



IONSFROMMARS

AKASHIC RECORDS INSIGHT
GUIDE BOOK



When you access your akashic records, it's like having a conversation. The best results come from open questions.

You'll receive the information that is relevant for your journey, for your highest good and **only** when you're ready to receive it.

Be open to what comes to you...

Akashic records questions to consider

Experiences:

Why am I experiencing this situation/nor

What is that experience inviting me to learn about myself

How do I know when I'm on my highest timeline

What are some steps I could take to help me cope/thrive/deepen this experience

Soul contracts:

What is the nature of the contract I have with ____

Have we had other lifetimes/experiences together previously

Why is this contract with this person important to experience?

Why did we incarnate together in this lifetime

Has the lesson with this contract been learned/fulfilled:

-If so, can it be closed/healed

-If not, what are the steps I can be invited to take to learn more deeply/avoid if harmful

Career:

What are the activities that make me feel I am engaged in worthwhile work

How do I align myself closer to the work that I love

A person at work is challenging to work with, is there a soul contract or lesson in place – if so, what is it and what is the lesson

Knowing:

What are the activities that makes me feel content/happiest?

Is there a reason for why I am attracted to (a place/object) and why

What blocks / limiting beliefs do I express and engage with

With these blocks/limiting beliefs, is there a lesson or reason for them

a) How might they be removed

b) What lesson am I learning from them

Is there an important past life experience I can learn from in this life

What is the lesson I learned in that life

Can you provide some insights on my life purpose and direction

Health:

Where do I find the most healing (location, environment, situation)

