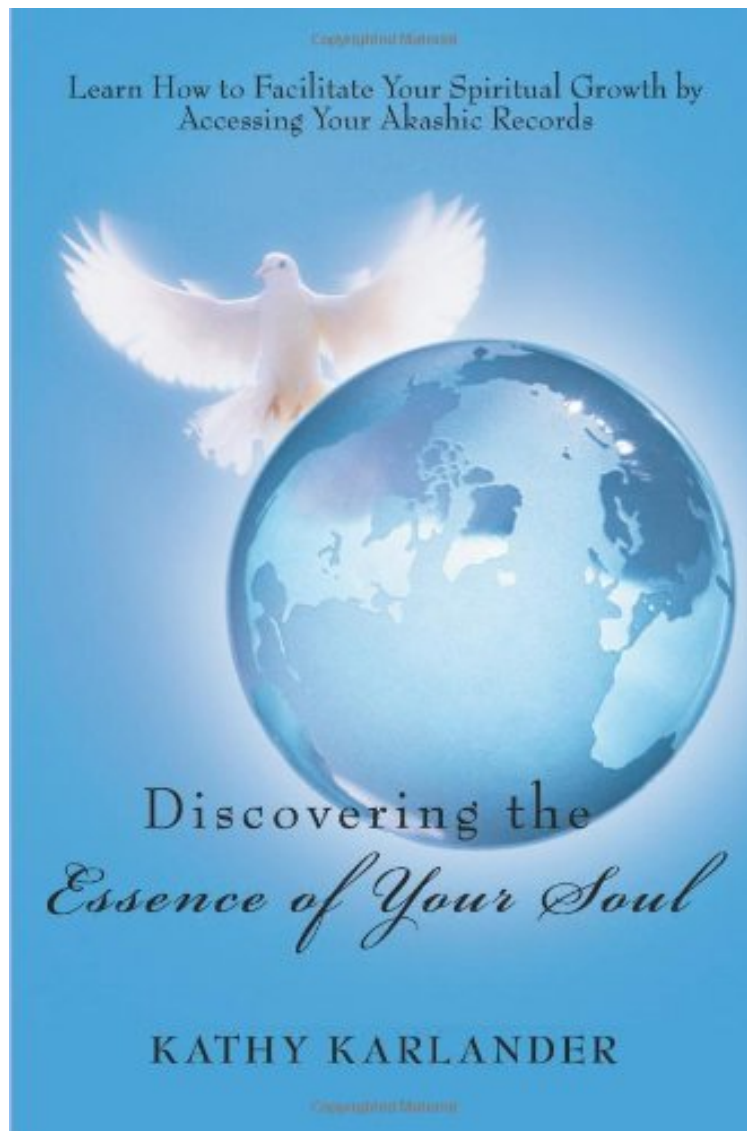


(Library ebook) Discovering the Essence of Your Soul: Learn How to Facilitate Your Spiritual Growth by Accessing Your Akashic Records

Discovering the Essence of Your Soul: Learn How to Facilitate Your Spiritual Growth by Accessing Your Akashic Records

Kathy Karlander

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Kathy Karlander : Discovering the Essence of Your Soul: Learn How to Facilitate Your Spiritual Growth by Accessing Your Akashic Records before purchasing it in order to gage whether or not it would be worth my time, and all praised Discovering the Essence of Your Soul: Learn How to Facilitate Your Spiritual Growth by Accessing Your Akashic Records:

