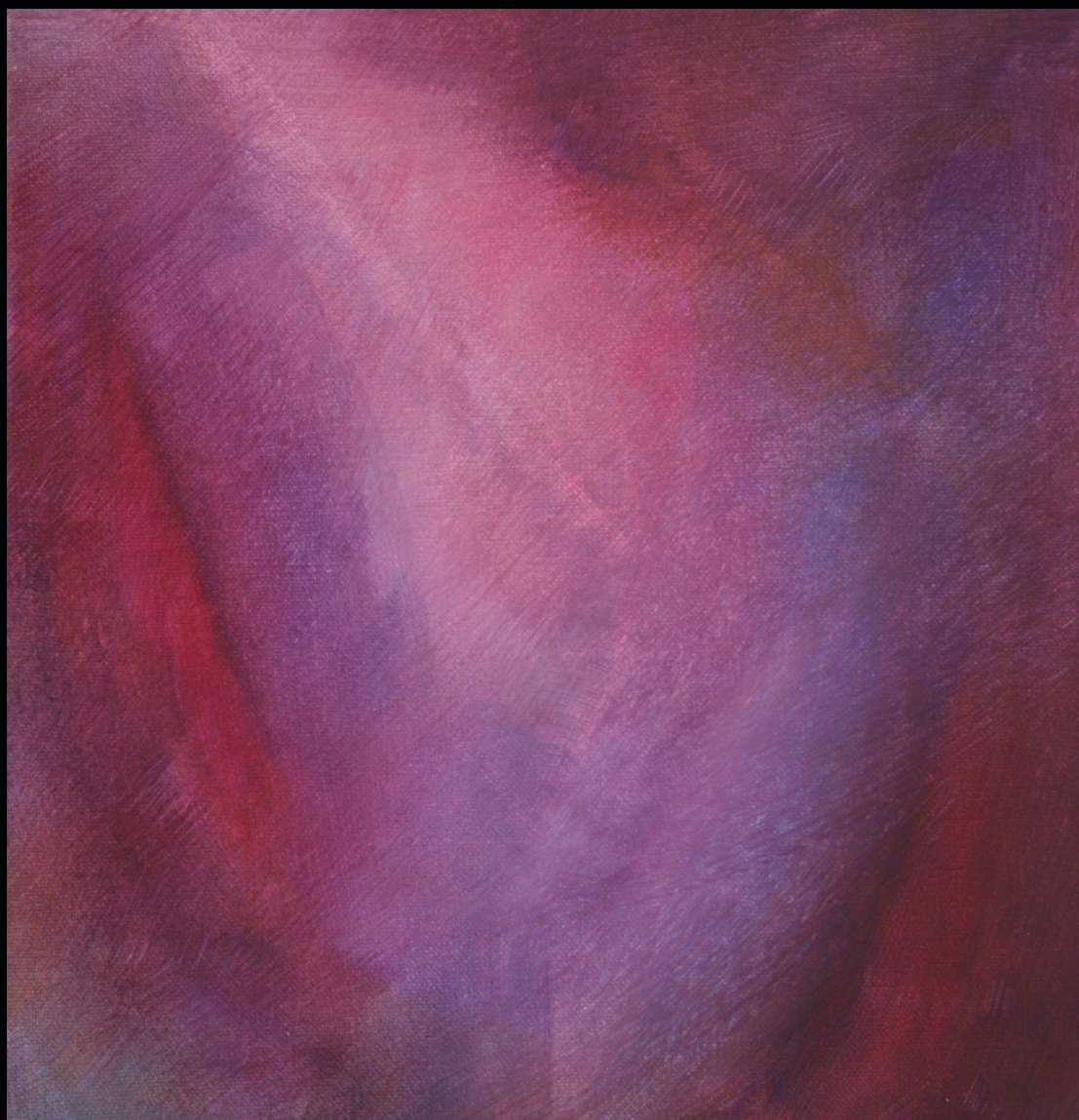


THE AKASHIC RECORD

Beginning Your Journey



NANCY KERN

The Akashic Record

Beginning Your Journey

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About the author

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Cover Art “Mara Luna” by Nancy Kern

I wish I could show you
When you are lonely or in darkness
The astonishing light
Of your own Being!

– Hafiz (as translated by Daniel Landinsky)

PREFACE

SPIRITUAL COACHING STANDS ON FOUR PILLARS

Thank you for downloading this booklet. With joy and an open heart, I share my passion and soul's calling with you.

