

*Discovering the
Essence of your Soul*



Learn how to facilitate your spiritual growth by accessing your akashic records

By Kathy Karlander

Copyrighted 2006

**For my family,
I would not be Who I AM today without you!**

“You must be the change you wish to see in the world”
Mahatma Gandhi

Preface

I have been a teacher all of my life. When I was a young girl in third grade, I remember knowing even then that I would grow up to be a teacher. I remember coming home from school and “playing school.” I would pretend to be the teacher and create worksheets for my student, which was me since I was an only child! I would sit on one side of the table to create the worksheet. Then I would move to the other side of the table to do the worksheet, and then move back again to the first side to grade the worksheet. Now, as an adult looking back, it seems rather silly that I moved from one side of the table and back again to play the different roles, but as a child it seemed to make perfect sense.

In college, I studied to become an elementary teacher. After graduating, I taught for a year then decided to ‘upgrade’ my license to include middle school science. I found myself jumping around each new school year to new subjects or grade levels in search of the perfect teaching job, you know, the one that would nourish my soul. You see, I still had the strong urge to teach, I just couldn’t seem to find what it was I wanted to teach. So I jumped around hoping, eventually, I would find the perfect fit. As luck (or synchronicity) would have it, that is exactly what happened.

I finally realized that what nourished my soul was learning and experiencing things of a spiritual nature, and then sharing what I learned with others. I walked in “both” worlds for awhile, teaching in public school and pursuing my interests in metaphysics. Then about 4 years ago I took a huge leap of faith, left my traditional teaching job, and focused solely on the spiritual side of things.

This book you are about to read is a product of that leap of faith. It is the compilation of what I learned about myself and my own intuitive connections to the Akashic Records. I have used my own experiences with my personal journaling sessions, and my sessions with clients to develop a class to teach others how to access their own Akashic Records for the purpose of increasing their own sense of empowerment, discovering the true nature of Who They Really Are, and to facilitate a deeper sense of Peace in their daily lives. Basically, I enjoy helping others understand themselves better. It is my greatest desire to assist others in discovering the power that exists within them to create a peaceful, joyful, and balanced life!

Acknowledgments

This book has been over 3 years in the making. It is a compilation of my own learning experiences, dream journals, personal Akashic Record journals and more. So my first round of thanks goes out to all of my students, clients, and friends. It has been my privilege to share in your lives through the energy of the Akashic Records.

In the beginning, I often wondered, “who am I to write a book?” I was intimidated by the whole writing process, especially the grammar and punctuation. I still have vivid memories of the “red ink” all over my composition papers in high school English class!

After numerous nudges from the Universe, I finally decided to let go of the worry (that I would do something wrong), let go of the fear (that it would not be any good), and to trust in the process. I figured if I just got my thoughts down on paper, somehow the rest would take care of itself.

As the Universe would have it, I met two wonderful women along the way. One night the three of us were at dinner and I had one of those “aha” moments. I realized that these two women would make great editors for this book. So on a lark, I asked them if they were interested. They both readily agreed. (They had no idea what they were in for!) It is because of their efforts that I can now proudly offer this book to each of you, the readers. So without further ado, let me introduce you all to Rita Williams and Fatma Dowlut, my dearest friends and editors.

Rita and Fatma went through this book several times with a fine tooth comb. They searched for punctuation problems, they foraged for spacing errors, and they hashed over correct word usage. In fact, one of my fondest memories of this whole experience is listening to Rita and Fatma pouring over the manuscript, politely arguing with each other about commas, semi-colons, and dashes! They were bartering with each other, “I will give you that comma in that spot, if I can have a dash in this spot.” It made me laugh out loud. Laughter is always a good thing. That memory will always bring a smile to my

face and warmth to my heart. How can I ever thank you enough for all you have done to help me bring my first book into creation?

All I can say is that I am truly blessed to have such wonderful people in my life!

Of course, I must also thank my family for supporting me as I worked on this project. I want to thank my wonderful husband for being my best friend. I want to thank my three children for being patient with me during those times that I needed to “work”, especially when they really wanted me to do something with them instead of “letting me work.”

