

LINDA HOWE

HOW
TO
READ
THE

AKASHIC RECORDS

ACCESSING THE
ARCHIVE OF THE SOUL
AND ITS JOURNEY

Reading Group Guide

All of the questions presented here are designed to support you on your journey through the learning process presented in the book. They are meant to be answered first on your own, and then in a group setting. Working through the questions in these two stages is critical. True spiritual development requires intimate self-examination. Private, personal self-exploration can only be done by you, for you. Doing your inner work on your own strengthens and deepens your relationship with yourself. Even when answering the questions on your own, it is beneficial to be as specific as possible in your responses, and to give yourself the opportunity to explore your answers.

The second stage involves group interaction with others on the same path. Working through the book with a group of like-minded individuals is a powerful way to accelerate your own spiritual growth. Sharing your truths with others who can hear what you're saying propels you forward. Listening validates your own journey, connects you with your traveling companions, and expands your awareness and understanding, enriching your experience. Giving through speaking and receiving through listening both help establish a convergence zone for the energy of the Records, which supports the unfolding of every individual in the group—and the group as a whole. Notice your level of

comfort with sharing your findings with your reading group. To empower yourself and your book club members, take a chance and share just a bit more than usual. Enjoy yourself.

I. Reflect upon Your Own Personal Story

One of the primary ideas presented in this book is that the Akashic Records hold the blueprint of your perfect self. They contain the story of your spiritual evolution throughout time, including the catalogue of lifetimes you have lived on your journey to discover your ideal self and live as that person in everyday life. Just as the author shares the story of her spiritual journey in this lifetime, reflect upon your own story.

1. What events and occurrences have driven you forward in this life? Do you feel there is a greater purpose in the way your life is unfolding? Why or why not?
2. Do you consider yourself to be “spiritual?” Why or why not? What does it mean to you to be a “spiritual” person?
3. Is there a dominant question for you in this lifetime? Is there one major idea you are striving to reconcile?
4. How is your spiritual journey unfolding as your life progresses?

II. Your Quest

The author suggests that you are reading this book because you were called or summoned by an “inner prompting” to find the Akashic Records.

1. Why do you think you were drawn to the Akashic Records? Do you believe there is a Divine reason that you are reading this book?

2. What has been happening in your life that made you think that it might be your time to learn how to read the Records?
3. What people or circumstances have influenced you in finding this book at this time? In what ways have you felt supported by the Universe on this leg of your spiritual journey?

III. Your Work in the Records

1. Do you think you have ever been in the Akashic Records just by chance or accident? If so, what happened? What makes you think you were in the Records at that time?
2. Have you worked in the Records through another system like Reiki or hypnosis? What were the results?
3. What do you hope to gain from learning how to read the Akashic Records?

IV. Intuition and the Akashic Records

The distinction between intuition and the Akashic Records is important enough that it deserves its own section here!

1. In the book, the author explains how intuition is different from the Akashic Records. Does her explanation make sense to you? Why or why not?
2. Do you consider yourself to be intuitive? If so, in what ways? If not, why not?
3. What does it mean to be an “intuitive” person? How do you feel about so-called intuitives? When you think of people you consider to be intuitive, what do you think of them?
4. Have you ever consciously tried to develop your intuition? If so, how? What were the results? If not, why not?

V. The Company You Keep

The author identifies the critical difference between the angels, saints, and spirit guides and the Masters, Teachers, Loved Ones, and Lords of the Records. The first group is made known to the reader by personality and identity, and the second is known by its energy.

1. Are you comfortable with the idea of an energetic being without a specific personality?
2. Is energy real to you? How have you experienced the presence of energy in your life?
3. Do you have a current relationship with angels, saints, and spirit guides?
4. What role does that relationship play in your spiritual life?

VI. A Different Perspective

The “altitude of consciousness” available in the Records allows a person to view him- or herself and others from a different perspective.

1. What do you think the author means by “altitude of consciousness”? What do those words mean to you?
2. Have you had the benefit of this type of perspective at other times? Was it helpful to you?

VII. God

The author discusses her understanding of God and the Records as a pathway to Divine awareness.

1. How do you understand or not understand God? What is your idea of God? What are the key features or traits of the God of your experience?

2. How do you feel about the word *God*? Do you use it in your own life? Why or why not?
3. What do you think about the relationship between spirituality and God, and God beyond religion?
4. Have you had experiences that you would say came about because of God?
5. Does having an understanding of God benefit you in your life? Why or why not?

VIII. Energy Healing

In the section about energy healing in the Akashic Records, the author suggests that there is a distinction between knowing about healing and experiencing healing.

1. How do you define healing?
2. Do you believe that spiritual healing is real? Why or why not?
3. Have you ever had a “healing” session? If so, what did you expect from it? In what ways did your experience match your expectation—or not?
4. Have you ever had a spontaneous healing experience? If so, what about that event was healing for you?

IX. Ancestral Relations

The fundamental assumption of the chapter about ancestral relations is that our relatives are chosen for soul-level purposes.

1. When you consider your own family in this life, immediate and extended, how do you see your relationship with this group?
2. Can you identify the various ancestral groups to which you belong—including your family of origin, the family

you joined through marriage, your spiritual family, and so on? What are the similarities and differences in your relationships with these groups?

3. What are the major themes for you with regard to your ancestors?
4. The author presents the notion of the “black sheep” as a family member whose growth opportunities in this life happen publicly. Their life lessons are obvious and unavoidable, which benefits the individual as well as the rest of the group. Are you the “black sheep” of your family? If so, how has this been for you? If not, who would you consider to be your family’s “black sheep” and why?

X. Past Lives

An understanding of past lives and reincarnation is integral to the Akashic Records.

1. Do you connect with the idea of past lives? Why or why not? If you do, what is your understanding of reincarnation?
2. The following questions may make it easier for you to recognize the possibility of other lifetimes through your everyday life now:
 - Have you ever met someone and been struck by the sense that you knew them before and have not been able to place the previous meeting?
 - Have you ever visited a new location and been totally at home?
 - Have you ever arrived somewhere and been immediately anxious and urgent to get out of there for no obvious reason?

- Have you ever had a fascination with a specific place or time in history or even an historical figure?
- Is there a place in the world to which you are inexplicably drawn?
- Is there a place that triggers a negative reaction for no apparent reason?
- Is there a type of furniture, design, art, music, literature, or fashion that you love and relate to for no clear-cut reason?
- Are there people that you have a gut response to, whether positive or negative, for no sensible reason?

XI. Times of Change

According to the author, the early part of the twenty-first century is a pivotal time of change in the way we humans understand our divine nature and our relationship to essential essence.

1. Do her ideas about the spiritual journey of humanity ring true for you? If so, how does this apply to you in your life? If not, why not?
2. Do you think that you will continue to use the tool of the Akashic Records as your spiritual evolution continues? Why or why not? If so, how?
3. Do you feel that this is your time of awakening? Why or why not?
4. Are you willing to try “following the Light” in your everyday life?
5. What’s next for you in your spiritual journey?