Over thirty-five years as a holistic healer, my perspective has shifted. When I was younger, I thought healing was best accomplished by lightning bolt. What I found was that such dramatic change usually faded away. Healing is an inside job. My work as a practitioner is to trigger your inside job – to put healing in motion and give you tools to sustain momentum.

I spent decades developing ways to make transformation sustainable – not just a temporary state of well-being.

Led by the question – *what can I do to ensure long term benefits for my clients?* – I was guided to concentrate my training in the modalities that comprise the four pillars of Spiritual Coaching.

Effective healing addresses all four dimensions of your being – spiritual, physical, mental and emotional. On this foundation, I designed my spiritual coaching practice.

Starting with your first conversation with me, I listen to your concerns, answer your questions and assess your foundation – to determine what alchemical blending of the four pillars will most benefit you.

THE FIRST PILLAR – THE AKASHIC RECORDS

Through the Akashic Records I can read your energy body – to find the root cause of whatever is keeping you stuck. We go wherever we need to go – into the unconscious or the zero point field. We can access the zone between lifetimes, and uncover karmic and incarnational issues.

In twenty years of reading the Akashic Records for clients, I have not found a limit to where we can go. Once you are prepared for this level of work, Akashic energy can transform the energy flows in the causal realms.

Before you can get the full benefit of the Akashic Records, you need a foundation in emotional connection. Your vibration is the key to the area of the Akashic that opens for you at any given time. Learning to embody your emotions as energy flows – and stay connected to your body when emotions spike – strengthens your connection to Source.

THE SECOND PILLAR – EMOTIONAL CONNECTION

Another way we get stuck is when we disconnect from our emotions. We are taught to do this from an early age.

An emotion is a sensation in your body that is coupled with a thought. When you learn the fundamentals of emotional connection, you can be free from suppressing challenging emotions – and free from acting them out. You are given a simple practice you can use throughout your day to stay connected with your body. You have the capacity to be present to sensations – without being hijacked by thoughts.

Contractions in your body can trigger thoughts that make you more tense, anxious, angry or scared. You can get into a loop where sensations trigger upsetting thoughts – and the thoughts loop back and intensify the uncomfortable sensations.

Suppressing emotions doesn't work – it drives the contraction deeper into your body, where it can impact your health.

Emotional connection is simple to learn. With practice, you can stay connected to your wise body no matter what is going on around you. Your intuition will increase as you learn to stay present.

THE THIRD PILLAR – FLOWER ESSENCES

Flower essences help you sustain momentum between sessions. If you are serious about making a transition, you may do a series of Spiritual Coaching sessions. Flower essences help bring emotional states, moods and thinking habits into alignment with your Higher Self.

Have you ever had a challenge come your way – and you started to respond from a witnessing perspective – but got high jacked by an ingrained emotional reaction?

Flower essences help neutralize reactive thoughts, so you have the space to respond from discernment, rather than being triggered into acting out.

THE FOURTH PILLAR – THE LANGUAGE OF BEING

To sustain transformation, we need to learn to think in ways that are grounded in how our bodies operate – and how the world works. Many of us live in ungrounded conversations – fairy tales – about how life is. We think the world works the same way our families of origin operated, or our religion or culture. We think other people should believe what we believe. Right-wrong, good-bad scripts run in the background and we don't question them.

This limits possibilities for us. It keeps us stuck in a rut – thinking the same old thoughts and repeating past experiences.

To change this dynamic, I teach you how to use language to bring forth your world in ways that support Being. Capital “B” Being refers to living congruent with values that align with your Higher Self – which may differ from the individual wants of your personality. Your personality is a reflection of your conditioning. As you grow in consciousness, you are called to align your personality more and more with your soul – to take a higher perspective.

When you are ready to begin your journey into the Akashic, read on.

The Akashic Record is the first pillar of Spiritual Coaching. Please read the preface to familiarize yourself with the four pillars.

GETTING STARTED WITH THE AKASHIC RECORD

The Akashic Records is an amazing gift. My respect for the wisdom, insight and compassion that comes forward has deepened over the years. I have seen my clients get better results when they have a foundation for receiving what comes forth – before having a reading. For that reason, I developed the four pillars.

The Akasha tapped me and generated a spontaneous healing in 1982. Experiencing the energy of the Akasha initiated a major transformation in how I live my life. You can read about the experience [here](#).