11 of 11 people found the following review helpful. The Power of YOUBy Diana Faillace Von BehrenIn this 70-page how-to on how to facilitate personal growth, spiritualist and healer Kathy Karlander [...], does a fine job of making practical sense out of a simple but difficult subject that can be as baffling as quantum physics. According to Ervin Laszlo in his book, a blending of new science and physics entitled, [...]the Akasha is a Sanskrit word signifying "ether" or all-pervasive space. I paraphrase his description: In Indian philosophy it was considered the first and most important of the five elements (the other four being air, water, fire and earth) because it contains all the properties of all five. It underlies and becomes all things yet it is subtle and cannot be detected until it becomes the many things that populate the manifest world. It is the womb from which everything we perceive with our senses has emerged and into which everything will ultimately re-descend. Hence, our bodies do not register Akasha, but we can access it through spiritual practice. And what we are able to access are the Akashic Records: the enduring record of all that happens and has ever happened in the whole of the universe. Karlander tells us that the Akasha is the energetic recording of the soul's journey since its beginning--a special field of energy that permeates one's entire being. She believes that in the end we are all One, so when she explains that there are Record Keepers that specialize in the energy field of the Akasha, she means that they are just another aspect of herself from her perspective. The idea here is to heal oneself through the use of intuition and imagination. By initiating contact with one's Record Keepers, the act of healing has begun; you have freely chosen to ask for help. Let me clarify this: asking for help signifies that you envision yourself as the co-creator of your own life, not just as a victim that wants to blame others for a lack of control over life. The concept is simple, yet profound. Karlander provides a script of sorts to follow that will get you in the right frame of mind to work within the `Records.' As in Linda Howe's "How to Read the Akashic Records: Accessing the Archive of the Soul and Its Journey," there is an opening prayer that asks assistance from the Record Keepers and Ascended Masters. However as one becomes more proficient in opening and utilizing the Records, the ability to slip in and out without formality will be easily facilitated. Both Howe and Karlander suggest journaling one's responses from the Records sessions while phrasing questions in a way that will yield answers that will help one understand the self in the context of contemplating one's reaction to another person or separate event. The section entitled "Practice Makes Perfect," employs intuitive methods in a group workshop type environment that particularly appeals to me as it allows one to explore the perspectives of different people from all walks of life and vantage points. Karlander mentions the Universal Calibration Lattice and the EMF Balancing Technique designed and studied by Peggy Phoenix Dubro as being irrefutably linked to the Akashic Field. As we heal ourselves, we are shifting energy patterns and simultaneously updating our Akashic Records (or our UCL); the more we shift, the more we heal and the more we balance ourselves. The more balanced we become, the more we radiate from our core and the easier it become to receive insights. A wonderfully self-perpetuating cycle of growth and development! Bottom line? Kathy Karlander writes a nice little book that may only take a few hours to read, but a lifetime to implement and appreciate. Especially relevant are her examples of real life questions that one would ask in real life situations while opening one's Akashic Records, the answers received and the analysis required to understand and then put that understanding to good practice. The result? Healing oneself and ultimately aiding the soul in enjoying the role it plays in this lifetime. Recommended. Diana Faillace Von Behren"reneofc"0 of 0 people found the following review helpful. Five StarsBy Julie A Walkergood book price, fast friendly service, thanks.0 of 0 people found the following review helpful. Five StarsBy nita rossellistill reading

Have you ever noticed that life is like a treasure hunt? The more we understand ourselves, our relationships, and the world around us, the wiser we become. The challenges we face in our lives are hidden gems of wisdom that are waiting to be discovered and added to our personal treasure box. The events in our lives are irrelevant. They are simply the foundations we lay for our personal growth-and opportunities to add other gemstones to our treasure box. It is up to us to discover the gemstones of wisdom that are buried within the events of our lives. This book will help you gain insights into your buried treasures by teaching how to connect with your Akashic Records. With the loving assistance of your Divine Spiritual Family (God/Goddess, All That Is, Ascended Masters, etc.) and the connection to your Akashic Records, you will experience a deeper understanding of yourself and the world around you. The Akashic Records can help you find the gemstones within any arena-relationships, repeating patterns and behaviors, influences from past lives, spiritual growth-and help you open to more peace and joy in your life.

About the Author Kathy Karlander is a spiritual healer, teacher, and counselor known both nationally and internationally for her work. Her greatest gift lies in her ability to facilitate spiritual awakening and growth in her clients while guiding them to a stronger sense of self-empowerment. Kathy resides in Indiana. Learn more at www.sacredinsights.com.