid judging yourself for any past behavior to get the most out of your Akashic reading. Remain patient even if you get a negative response. To learn how to interpret your findings, read on! Print Send fan mail to authors Thanks to all authors for creating a page that has been read 187,232 times. Read over your notes to look for helpful details from your meditation and keep the notes so you can return to them later.[8] Tip: Be aware that some of the information you receive during your session may not make sense or seem meaningful. Request permission by asking out loud or silently, "I am seeking information about my past lives. 1 Identify your intentions for accessing the Akashic records. You may keep the same question every time, or come up with a new question if you are satisfied with what you got from your last session.[9] For example, if you feel confident that you have learned about all of your past professions, you might move on to ask about your past relationships next. 7 Introduce yourself and repeat your question to anyone you encounter. Try to make your questions as specific as possible to aid you in your search.[2] For example, you might ask, "What professions did I have in my past lives?" or "Where did I live in my past lives?" or "Have I ever experienced a tragedy in a past life that is affecting my current life?" Advertisement 3 Ask questions that can help you make a decision in your current life. Question Who discovered the Akashic records? Question What questions should I ask of the Akashic records? May I please access the Akashic records to find what I seek?" After you ask this question, continue to breathe deeply and clear your mind.[5] You may hear, feel, or see a response in your mind's eye. The more focused you can be in your question, the better your results may be. Continue to breathe and meditate and remain receptive to any information that floats into your consciousness as this may be coming from your Akashic record.[6] Bear in mind that the information can take on different forms. This will help to narrow your search and make any information that you find more relevant to your current experience. Clarify this for yourself before you begin. Schedule a time once or more often every week to repeat this meditation and access the Akashic records. Start by closing your eyes and taking a few deep breaths. Tip: If you're nervous, try starting off with a protective prayer, such as by saying, "God (or angels or universe), please protect me as I begin my search and surround me with a shield of white light." 3 Breathe deeply for 5 minutes or longer to relax yourself. wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. This may only mean that you need to continue meditating and ask again.

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