Through thirty plus years of practice, I continue to design my life according to my soul's blueprint, as it becomes known to me. The gifts of the Akasha continue to evolve as I open to receive them.

If you follow instructions step-by-step, without reading ahead, you will lay the ground to receive an energy transmission. I invite you to pace yourself – come present so your body can receive the energy flows. For your soul's radio station to be able to transmit sublime energy to you, you must tune in to the correct broadcast frequency.

May your gifts and your passion for your soul's journey be deepened and strengthened by the energy and information on these pages.

May rivers of Love wash over you as you sense – and potentially embody - the vibration of my words.

Most important, may my words bring you pleasure.

A FEW WORDS ABOUT THE AKASHIC

Akasha is a Sanskrit word that means space, sky or ether. The Akashic Records is the energetic imprint of your soul's significant experiences throughout time.

The energy transmitted from the Akashic realm is Love from the Source of All Love. The knowledge contained within the Akashic Records is imprinted on the Akasha, a subtle substance that permeates and creates everything in the universe.

TO ENSURE YOUR ACCESS TO AKASHIC ENERGY

This book is designed to give you an energetic experience of connecting with Akashic energy. Before you read the rest of this short book, please listen to the free mp3 - downloadable from my website. Listening to the mp3 will give you an experience of a preparatory meditation such as I use in sessions with clients.

Part 1 – PREPARING SPACE TO RECEIVE

Welcome to a world of discovery – learning about the Akasha will open new possibilities in your life to live with an ever more joyful connection to Source – Creator of all that is.

Before we enter the Akashic, we need to first prepare the space around us – to create a clear space for receiving – and also to clear space within us to accept new possibilities.

Then we will align and attune ourselves to Akashic energy. Like a tuning fork, the Akasha brings our bodies into coherence with our soul's blueprint. Every refinement we make that brings us into greater coherence brings us closer to union with Source – by clearing out conversations and conditioning that get in our way. When we come into coherence, we may be tapped by the Akashic.

“In the Beginning was the Word.”

My words have been chosen to activate energy flows – to help you attune to Akasha, not just learn about it on intellectual levels. What you are reading is more than ordinary writing. Words are chosen to activate your energy flows – to help you attune to Akasha, not just learn about it on intellectual levels. Your thoughts may spike or drift as you read. Don't worry – take your time and relax into the journey ahead.

The Akasha is all about movement through space. New thoughts may be stimulated – old beliefs may suddenly seem outdated. If you welcome freedom from thoughts and beliefs that keep you small, read on.

I call the first step toward accessing the Akashic “Preparing the Space to Receive” because – in order to receive, we must have space inside us that is available. If your house is cluttered, the disorder may feel distracting or stressful when you try to relax.

The same principle applies to your inner home. Most of us are over stimulated by multi-tasking and busyness – which is the default mode of operating in our culture.

Taking time to get quiet and centered before you begin will open inner space in your being to sense and receive subtle energies. Read about the Akasha when you are relaxed and present to the energy.

Be in an environment where you know you won't be distracted. Turn off your cell phone. Allow twenty minutes.

Put a "Do not disturb" sign on your door. Prepare the space by making it reasonably clean and uncluttered. Have a notebook and pen, and water or a cup of tea available. Light a candle, white if you have it.

If you are receptive, you will absorb energy as you read. The energy of the Akashic is actually more important for you to receive than the information. Energy is information that moves through your body.

If you find you cannot recall what you've read, don't worry. Read, absorb and allow yourself to dream. You can reread the text whenever you feel drawn to do so.

Pause now. Come into the present moment.

Find a seated position in a chair or on the floor - where your spine can be reasonably erect and you are comfortable. Feel your feet, or your hips, on the ground - or on your chair.

- Take three easy, deep breaths. Let your body soften.
- Inhale through your nose, expanding your belly.
- Exhale through your mouth with a sigh or a 'ha' sound, as if letting air out of a tire.
- Inhale on the count of three, exhale on count of six. Do this for three more breaths.

After three breaths like that, I invite you to practice the next step:

- Inhale through your nose on count of three.
- Hold your in-breath for count of three.
- Then, exhale through your mouth, making a 'ha' sound.
- Hold your out-breath for count of three.

- Do three more of these breaths, holding your in-breath for count of three, and then your out-breath for count of three.
- Sit quietly and notice how your body feels. Is space opening up?

At the end of your out-breath, you will find a place where your thoughts come to rest. Enjoy that quiet place within you.