And last, but not least, my deepest gratitude to my friend Marie. I would not be who I am today if she had not been a part of my life. She has been my “partner in crime” through many an Akashic Record exploration. Through our joint efforts in working with the energy of the Records, we have developed a deep understanding of ourselves, and each other. Thank you, Marie, for being so eager and willing to grow with me!

Table of Contents

Acknowledgments

Chapter 1- Overview of the Akashic Records

Chapter 2- The Magnificent Puzzle

Chapter 3- Getting Started

Chapter 4- Exploring Relationships with Other People

Chapter 5- Journaling

Chapter 6- Practice Makes Perfect

Chapter 7- Universal Calibration Lattice and Your Akashic Records

Chapter 8- Conscious Co-Creation through Prayers and Intent

Chapter 9 – Human Perspective vs. Soul Perspective



OVERVIEW OF THE AKASHIC RECORDS

In this book you will learn how to intuitively access your own Akashic Records. This “tool” has been the most valuable thing I have learned and used in my own personal growth journey. One of the best features is that it never gets old or outdated! Just imagine how much easier it would be to navigate through life if you had a direct communication link to your entire Divine Spiritual Family.

Learning to access your Akashic Records is like learning an art form. The method of accessing is easy to learn, getting *good* at it takes time and practice. In this book you will learn the basics to the process itself, as well as read real life examples. The extent of the benefit you receive from this tool will depend upon how much time you put into practicing, and how disciplined you are at putting that information into practical use in your daily life. There is potential for everyone to succeed.

What are the Records? (an overview)

Put very simply, your Akashic Record is the energetic recording of your soul’s journey since your beginning. It is everything about you, all around you, and within you. It is everything you are, have been, and the potentials you are yet to become. It is a special field of energy that permeates your entire being. It is not something separate from you, but an integral part of you.

As you can imagine, your Records hold an infinite amount of information. There is no end to the information you can explore about yourself and your relationships with others. The information is always presented to you in a loving and compassionate way from your Divine Spiritual Family (father/mother God/Goddess, God/Goddess, Spirit, Universe, Source, Ascended Masters, Archangels, loved ones, etc.).

There are specific beings/energetic aspects that specialize in the energy field of the Akashic Records, and I call them the Record Keepers. I believe that in the end we are all ONE. So when I refer to the Record Keepers as “other beings,” I also understand that they are just another aspect of me, from my perspective, and another aspect of each of you from your perspectives. For ease of discussion purposes I may refer to them as “beings” or as “energetic aspects.” So these beings, the Record Keepers, are also a part of your Divine Spiritual Family. These Divine beings have always been at your side eagerly waiting to assist you. Out of respect for your free will, they do wait until you *initiate* contact and *ask* for help. Using the method taught in this book is really just assisting you to create a user friendly way of asking for guidance and receiving it!

The information that is obtained from your Akashic Records is a direct result of your questions. Your questions guide the Record Keepers and Ascended Masters to the “right” energetic space to retrieve the answers that you are *ready to know*. Notice the key words *ready to know*. . .

Sometimes we think we are ready to know something, but in reality we are not. In those times, the answers seem to elude us, only to become crystal clear in the oddest and most unlikely moments. Or as I like to say, in the Divine right moment!

Imagine an infinite apple orchard full of apple trees which are chock full of apples. Each apple holds the key to different experiences your Soul has had, and each tree represents themes that you have experienced throughout your Soul’s journey. When you want to know a certain piece of information, you have to come up with a way to direct the Record Keepers to the right tree and then to the right apple. By choosing the right apple, you will get the information you are seeking, which will facilitate your healing and growth.

