



HOW TO READ THE AKASHIC RECORDS

Linda Howe

Hardcover book
5 ¾" x 8 ½" / 224 pages
ISBN 1978591797043
\$21.95 US
MAY 2009

**All or part of this interview
approved for reprint**

Word count: 2957

**Contact:
Beverly Yates
publicity@soundtrue.com**

Interview with author **Linda Howe** **How to Use the Akashic Records to Build a Conscious Relationship with Your Soul**

Q: What are the Akashic Records?

Linda Howe: The Akashic Records are a dimension of consciousness that contains a vibrational record of every soul and its journey. This vibrational body of consciousness exists everywhere in its entirety and is completely available at all times and in all places. As such, the Records are an experiential body of energy and knowledge that contains everything every soul has ever thought, said, and done over the course of its existence, as well as all of its future possibilities.

There are two major components to the Records. The first is the essential blueprint for a soul's potential. The second is the story of how that soul manifests to realize its potential. This is the active part of the Record: the catalogue of lifetimes of the development of the awareness of a being through lifetimes. The Record assumes a belief in reincarnation. The soul is infinite and takes a variety of identities throughout time to become a person living their Divine potential in the world.

Q: What does "Akashic" mean?

L.H.: "Akasha" is a Sanskrit word. It means primary substance, that out of which all things are formed. The Akashic Record is composed of this primary substance, or energy, that exists before our thoughts or feelings impact the form it takes. This energy is a quality of Light in both the physical and spiritual senses. It is a quality of aliveness, or vitality, individualized uniquely as specific souls.

In the introduction of *The Aquarian Gospel of Jesus the Christ*, Levi H. Dowling has a great description of the word "Akasha." He says that the Akasha "is the first stage of the crystallization of spirit... This Akashic, or primary substance, is of exquisite fineness and is so sensitive that the slightest vibrations of an ether any place in the Universe register an indelible impression upon it."

Q: Why would anyone want to learn how to read the Akashic Records?

L.H.: There are many good reasons to learn how to read the Records. The most important is a compelling inner prompting or directive of the soul urging you to take this step. Engaging in the Records is a powerful way to experience the Truth about who you are and to be supported to live your life as your best self. Working in the Records offers us an opportunity to see ourselves, others, and our lives from the perspective of Divine Truth and perfection. It relieves us of old ideas we carry about life, and empowers us to live in the world as the loving, generous beings that we are.

We can see who we are from the point of view of our soul and how to become

“It does not matter if you are psychic, clairvoyant, or exceptionally intuitive, because we are not operating at those levels. Everyone has a soul, everyone is a soul, with the capacity to be in conscious relationship with that part of ourselves. Consequently, everyone is entitled to work in the Records and has some natural potential to be successful in this practice.”

“Old understanding had it that only mystics, saints and scholars were to gain entry to the Records. For the past centuries, that has been the case. Now is a new age, however, and today the Record is open to anyone who chooses to use it for their own good and the good of others.”

that person within the context of our current life circumstances. It is a simple and effective way to have a conscious relationship with your very own soul.

Q: Why are the Records important at this time?

L.H.: We are involved in a spiritual revolution, with far-reaching ramifications for humanity. This revolution is based on a change in the fundamental assumptions we have about our spiritual nature and our relationship to that. The old idea was that our spirituality is outside of us, separate from us, and that we are children who need to be spoon-fed divine awareness by others who know better than we can ever hope to know. In the new understanding, we recognize that each of us has the Divine presence within, it is our Light, our soul and we are entitled to be in conscious relationship with this dimension of our being. More than entitled, we are capable and responsible to have a deliberate, authentic relationship with our souls and the Divine. We need some support and guidance about how to do this, but with some simple instruction, we are able to achieve success.

It is time to cultivate our relationship with our own souls, to know ourselves and others from this level, and to live in conscious alignment with the best of who we are created to be. The Records are a simple, direct spiritual resource that supports our knowing the truth about ourselves and others.