When you practice this breath on your own, feel free to experiment. Find your own rhythm – you can count to two and four, or four and eight – whatever brings you the greatest pleasure.

Use this way of breathing any time you want to reduce stress in your body and get more grounded in the present moment.

Let your body relax even more. Let your chair support you. Let the ground rise up to support you. With your next breath, inhale into your belly. Inhale Light from the Source of All Light, all the way into the center of you.

At the center of you is the pranic tube, an energy structure that runs down your spinal cord – where your major chakras are rooted deep in the body. You can imagine it as a pillar of Light that runs from the crown of your head to your tailbone.

GROUNDING YOUR BODY IN EARTH ENERGIES

Inhale, Light from the Source of All Light.

Exhale down your legs, out your feet and out your tailbone - into the earth. Imagine streams of light flowing out your tailbone - extending down, down, down into the earth.

Like a tree seeking nourishment from the soil, send your roots of Light tunneling into the earth:

- Five feet down
- Fifty feet down
- Five hundred feet down
- Five thousand feet down
- All the way down to the center of the Earth.

Notice what happens in your body as you sense that you are situated directly over the center of the earth. No matter where you are, the center of the earth lines up with your root chakra, your heart center and your crown. The intelligence of the earth tracks you, like a light beam from an air traffic control tower, wherever you go.

As you continue to exhale into the center of the earth, you may notice a sensation - as if you are dropping an anchor into core earth energy. Your body will relax and open when it senses this connection being affirmed.

Your body, which is home for your Soul in this incarnation, is made of the same matter as Earth – and Earth is made of the same matter as the stars. Your body relaxes and space opens to receive from the cosmos – when you feel supported by the earth.

Your soul's evolutionary purpose is to occupy your body fully during your lifetime. Skillful work with your body and your personality allows you to actualize your soul's goals. That is the purpose of Spiritual Coaching.

By grounding your body in earth energies, by going deeper into the spaces in your physicality, you have the anchor you need in order to go higher, into the high frequencies of the Akashic.

When you feel ready to continue your journey into the Akasha, read part two - *Opening to New Possibilities*.

Part 2 – OPENING TO NEW POSSIBILITIES

Akasha is not a physical thing. It's a location – an energy field. It's not a *doing* - but a state of *being*. Think of energy as information that moves. *Being* is active. It requires that you be in a state of relaxed awareness. Energy is active because it moves – it alters your thoughts and how you experience your body. That's why even reading about Akasha can be an energy activation, if you are available to receive it. Keep your body soft and comfortable as you read. Readjust your posture as needed.

Our souls are made of energy. We are beings of Light. Our souls incarnate into form in order to develop our highest potential here on earth. Our bodies are highly sensitive vessels. We can desensitize them or we can attune our bodies to our souls. We have free will to tune in or tune out.

When we die, we leave behind our worldly accomplishments and accumulations. We take with us the wisdom we have gained.

Akasha is known as the library of our Souls. Your soul's library is located in the etheric realm – it is not a physical thing. Ether is the primary element of nature, from which the physical elements are formed. As ether becomes more complex, it takes on form and density, creating the four worldly elements of air, fire, water and earth.

Even though Akasha is not a physical thing, you can touch, see or hear it – depending on whichever sense is strongest for you – with your inner eye, ear and feeling sense. Entry into your soul's library is determined by your vibrational frequency, which acts as a key to open the area of Akasha that is a match for you.

The energy and information in Akasha addresses the big questions in life. What lessons is your soul here to learn and complete? What actions can you take to move beyond circumstances where you feel stuck? What will fulfill your soul's purpose in incarnating this time around?

These big questions unwind over time – there are no pat answers. Each new revelation takes you deeper into wisdom and helps your soul blossom.

You may revisit a matter you thought you were done with only to resolve it on deeper levels – until it shifts from being a challenge to being a gift.

Just as you can study the records of fossilized life forms in sedimentary rocks, the universe records the formation of souls imprinted in the etheric. At one end of the spectrum, we have a formless field of Light that takes on form as it changes in density and frequency. At the other, we have matter – trees, rocks, earth, animals – and our bodies.

Space surrounds our bodies, permeates every cell and exists within our cells. Akasha is located in cosmic space, in the space that connects us and in the cells of our bodies.

We are individual aspects of Divine Creator. Source, or Divine Creator, is primordial. Our souls separate temporarily from the Light of Source – and reunite with Source once we have completed our incarnation. Every one of us has that Light – the Light from Source – inside. The Akasha helps you dissolve conditioning and return to Love – while still incarnate.