The Record Keepers are the energetic aspects that tend to these immense apple orchards, and when you ask a question it helps to guide them to the correct tree. The more specific your question, the closer you get to the specific apple that holds the piece of information

you are seeking. The potential for healing occurs when you are able to really get down to the “core” of an issue, the seed of knowledge and wisdom that is hidden within the specific apple. Often the awareness of the core cause of an issue is enough to create the energetic shift that results in a healing.* Other times you will need to put into practice the insights that you were given in order to manifest the energetic shift in your Akashic Records. Putting it into practice could be as simple as making a new choice when confronted with a repetitive pattern. **healing: A shift in energetic frequency to the next higher level of divine love and light, which may manifest in the spiritual, physical, mental, or emotional realms.*

There is an unlimited *potential* for healing when working with the energy of the Akashic Records. The extent of the healing itself is directly related to your level of commitment and intent to heal yourself.

Once you set your intent within yourself that you are ready to do your inner work, the Record Keepers readily come forward to assist you as best they can. Like all other Divine aspects of energy the Record Keepers radiate upon you the energy of Divine Love and provide guidance **when you ask** or **when you make it known** in some way that you want help. Your Divine Spiritual Family would never interfere with your free will. Therefore, you must initiate the connection and ask for what you want or need. They are eagerly awaiting your initiation and are ready to respond. Having a strong, clear connection with your inner wisdom is more than a gift. It is a *Divinely-given right*. You do not have to *earn* this special talent. It is not something that is only for the chosen few. It is for everyone who takes the time to make it known that they *want* it!

As a co-creator of your reality it is up to you to initiate change in your life. First you must **ask** for help, then you must be willing to *put to use the information you receive*. It is always your choice; but if you don't put into practice what you are learning, then nothing in your life is going to change. You know the old saying, “the definition of insanity is to keep doing what you have always done and expect to get different results!”

Our Divine Family of Light sends us messages and guidance all of the time. It is up to us to either acknowledge those messages or ignore them. They plant the seeds of light and knowledge, and wait for us to nurture those seeds. They wait patiently as we allow those seeds to mature into wisdom. They also watch with infinite compassion and acceptance if and when we choose to squash those seeds instead of nurturing them! They radiate us with the same loving energy even if we choose to make the same old choices and create

the same old patterns, essentially ignoring any guidance they were trying to provide. That is what free will is all about. You always have the right to choose without worry of being judged by your Divine Family. The main purpose for working in your Akashic Records is not to receive mandates about what to do with your life or how to live your life, but to provide you with the information, knowledge, and wisdom you need to broaden your perspective, allowing you to make healthier choices. In other words, working with the energy of the Records provides you with the support you need to grow and evolve personally and spiritually.

When you have clear intent that you are ready to heal all aspects of your life, then your true work begins. Spirit responds to your requests to heal and provides you with the opportunities for growth. Each time something comes up for you in your life that pushes your buttons, it is Spirit's way of providing you with an opportunity for growth. It has always been this way. The difference is that now you will have the ability to go into your Records, dig around, explore, and uncover the core of the issue at hand. Once you have uncovered the core issue, you are able to begin the healing process.

The Record Keepers are waiting with anticipation for you to begin this personal and spiritual journey. The moment you made the conscious decision to read this book, they were able to move even closer to your being. They have always been at your service, but were unable to interfere. When you chose this book, you were sending a message to them that you are ready, willing, and able. In response to your actions, they are able to step closer. They want you to learn how to connect with them and your own inner wisdom more easily so that they may be of more assistance to you during this time of growth. Self discovery, spiritual growth, and personal growth are all important parts of your healing process. Through your connection with your Records and your Divine Spiritual Family, you will experience deeper and deeper levels of self-empowerment and self-direction as you discover the euphoria of going within to connect directly with your Divine Source.

With each visit to your Records, you have the potential to heal another piece of yourself. With each healing/shift of energy, you feel more and more complete and whole. The more complete you feel, the harder it is for anyone or any situation to knock you off balance again. You are able to maintain longer and longer periods of peacefulness and centeredness each and every day.

With each visit to your Records, you also come to understand more and more of your true nature, your Soul and Spirit nature, your co-creative God/Goddess nature. The work is not always easy, but it is definitely worth it.