Q: Do I have to be psychic to work in the Records?

L.H.: No, you do not have to be psychic to work in the Records. Traditionally, psychic work occurs at the astral level. The Akashic Record exists at the level of the soul, so this is a soul-level exploration.

It does not matter if you are psychic, clairvoyant, or exceptionally intuitive, because we are not operating at those levels. Everyone has a soul, everyone is a soul, with the capacity to be in conscious relationship with that part of ourselves. Consequently, everyone is entitled to work in the Records and has some natural potential to be successful in this practice.

Q: Is accessing the Akashic Records the same as channeling?

L.H.: Working in the Akashic Record is in the family of conscious channeling. We channel energy and information rather than any personal identity, and we work in the Records while fully conscious. In this system, the practitioner does not leave their own physical body and no personally identified force enters their body.

In channeling, the designated channel allows an entity or energy body made up of one or more identities to use their physical body. It can be unconscious, where the channel has no idea what is being said, or semi-conscious, where the channel is observing and listening to the conversation. The energy of the Akashic Record is a high frequency of light that interfaces at the 8th chakra of the individual reader. At this point, the energy is downloaded through the inner pillar of light which is the field that supports the major energy centers or chakras, and flows into the reader. The work of the practitioner is to register and discern the impressions and to move the energy through words and thought, written or spoken.

“We are involved in a spiritual revolution, with far-reaching ramifications for humanity. This revolution is based on a change in the fundamental assumptions we have about our spiritual nature and our relationship to that. The old idea was that our spirituality is outside of us, separate from us, and that we are children who need to be spoon-fed divine awareness by others who know better than we can ever hope to know. In the new understanding, we recognize that each of us has the Divine presence within, it is our Light, our soul and we are entitled to be in conscious relationship with this dimension of our being.”

We “channel” the energy of the Records first and foremost and information or knowledge second.

Q: How will I know I’m really reading the Akashic Records?

L.H.: There are a few ways to know if you are really in the Records. Some people have strong physical sensations, such as heat, tingling, buzzing or other activity that is present only when their Records are open. Other people experience intense emotion, like love, care, joy or openness. Some people have almost no physical or emotional activity that distinguishes their being in the Record from not being in the Record, but their thoughts within the Records are different from their everyday thinking.

Most people report that there is an atmosphere or climate of the Records that is accepting, safe, and intimate yet not restrictive. In this climate, there is a freedom from negative judgment and unnecessary criticism. Another factor that most people report is that they can feel or tell they have been in the Records *after* they close them and go back to their daily level of consciousness. It has been helpful for many people to write down their ideas and impressions while in the Records. At first they may seem like no big deal, but a few days later upon introspection, they contain significant understandings and nuggets of truth.

Q: Why do you need a specific prayer?

L.H.: The specific prayer is beneficial for many reasons. The wording of the prayer has its own vibrational pattern. Saying the prayer repeatedly builds a thought-form of energy, like a bridge, through which the consciousness of the practitioner can travel and simultaneously the energy of the Akasha can come through to be read.

Saying the prayer establishes a reliable pathway into and out of the Records. The discipline of repetition strengthens this light bridge and allows the practitioner to go deeper and further to gather greater insight and to experience deeper and more authentic levels of truth.

The Prayer builds an energetic bridge for the consciousness to travel.

Q: Are there other ways of gaining access to the Akashic Records?

L.H.: There are a variety of ways to access the Records. Even within the Sacred Prayer Tradition, there are some different prayers offered by different teachers with different focuses, access points, and qualities of connection. People are attracted to methods which are in harmony with their own personalities and life purposes.

Some more common ways of accessing the Records are through meditation, Reiki, hypnosis, and combinations of prayer and fasting.

Q: What are some common misconceptions about the Records?