The Akasha helps you embody the Light that you are.

When you feel ready, turn to part three, *Aligning and Attuning to your Akashic Record*.

Part 3 – ALIGNING AND ATTUNING TO YOUR AKASHIC RECORDS

Opening the Record happens through alignment and attunement. In Part 1, you began to align yourself with the Akashic field. In part 2, you began to attune yourself to the energies - relaxing your body and opening your focus to higher guidance. In Part 3, you will deepen your attunement and be introduced to the prayer that I use to open the Akashic Record.

Spiritual exploration may trigger physical sensations in your body. Common experiences are: warmth or expansion in your heart center, buzzing in your sixth chakra or third eye, or an all-over sense of *knowing* – without knowing how you know.

Energy is information in motion. The information that comes through Akasha is more profound than ordinary thoughts or intuition.

As you read the text below - if you are ready and the time is right for you - you will attune to Akasha - a space of wisdom, insight and compassion. Trust your experience, whatever it is. You cannot do this wrong - this is a no-fail zone.

Relax. Be present. Be curious.

“And now we are aware of the Radiance of Light.”¹

This is the opening line of the prayer I use to open the Akashic Records.

You can invoke the sacred space of Akasha by repeating the opening line yourself.

Speak the opening line aloud in a quiet voice. In the silence that follows your speaking, sense the impact of the words on your body. Do you feel softening? Warmth? A sense of lightening up?

Repeat the words softly – like a mantra. Then pause, listen and wait. Quiet your thoughts - so you can be present.

¹ The first line of the invocation I use here is taught by Linda Howe.

Open your awareness to the energy flows as you repeat the words. Take time to enjoy the Radiance of Light.

As you fine tune your awareness, you may feel waves of gentle, bright Light stream through you and around you.

Waves of light stream from the sky – from deep space – the origination point at the center of a great Mandala universe. Light streams through your body and roots you deep in the Earth, a potent source of sacred knowledge and physical nourishment.

Let your imagination roam to the origins of all created phenomena.

Waves of liquid Light enter through your crown at the top of your head. Light bathes your body inside and out, flowing over you like a gentle waterfall – clearing an egg-shaped field, your aura, that extends an arm's length around you in all directions: front, back, and side-to-side; above your head, and below your feet.

Relax, take your time, and enjoy yourself – you may feel waves of Light emanating through you and from you – and into the earth. The Light can be any color that feels good to you.

The Akashic Record is an energy continuum that begins in the vast, formless field of infinite Light – and then gradually takes form. Like a wave, it peaks, and then loses form – returning to the zero point field, which Tibetans call the Pure Land.

THE AKASHIC IS A FULL SPECTRUM OF POSSIBILITY

As I continue with the opening prayer, after I call on the Light of the Akashic Record, I call on the Guardians and Keepers – and finally, the Masters, Teachers and Loved Ones. Below I have given distinctions for these different zone of the Akashic.

The Light of the Akashic Record is formless, impersonal and illuminating. This Light opens spaces within the cells of our bodies, and focuses healing light frequencies wherever they are needed.

Guardians and Keepers have never incarnated in material form. They maintain boundaries to safeguard the sacred energy and information in the

Record – and ensure that you enter the area of the Record that matches you, which will be most beneficial.

Ascended Masters, some of whom have been incarnated as human beings, have attained full awareness of complete and indivisible union with the Divine. They vibrate at sustained, high frequencies. They can come and go from the Earth plane without reincarnating – thus, they no longer enter the birth-death cycle.

Teachers and Loved Ones work together as a group. Teachers are non-physical beings with specialized areas of expertise. Teachers help us with specific areas of need. Loved Ones are souls who have crossed over to the Light, who knew you and the conditions you experienced in your life while they were incarnate. They bring compassion and greater resonance with the density and challenges of being incarnate and having a human experience.

The Akasha Bridges Heaven and Earth

The group energy of the diverse sources in the Akashic Record allows us to receive wisdom and guidance precisely calibrated to the level at which we need it. By referencing a spiritual continuum that varies in density and frequency – we tap into the formless, infinite field of Light, which is highly abstract – and we also receive support from the Masters, Teachers and Loved Ones. The group energy graces us with support that ranges from highly esoteric to practical guidance, depending on what you need.

Your vibration is the key that opens a specific area in the Record, according to what is appropriate for you. The guidance you receive is free from judgment. Because it comes from the Source of all love, it is free from fear.