THE MAGNIFICENT PUZZLE

Working with my Records on my own and with other consultants has been THE GREATEST tool in my spiritual growth, and I AM eternally grateful for the people who made it possible for me to be a part of such a magnificent energy/healing tool.

When you access information or energy through your Records, you create an opportunity for a healing. Your level of conscious awareness increases concerning the issues in your life. Sometimes just the acknowledgement of the source of an issue is enough to heal the issue. Sometimes it is the first step in a longer process. When the issue is healed, the energetic recording, or Record, of that event is changed in your Akashic Records to reflect the shift in your energy. As you heal aspects of yourself you are literally changing the past and the energetic recording of the past. Remember that your Records are an integral part of you, so as you change your energetic patterns and frequency, the energetic patterns in your Records will also be affected to reflect those changes.

Think of your Records as being a living document. It changes to reflect the changes in you. As you heal and transmute the energies that do not serve your Higher Purpose, you

begin to feel more and more complete. The more complete you feel, the easier it gets to continue the healing process.

This process is somewhat like putting a puzzle together. Imagine finding a large puzzle box without any picture of the completed puzzle on it. You think to yourself, “This will be quite a challenge without any guidance.” But you enjoy challenges, so you sit down at a large table and dump out all of the pieces.

(The individual puzzle pieces are symbolic of the individual Records of our energetic essence, especially those pieces within our field that no longer support us and are “looking” to be healed.)

At first it looks like a terrible mess, and you wonder if you are really capable of completing this project. However, you have faith that the creator of the puzzle created something beautiful. Attracted by the mystery and driven by the anticipation of seeing this beauty for yourself, you decide to start the process of putting the puzzle together.

(This is symbolic of the beginning stages of the healing process. In the beginning you have a desire for change, but may be overwhelmed with how you are going to accomplish that change. When the urging is strong enough, or when it is the Divine Right Time, you will proceed even if you don’t have a plan.)

So you begin to look for pieces that have something in common—you look for patterns. The first couple of pieces are hard to find because you have nothing to guide you. You get lucky and find a few pieces that fit together, and then you seem to hit a wall. You keep looking but you just can’t find any other pieces that fit together. It all seems like such a hopeless mess! You get frustrated, and give up for a while.

(Often we seem to get on a roll in creating changes in our life, we easily identify patterns or themes, and we integrate those into our lives. Then all of a sudden we seem to hit a wall, we feel like we cannot take on one more thing, or that we need to take a break. It is during this break time that we begin to assimilate and integrate new energetic patterns. When the integration is complete, we have moved into a new level of balance. In other words, we have experienced a healing.)

Then one day out of the blue, you walk past the table with all of the pieces scattered about, and your eyes see something you had not noticed before. You see two more pieces that fit together. Once again your curiosity is piqued. Finding these new pieces boosts your confidence, so you sit down to try again. In a very short amount of time you have put together several small groupings of puzzle pieces.

*(Thank God/Goddess for curiosity and Divine Guidance! When we are ready to begin the healing process again, some form of synchronistic action will grab our attention. This is one way our Divine Family of Light communicates with us and guides us to the next step. Examples of synchronicity happen all of the time. For example, when you are thinking of someone, and that person calls you; or when you are in search of an answer to some question, and someone or something shows up to give you the answer. Put very simply, it is when two things come together at **just the right time**, often without any **logical** explanation.)*

*When these synchronistic events happen, it serves to inspire us to put some more pieces together in our own lives. Usually these pieces that we are putting together revolve around certain themes, such as self-acceptance, patience, letting go of attachment, and so on. We will work through each theme until we have **healed** it. Then we take a break, eventually getting back at it again, tackling some new theme that has been patiently waiting to be healed, or transformed into its next highest level of balance. Sometimes we heal one layer of a theme, only to come back to it at a later time to heal another layer of that same theme.)*

You are not sure how the puzzle groupings are going to connect with each other yet, but you can see just enough of the developing picture to keep you intrigued.

(This is symbolic of broadening your perspective, while gaining more insights into your life. At this stage you have developed more trust and faith in the process, and you can begin to see the bigger picture as to how everything is interrelated.)

