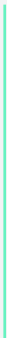


HOLISTICISM HOW-TO



The Pathway Process Prayer + 44 Example Questions to Ask the Akashic Records



How to open your Akashic Records
and ask the right questions to get
answers that are actually helpful and
actionable.



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The Pathway Process Prayer + 44 Example Questions to Ask the Akashic Records

The Pathway Process Prayer is the prayer channeled from Linda Howe that can be used to open the Akashic Records. Before you open the Akashic Records, prepare 8-10 questions to ask your Masters, Teachers, and Loved Ones.

Trust me, it's better to get your questions lined up before you open your Records – once they're open, you'll be getting so much information that it's difficult to find your bearings without a roadmap. Your questions will help guide you through the process of sorting that information out.

Remember that "yes" or "no" questions aren't usually successful with the Akashic Records. Try to ask questions that start with:

- *What*
- *Why*
- *How*

Here are some example questions that you can start with. Write a few down in your journal, leaving space below to jot down the answer when you do ask the Records. It's REALLY fun to go through your old questions in a few months and see exactly how they came to fruition!

44 Example Questions to Ask the Akashic Records

Personal Growth

What are my hidden blocks?

What's my soul's purpose regarding [insert a pattern you keep recreating]?

What do I need to release that isn't serving my highest purpose?

What is the best possible outcome of [insert situation]?

How are my male and female energies balanced? What can I do to balance them if they are blocked or out of alignment?

What is my greatest limitation? How can I overcome it?

Who are my guides and teachers and what role do they play in my life?

How can I connect and communicate with my guides?

Which crystal / flower essence / herb is best for me to work with now?

What question have I NOT asked that I should be asking at this time?

What beliefs and ideas did I inherit from my family that do not serve my highest good?

What beliefs and ideas have I internalized from my culture that do not serve my highest good?

Purpose Or Path

Why am I here?

Why am I not moving forward in my life?

What would I benefit from knowing at this time?

What are my hidden talents?

What career would best suit me?

What's blocking me from being successful?

What do I need to know about my life's path and purpose?

What's limiting me from manifesting greater abundance?

What role(s) did I play in my past lives?

Did I ever make a past life vow? If so, what kind of vow? How can I release it if it's not serving me?

What is my most important role in this lifetime?

What is preventing me from reaching my goals in my business?



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44 Example Questions to Ask the Akashic Records

Love and Relationships

What can I do to attract a divine relationship into my life?
How can I improve my relationship with my spouse?
How can I release this conflict in my life?
How can I open my heart to love?
What's blocking me from calling in the relationship I desire?
What do I need to know about the relationship I am in?
What do I need to release in order to move forward and find love again?
What is the best possible outcome for this relationship?
Did I this know person in a past lifetime? What was our connection then?
Did I make a past life contract with this person? What was the nature of the contract?

Physical Health and Well-being

How do I stay centered?
What would make me heal more quickly?
What's blocking me from being able to heal?
What lesson am I supposed to learn from this illness?
What is the best diet for me to follow right now?
What does the optimal work schedule look like for me right now?
How can I feel less anxious?
What can I do to feel more energized?
Where am I losing my energy to others?
What is the best type of exercise for my body to do right now?

Feel free to experiment with how you phrase your own questions, and remember that you can always ask your Akashic Records for more clarification if you need it. If the answer isn't coming through, try rephrasing your question.



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Pathway Process Prayer

by Linda Howe

Instructions

To open your own Akashic Records:

- Say lines 1–13 of the Opening Prayer aloud, inserting myself or me as appropriate.
- Repeat lines 8–13 silently two more times using your own current legal name.
- Announce the opening of the Records by saying line 14 aloud.

To open the Records of another:

- Say lines 1–5 of the Opening Prayer aloud.
- Say lines 6–7 silently one time.
- Say lines 8–13 aloud one time, inserting the person's first name.
- Repeat lines 8–13 silently two more times, inserting the person's current legal name or her/him as appropriate.
- Announce the opening of the Records by saying line 14 aloud.

To close the Records:

- Read the Closing Prayer aloud.

Opening Prayer

1. And so we do acknowledge the Forces of Light,
2. asking for guidance, direction, and courage to know the Truth
3. as it is revealed for our highest good and the highest good of everyone
4. connected to us.
5. Oh Holy Spirit of God,
6. protect me from all forms of self-centeredness
7. and direct my attention to the work at hand.
8. Help me to know (myself/first name of individual being read)
9. in the Light of the Akashic Records, to see (myself/first name of the
10. individual being read) through the eyes of the Lords of the Records,
11. and enable me to share the wisdom and compassion that the
12. Masters, Teachers, and Loved Ones of (me/first person of the
13. individual being read) have for (me/her/him).
14. The Records are now open.



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Pathway Process Prayer

by Linda Howe

Closing Prayer

1. I would like to thank the Masters, Teachers, and Loved Ones for their love and compassion.
2. I would like to thank the Lords of the Akashic Records for their point of view.
3. And I would like to thank the Holy Spirit of Light for all knowledge and healing.
4. The Records are now closed. Amen.
5. The Records are now closed. Amen.
6. The Records are now closed. Amen.



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