

# New World Energetics - Connecting You With Your Energy In A Whole New Way

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## Having an Akashic Records Reading?



**“The Akashic Records are are dimension of consciousness that contains a vibrational record of every soul and its journey.”**

(Linda Howe, author and teacher of [How to Read the Akashic Records](#)).

Interested in having an Akashic Records reading with Sarah at [New World Energetics](#)?

***Here's what to expect and how to get the most out of your reading***

The focus of an Akashic Records reading is different to other readings you may have experienced, such as a psychic or intuitive reading.

### What kind of experience can I expect having an Akashic Records Reading?

*An Akashic Records reading is an energetic event.* Your practitioner's role is to bring through the *energy* of the Akashic Records first, and the *information* second. Think of the energy as light that is shining upon your personal Akashic records and clearing away any 'heavy' energy or thoughts, feelings and emotions which cloud your clarity. Then your light can really shine, just like a beautiful crystal!

The practitioner will open a vibrational pathway - I use the Pathway Prayer Process, so you will hear me say a prayer out loud in order to open the records. *I will need your full legal name in order to start this process*, so even if you go by another name in daily life, it's your legal name that activates the Records.

**When you hear me say "The Records are Now Open", we can begin the reading.** At the end of the session, I will say another short prayer to close the records. You will hear me say "The Records are now closed. Amen." I will say this three times, then the vibrational pathway will be closed and we'll be back in everyday reality and time.

### What sort of questions give the best results?

- The Records are *outside of space and time*, so 'When' and 'If' questions may result in unclear answers for you. That can be frustrating!
- Frame your questions with ***how, what, or why*** and *avoid when or yes-or-no questions* to gain a more complete answer.

*To have an Akashic Records reading, you must be over 18 years of age.*

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**Here's a list of questions to help you understand how to frame your questions for best results**

Rather than being predictive, e.g. *When will my soul mate appear?* Ask "What can I do right now in order to clear the way for a soul mate to appear?" You can also talk about a problem and then ask for a solution to the problem with "How can I best solve this problem?" "What is the best way to move forward for me right now?"

**If you're in a relationship** and that is the focus of your session, then rich questions to ask are "Why are my partner and I together?" "What are we meant to learn?" "How can I change my perspective to see this relationship in a more loving light?" "What are the advantages and/or disadvantages of our being together?"

**If you have a problem, worry or concern you can bring this into the reading**

Simply outline the problem, worry or concern in general terms to get the energy flowing. Then start asking questions of the practitioner using the How, What, Why format.

You can then ask about the causes and conditions of a problem to help bring light and new perspective.

**My problem or focus for the session isn't about relationships, it's about something else. What else can I ask about?**

Often telling the problem will start the energy moving around it and you will feel a shift.

**Remember the Akashic Records are outside of time and space**

The Akashic Records are records of all of our lifetimes, so you can ask about

- Past Lifetimes as well as present
- Future potentials, but avoid 'When'!

Make sure you have a notebook and pen handy to write down any important details from the session. Also worth journaling afterwards and paying attention to any immediate shifts or unusual dreams.

I hope you enjoy your reading! Any further questions, feel free to [contact](#) me using the web site form or via [email](#).

♥In the energy of love♥!

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