L.H.: Misconceptions about the Records are many! They range from the idea of who is “allowed” to work in the Records to the type of information

“One of the greatest difficulties with accepting the idea of the Akashic Records is that we cannot see it, it is not physical, has no scent, and has no audible sound. It is a dimension of consciousness to be experienced and those who have had an experience in this dimension report the presence of very similar qualities and characteristics. When someone has a dream, we do not doubt that they have a certain experience.”

available, to the places where the Records can be accessed.

The Record is not a fixed, set-in-stone type of divination tool that will dictate to us the hair-splitting details of our lives and deprive us of our dignity of choice. Hardly. Instead, it is an interactive, dynamic, repository of the combination of our basic soul imprint and the endless possibilities to realize our soul truth when we are in human form.

It is not an authoritarian presence, keeping score of our “good” and “bad” deeds. Made of love, it is authoritative in that it is a higher wisdom with respect for who we are as people living on earth.

Old understanding had it that only mystics, saints and scholars were to gain entry to the Records. For the past centuries, that has been the case. Now is a new age, however, and today the Record is open to anyone who chooses to use it for their own good and the good of others.

Q: What is the relationship between religion and the Akashic Records?

L.H.: There is absolutely no conflict here. Being infinite in nature, the Akashic Record is available everywhere in its wholeness. Religious affiliation does not affect a person’s right to access the Record or to have their Records opened. It is open to all who seek it.

The Record has no position on any particular religion. It neither endorses nor opposes any organized group. Participation in any religion is a personal matter. If you find religion supportive for the elevation of your consciousness, then it is obviously good for you.

As practitioners working within the Akashic Record, we recognize that religions have much good to offer. We also see that religion is not necessary for the growth of spiritual awareness. There are many, many ways to grow into the experience of Truth.

Although “Akasha” and “Akashic” Records are Sanskrit terms, the Record is also known in the Judeo-Christian tradition as both “The Book of Life” and “The Book of God’s Remembrance.” You will find references to the Record in many sacred texts. For example:

Old Testament, Psalm 139:16

You had scrutinized my every action, all were recorded in your book, my days listed and determined, even before the first of them occurred.

New Testament, Revelation 20:12

...the book in which men’s actions, good and bad, are recorded, The Book of Life.

Q: What do scientists say about the Akashic Record?

L.H. :We have seen that the direction of the scientific community is moving toward a recognition of a presence beyond the physical. Ervin Laszlo, noted physicist, has done brilliant breakthrough work in this area. His most recent book, *The Akashic Experience, Science and the Cosmic Memory Field*

“After working in the Records, most people report that their intuition has gotten significantly stronger and more consistent. Access to the two is a bit different. Intuition is by chance. The perspective of the Records is deliberate, reliable and by choice. Sometimes, we hope we get an intuitive thought or insight. With the Records, we can move into a place of knowing at will.”

offers accounts of the experience of this Akashic Field by 20 different leaders of our time. In his, *Science and the Akashic Field, an Integral Theory of Everything*, he identifies the existence of this cosmic field to which all are connected, that retains and distributes all knowledge.

Q: Is this for real?

L.H. A dimension of consciousness is a realm of the unseen world that we humans can identify and experience through its qualities, characteristics, or traits. For example, the dream state is a dimension of consciousness containing different levels of sleep activity that humans can identify and experience. Memory is another dimension of consciousness with which we are all familiar but cannot see with our physical eyes.

One of the greatest difficulties with accepting the idea of the Akashic Records is that we cannot see it, it is not physical, has no scent, and has no audible sound. It is a dimension of consciousness to be experienced and those who have had an experience in this dimension report the presence of very similar qualities and characteristics. When someone has a dream, we do not doubt that they have a certain experience.

When a person recalls an event from their past, we believe and know it to be true, or at the very least, is likely to be true, even though we were not there as witness. In much the same way, as individuals have their own experience in the Records, they know, through their experience, that it is indeed real.

Q: Is this the same as intuition?