Enjoy the sensations you are having now.

May you bask in Love from the Source of All Love.

When you feel ready, turn to part four - *Being Tapped*.

Part 4 – BEING TAPPED

Thank you for reading this e-book and trusting the longing deep within you to connect with the creative Source of all life.

The invocation and process I share with you here evolved from prayers and teachings given to me by two special people. William David, founder and director of the Esoteric Philosophy Center in Houston, introduced me to the term “Akashic Record” in a class on color and sound healing - and gave me a name for the numinous experiences I’d been having since childhood.

Mary Parker, of Odessa, Texas, taught me how to open and close my own Records, and then to read them for other people. Mary encouraged me to teach. I am especially grateful to her for encouraging me to trust my guidance from the Akashic Record in developing a body-centered approach to the Akashic field. It takes courage and integrity, and devotion to be of service to the Highest Good of All, for a teacher to support a student who is called to leave the fold.

My primary teacher throughout this lifetime is my guide Akash – who “tapped” me, and initiated me during a critical time in my life. All I knew then, in 1981, was that a voice spoke to me. It said, “You have access to the Akashic Records.” Hearing these words triggered a spontaneous healing from a flu-like virus. If you are curious about the experience that reoriented my entire life and brought me to where and who I am today, you can read an article about it on my website [here](#).

Reading the Akashic record is an art. I have not given the entire prayer here – but an introduction. For some of you – who are “tapped,” entering a conscious relationship with the Akashic Records begins a new life journey, centered on your soul’s blueprint.

Reading your own Akashic Records is the place to begin. I recommend you practice reading your own records for at least two years before attempting to learn to read for someone else. Get the training you need, and the mentoring.

If you are called to study with me, I train people one on one over a 6-month to 2 year period of private sessions tailored to supporting your soul's blueprint and deepening your soul's incarnation in your body.

Give yourself the gift of being a beginner. Take your time and enjoy the process of being remade according to your soul's blueprint. I invite you to [contact me](#) for an initial free consultation.

Many people have some degree of access - but only a few are called to devote their lives to developing their capacity to access, read and interpret the energy flows that emanate from the Akashic field for others. This is neither good nor bad – we all have a part to play in the unfolding possibilities of spiritual beings incarnate on this earth.

When you look for someone to read your records for you, or help you develop a closer relationship with the Akasha, pay attention to your inner guidance. As humans, we all have filters – none of us can honestly claim full objectivity. Whatever is received from the Akasha on your behalf will come from your records – and be filtered through the knowledge base of the person reading for you. This includes their studies in this lifetime, as well as who they are in soul – the wisdom, devotion, dharma and karma they have accumulated and resolved over many incarnations.

When you request that I read your Akashic Record for you, I open the area of Akasha that is imprinted with the etheric records of your soul's significant experiences throughout all incarnations. Working in the Akasha will ultimately free you from fear.

As your Record opens, the field around you will change. You shift from ordinary awareness to the presence of radiant, shimmering Light and profound, infinite Love.

I invite you to read more about my work here: www.nancykern.com.



ABOUT NANCY

To receive reliable information and transmit Akashic energy without distortion, your soul's presence in your body must be strong and well nourished. As a spiritual coach, I help you clear obstacles to embodying your soul.

My access to the Akasha was vivid in childhood. My journey through trauma – and the Love that continues to be revealed on the path of awakening to Source – gives me the skills to help you on your transformational journey to claim your Light.

I graduated from Rice University in 1975. From 1977-1982, I apprenticed as a direct-entry midwife, learning the energy flows of conception, pregnancy and birthing. I birthed my three children at home, one with my own hands.

From 1982-2007, I had a private practice in hands-on energy healing, specializing in Polarity Energy Balancing and CranioSacral Therapy. In 1988, I received my master's degree in fine arts in painting. From 1997-2000, I learned to read the Akashic Records for other people. In 2007, I closed my CranioSacral therapy practice to offer Spiritual Coaching full time.

PLEASE TELL ME WHAT YOU THINK

Has reading this book been helpful to you?

[Click here](#) to contact me for a free initial thirty-minute consultation.

The Four Pillars of Spiritual Coaching

Book one - The Akashic Records – Beginning Your Journey

Book two - Emotional Connection

Book three - Flower Essences

Book four - Language of Being

Did you enjoy The Akashic Record – Beginning Your Journey?

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