

# Magical Mothering Method

## Soul Chakra Healing

Month 9: Soul Chakra

Week 34: Connecting with the Akashic Records

Copyright 2020

Written and Created by Stephanie Mathews

[www.magicalmothering.com](http://www.magicalmothering.com)

# Akashic Records

## Fear Not, Judge Not, Resist Not

Some access the records on first attempts, others persist for weeks or months before achieving success, so approaching the effort in the spirit of “play,” free of expectation, maybe the best approach. Many say that persistence in the form of repeated sessions over time brings the best results. There are as many methods found in books, blogs, and Youtube videos, as there are diverse reports. That said, there are fundamental principles common to the method of accessing the Akashic Records.

## Protecting Yourself while Reading the Akashic Records

Protection rituals are vital while accessing higher realms. There are aspects of the universal that are much deeper and darker that we need to not only be aware of when we begin to open up portals for wisdom, but also need to create protection so we are not inviting these aspects into our lives, families lives.

1. Ask your guides, angels, ancestors (all or one of them) to create a shield of protection over you
2. Imagine a pyramid of Gold firmly planting you to the Earth. Then seeing the golden pyramid all around you, you can ascend to the point of the pyramid to access the Akashic Records.
3. You can use a pyramid, such as an Orgone pyramid to help protect you from energies that may connect to your while this portal is open.

4. Creating a grid or encasing yourself in safe sacred space, womb healing bath, is also a way to create protection.
5. While accessing higher portals it is vital to not be reckless with your soul. We do not want to allow any attachments of ET's, dark forces, or entities while you are on this powerful healing journey!
6. Also beware of others who do not have you take heed while you are accessing portals. They may be working with dark forces, knowingly or not, and it is vital to create protection rituals for these next months of working with the higher forces.

## Accessing the Records

- Decide what you want to know. Are you just “browsing?” If so, define your intention, which might be, “I want to confirm the existence of the Akashic Records,” or “I want to experience the realm of the Akashic Records.”
- Do you have a specific question? Try spending a little time clarifying intention, perhaps by writing your thoughts with the understanding that there are no “wrong” questions or intentions — you can ask what you like, but you may not always get an answer.’
- When you’re ready, clearly state your intention and request that any guides, whether you know them or not, assist you.

- Create a sacred womb healing bath or bed space. Being in a sacred, warm, loving, open space will give you body the cues to relax. Allow yourself time to let your energy settle and center. Ask to be allowed to access the records in regard to your question — now stay in an open, receptive state, allowing information to enter your awareness. It could be visual or auditory or come in the form of a guide or angel.
- If you connect with another being, ask their name and clarify that you're looking for access to the records in regard to a question. Ask if they are here for your highest and best, and in alignment with your souls purpose or their own purpose. (This is vital!!! You always want to be guided toward your highest souls purpose)
- Allow for the records to be watched from an observational aspect. There may be an emotional release while you are hearing, watching or being told the experiences you have had or what your experiences here on Earth are about. Allow for your mind to stay in an observation mode only. Do not judge. Do not shame. Do not allow guilt. See your akashic records from a place of pure curiosity.
- When you're ready, end your session and take the time to record the experience. Did you get access? If not, it's ok — for many, it takes more than one attempt to tune in. Even if you believe nothing happened, write down any impressions or thoughts — hindsight may reveal more than expected.

The Akashic Records are a vast trove of information containing incredible wisdom and insight. If you're curious to learn why you are who you are, how you got here, or future possibilities you may find yourself experiencing in this lifetime, it can be an amazing resource.

If you would like a personal Akashic Records Healing session you can book a session at [MagicalMothering.com](https://magicalmothering.com).

If you are interested in a Soul Chakra Plant Potion from Magical Mothering, please visit <https://magicalmothering.com/shop>