



HOW TO READ THE AKASHIC RECORDS

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—David Riddle

David’s Story: How Healing Professionals Can Use The Akashic Records

My name is David Riddle. I am an energy worker, having studied several styles of healing, and have been in practice since 1998. From what I have seen in my practice, I know many types of healers can benefit greatly from the use of the Akashic Records in their current practice.

I learned how to access the Akashic Records from Linda Howe early in my practice. After I met Linda, I received a very powerful and insightful reading from her. I was so intrigued by the reading that in the Fall of '98 I joined in one of Linda’s Beginning Level classes in how to learn to read the Records. One of the techniques Linda taught was the flow of the Akashic is through the crown chakra and out the heart chakra. Since hands are an extension of the heart, it was easy for that energy to be channeled into a healing session. Back then, Linda was one of the few teachers in support of body workers using the Records in their sessions. After the class, I started channeling the Akashic Records during my energy sessions. Initially, when I opened the Records for my clients, more energy was available than I had previously been able to bring forth. As time went on, the healing potential increased. I found the Records strengthen the effect of any healing technique being used.

I have found working with the Akashic Records increases my empathetic senses. It is easy to sense where pain and blockages are held within my clients. For example, many times if I feel a blockage in the head area within myself, the client may have been experiencing headaches or congestion that week. Sometimes I can feel a pain within my back or somewhere else and the client had been experiencing some problem in those areas. This is not nearly as easy for me to tune in with unless I have opened the Records first. Additionally, the Records help with Past Life connections, Inner Child work, Chakra Clearing, etc. because the ability to connect to those types of sessions becomes much easier. Throughout the session there is always more “guidance.” Also, it is very easy to let go of the strong empathetic connection at the end of the session when the Records are closed. That makes it near effortless to let go of the client’s “stuff” and to cleanse and purify any energy released from the client.

Using the Records is like a “Healer’s Trump Card.” Those working to improve their clients’ lives may find several uses for the Akashic Records as a hands-on healing modality. From my own experience with working with the Records I have found several techniques which can be used by healers from different modalities.

- Reiki and other energy healers can benefit from the increase in the amount of energy available. Those who are aware of chi will

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likely sense an increase in the flow of energy in themselves and their clients.

- Those working with physically sick may find they are able to help rid the body of disease and strengthen the body. The Akashic Records holds the Akashic Blueprint - our original vibration. It is the essence of our pure etheric self. Through the Records it becomes easier to tap into the vibration which the client is lacking.
- Healers who help their clients with Karmic issues, such as people who are drawn to each other but have destructive patterns, or are drawn to unhealthy partnerships, or who find themselves stuck in the same patterns. The karmic bonds can be lifted to help that person move to a different type of relationship—one which is more healthy because the lessons have been learned.
- Healers who are able to work with Angels and Spirit Guides may find this gives them even better access to those beings who are there to help the client.
- Those who use crystals can energize a crystal with their client’s Records to give to them after the session to keep beneficial effects of the session.
- Those who do distance healing work can access their clients’ energy body easier.
- Even those who do work with healing Nature can access Earth’s Records and bring forth healing of the planet!

As a practitioner who has used the Akashic Records as a healing method, I highly recommend the use of the Akashic Records for any energy worker. My wife, Lee Conte, uses the Sacred Prayer Method in her massage sessions and I am sure others can access this healing energy also. Linda has said there are many “rooms” in the Akashic Records. Some are for information and others for healing. Linda’s teachings will get you in that “building”...it is up to the practitioner to decide which of the “rooms” to access.

—David Riddle
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