L.H. Intuition is held within the Records. It is the pipeline from the individual to the level of Divine Awareness. In this work, we recognize the profound nature of intuition. Being active in the Records actually supports the strengthening of people’s intuition. There are a couple of differences which are best illustrated by considering this situation.

In a theatre, a spotlight on a specific person on stage would be likened to the intuition of that person. The Light is clear, illuminating and amazing. Having the house lights go on is similar to the Records. Everything is illuminated, the whole environment of the person, all the conditions, circumstances, supporting actors, etc. It’s a matter of perspective. The Record lights up a person at this point in time, at this place, in their situation with the people involved and show it within an infinite context of time. All life-times. Qualitatively, they are the same. Dimensionally, the Records transcend the current time frame and circumstance.

After working in the Records, most people report that their intuition has gotten significantly stronger and more consistent. Access to the two is a bit different. Intuition is by chance. The perspective of the Records is deliberate, reliable and by choice. Sometimes, we hope we get an intuitive thought or insight. With the Records, we can move into a place of knowing at will.

Q: Are there professions in which this work is especially beneficial?

L.H.: Actually, all professions! Every one of us is a soul in human form, with

“I believe that everyone is entitled to access their own Akashic Records if that is what they want to do. I also know that good training makes the difference between satisfaction and success, and frustration and failure. This is the first comprehensive learning tool available to enable people to be empowered through the Records. This empowerment is based on having a conscious, responsible relationship with your own soul. It’s your soul; of course you should have the best connection possible.”

soul level intentions and purposes for our life work no matter what occupation we enjoy. The healing and helping professions have demonstrated success using the Records, as well as the arts and business communities.

For business people, the Records can be used to understand the true spiritual nature of their industry and their specific roles in the delivery of goods and services to the world. Insight and guidance from the Record can assist those responsible for the flow of resources to see them in their highest value and participate in the marketplace in the most loving manner possible.

Being in the richness of the Records helps many people in their creative endeavors. Of course, the Record is no substitute for talent and training, but the energetic input and guidance can be inspirational and supportive to the artist. People have used this in their writing, photography, painting, poetry, pottery and music. The form is incidental. Having distinct experiences of Light within the Record, and receiving guidance about the execution of projects, adds to the fullness of the expression of any creative endeavor.

People in the healing and helping professions have been using the Records to support their work with positive results. Energy workers of all kinds, from Reiki to Barbara Brennan practitioners, hypnotherapists, shamanic practitioners, mental health counselors, and Religious Science practitioners, massage therapists, acupuncturists, and people with yoga practices are finding ways to enhance their work with the Records. People have been discovering how to use their own Records for direction as to how they can become the best healers they can possibly be and to get guidance about optimal healing for their clients. Some combine systems and others use one at a time for different specific purposes.

Q: Why did you write this book?

L.H.: I wrote this book for a few reasons, both personal and professional. My own experience of being in the Records and working in them for my own development has been remarkable and I wanted to share this with others. This has been a resource for me of profound acceptance, unconditional respect and a sanctuary of peace. It has also been an unfailing reservoir of encouragement, and upliftment as the Truth of who I am beyond my human shortcomings is present and unwavering. I love it! Why not share it with others?

It’s been so rewarding to teach the Records to fellow travelers in person, to watch others come to know the Truth of their being as Divine, to live their ordinary lives from an extra-ordinary perspective. It’s been inspiring, moving and joyful. I realize that it is impossible to personally teach every individual in person. This is the time to share this resource with anyone who wants it. I believe that everyone is entitled to access their own Akashic Records if that is what they want to do. I also know that good training makes the difference between satisfaction and success, and frustration and failure. The book is a tool for people to use to access their own Records and the Records of others if that is indeed what they choose. This is the first comprehensive learning tool available to enable people to be empowered through the Records. This empowerment is based on having a conscious, responsible relationship with your own soul. It’s your soul; of course you should have the best connection possible. ☀

CONTACT: Beverly Yates
Senior Publicist
Sounds True
303-665-3151 x153
publicity@soundstrue.com