(Current ailment) is concerning me, what could this health concern be linked to

Is there a particular food group that I should eat more of/avoid/eat less of

Is there a nurturing practice that I could do to enhance my health and wellbeing

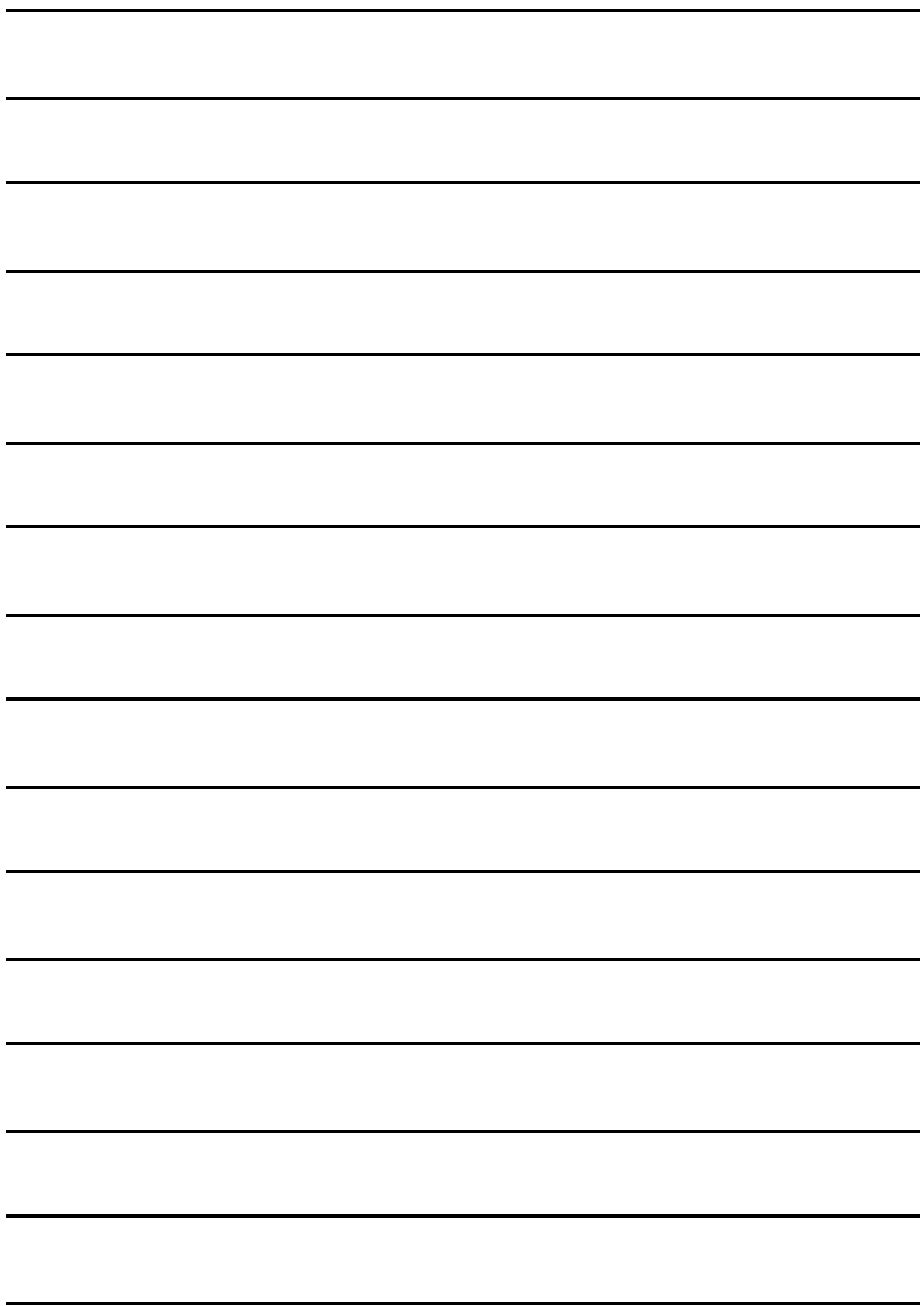
Aura colour and vibe of ____

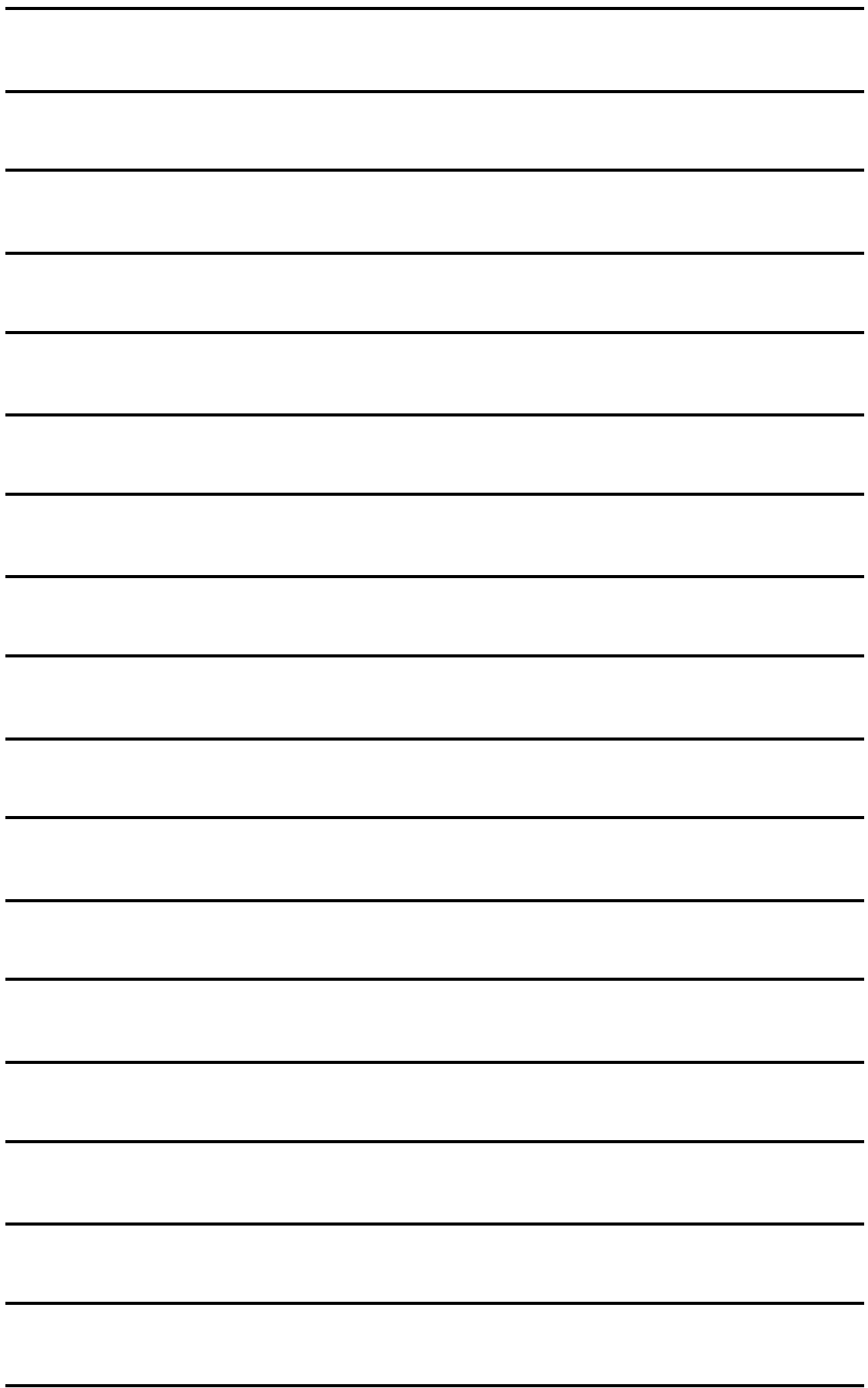
During a body scan, can you please look at the balance of each chakra

Notes for your akashic reading:

Opening comments:

Reading detail:





Closing records and reflections:



Remember, the akashic records can provide you guidance, and your life decisions remain yours to make. There are times when seeking guidance is helpful to provide insight and direction, but there are also times when you may need to seek professional help from a registered medical health provider.

I look forward to helping you access your records.