Anyone who has ever put a puzzle together knows that you don't just start with one edge and neatly fit each piece together in consecutive order until you get to the other edge. More likely you get several small groupings of pieces, but it takes a while before you realize how the groupings will fit together.

(You get the information you are ready to deal with in the Divine Right Time, even if at that moment the information seems totally unrelated to anything else that is going on in your life. You will find that you can't force information to flow that is not relevant to what is appropriate for you at that time. You can't plan your entire healing process from beginning to end in one sitting. Your inner wisdom and your Divine Family of Light will guide you to the themes that you are ready to deal with at just the right time.)

Being able to see several groupings helps guide you as you continue to search for the other connecting pieces. As you look at the glimpses of the whole picture, you begin to develop an idea for how the overall picture may look. You develop a strategy for completing the puzzle.

(You can now use the information you have already gathered from your Records to implement a plan to facilitate change and healing in your life. At this stage you begin to feel like you have a new sense of direction.)

From time to time, you choose to take a break from the puzzle. When the time feels right, and your interest returns, you go back to it. With each passing day working the puzzle, you put together larger and larger chunks of the puzzle. Over time you begin to see how the different groups fit together, and you find the connecting pieces that bring the groups together into a new larger group. With each new piece that finds its place in the puzzle, you gain more insights into how the final picture will look.

(Insights lead to healing, and healing leads to wisdom. As you gain wisdom you can look at each individual piece in the context of the whole, knowing and understanding that it was a necessary component. At this stage you are able to see things more from the perspective of the Soul, not just from the human perspective.)

Eventually with enough practice and dedication you finally complete the puzzle. Imagine your surprise when you realize the completed puzzle is YOU in all of your Divine Glory.

*(Ah, you were right in the beginning, the Creator **did** create something beautiful!)*

Well, my friends, you have reached the end of the excerpt! I truly believe with all of my heart and Soul in the value of connecting with the energetic flow of the Akashic Records. It has made a tremendous difference in my life, and the lives of those with whom I work.

Connecting with the energetic flow of the Akashic Records is something that we all can do to varying degrees, and there are a variety of ways to do it. I like to say, “The how is really simple, the getting good at it takes practice.”

In the rest of this book I will teach you a very, very simple method of connecting to your Akashic Records. I will also guide you step by step through the process of “getting good at it.”

As additional support, I also offer the following:

Buy the Book! You can purchase the eBook version or paperback version from my website at www.SacredInsights.com . You can also purchase the paperback version from www.Amazon.com or www.bn.com. *Bonus:* If you purchase directly from my site, I will personally sign your book and send you a vacation certificate good for 3 days/2 nights hotel accommodations!

Teleclass: This teleclass would be appropriate for anyone that has read my book and would like to deepen their understanding of the process. Participants will be able to call a toll free phone number (from US and Canada) to participate. Your only cost will be the cost of the teleclass itself. (There will be no hidden fees on your phone bill or long distance charges on your phone bill). For more information please visit my website at www.SacredInsights.com

Guided Meditations: In the past, these meditations were only accessible by students who had taken my workshop in person. I have now made them available for anyone who wishes to use them for personal growth and healing.

Currently offered are the following titles:

- High Heart Alignment
- The Tree
- Alignment with Your Higher Self
- Release Your Fears
- The Hand of God
- Meet Your Guides

You can purchase just one, or all of them. It is your choice. Each one has a different focus. Each one is beneficial even if you aren't interested in deepening your connection to your Akashic Records. However, they were divinely inspired specifically to assist individuals in their connections! Read more by visiting my website at www.SacredInsights.com

Personal Sessions: In these sessions I will open your Akashic Records and you may ask any question that you choose. The focus here is on personal and spiritual growth, uncovering what opportunities may lie hidden in your current/past life challenges.

One-on-One Mentoring: The focus here is to facilitate and deepen your connection with the Akashic Records. I will work with you to assist you in fine-tuning your connections, clearing away your blocks, and so forth. This is a great option for those who may want to work intuitively with clients.