HEALING through the Akashic Records

Using the Power of Your Sacred Wounds to Discover Your Soul’s Perfection

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Introduction

I am so glad you have found your way to this book. The simple fact that you have arrived here says a lot about you and where you are in your life journey. Something inside of you—a nudge from your soul—is guiding you to know that now is the time to advance on your healing quest to become the person you are meant to be and to live a life you love.

When the soul says it’s time, it’s time. You have both the ability and the wisdom to hear this prompting from your Innermost Self, and you have the good sense to act on it. This is fabulous!

In your hands is a guide to a path of spiritual healing that is extraordinarily practical and effective—and remarkably simple. It has led me out of a crushing sense of isolation and into a conscious relationship with the Divine Presence. This is a very specific healing practice, as the title indicates: we work in the Akashic Records, using the wounds we have suffered during our lives as the means to come to know our true selves, to discover our soul’s perfection.
This approach came to me piece by piece over a sixteen-year period when I was striving to be more authentic, closer to myself, and to more fully enjoy my connections with the people in my life. I was also looking for ways in which I could contribute value to life without getting tangled up in all the world’s chaos. The healing program that developed over time answered all these needs. Here was a way for me to grow into greater trust in the goodness of life so I could truly let go of outdated ways of operating and discover new, more appropriate habits. I found a method that supported my heartfelt desire to let go of the illusion of control, surrendering to the benevolent power of life and allowing this force for good to transform all the dimensions of my being.

I discovered this path of radical change by using the Akashic Records as an empowering spiritual practice. As I followed the guidance I found there, my wounds were transformed from obstacles to knowing myself, others, and the joy of life into means of connection. What most astonished me about my discoveries was that through my difficulties—not despite them—I encountered the Divine Presence in a very real way. I came to know that nothing could possibly happen to me that could ever corrupt or destroy the Divine spark within me. I discovered that the connection I have with the Divine, and with life itself, is unshakable. And now, standing firmly on the foundation of this knowledge, I am secure enough to build a life that expresses the best truths of who I am.

I have since taught this method to hundreds of other people through classes, workshops, and one-on-one
sessions, and I have seen firsthand that each individual who earnestly undertakes its practices achieves healing. Some stories are dramatic—complete reversals of debilitating conditions. Others are subtler: emergence of a greater sense of self-confidence and well-being, an improvement in a key relationship. Everyone who approaches this path with intention and openness experiences some measure of positive change: transformation of a condition from which they have long sought relief, or an opening into the joy of life. I have seen no exceptions.

The key is facing, from a spiritual perspective, the source of our pain and distress: wounds we have inevitably incurred throughout our lives, beginning in infancy, that affect us to the present day. Through working in the Akashic Records, we change our relationship to these wounds. Examining them in the Light of the Akasha, we come to view all the hurt we have experienced—all the damage inflicted upon us by ourselves and others—as sacred opportunities for transformation and avenues to encounter the Divine Reality. They are exactly that, as you will soon discover. While we incur them at the mundane level of everyday life on earth, they have a higher purpose. Our human experiences are the crucible within which we encounter the indestructible Divine Essence that is the very core of our being.

If you are drawn to this book, chances are good that you have already pursued healing in other ways. You have invested time, money, and energy in gaining relief from your present discomfort, whether it is physical, emotional, or mental in nature, or a combination. The knowledge and understanding
you gained through your efforts have likely been helpful to you, but probably not transformational: some discomfort remains, whether acute or mild. This is not because you are lazy, or don’t deserve relief from pain and distress, or you somehow want difficulty in your life. It simply means that you have run up against the limits of your abilities as a human to find solutions. Transforming your woundedness requires freedom from limitation, and to achieve this you need access to the infinite nature of the realm of spiritual power.

Spiritual healing differs from all other modalities in that it results directly from strengthening our relationship with the Divine. We accomplish this by initiating, and then consciously and continually developing, an intimate relationship with our Innermost Self, a facet of our soul. Our soul never loses sight of its oneness with Divine Nature; our Innermost Self serves as our own personal bridge to the Divine.

As a result of our wounding, it appears we have lost touch with this deepest part of ourselves and hence our soul. But no matter how distant we may seem to be from our soul, we are in fact inseparable from it. Furthermore, the soul remains an infinite resource for healing. Our challenge is to clear away the distorted filters of long-established patterns of wounded thoughts and feelings that keep us from knowing the Innermost Self and, in turn, the Divine. This is the essence of our work in the Records. It is important to note that, while this deep work takes place in the spiritual realm, it is simultaneously entirely practical. Through clarifying our difficulties, gaining insights into them, and arriving at
real-world solutions, we can bring this work into our everyday lives. We become reacquainted with the truest aspect of ourselves, the Innermost Self.

In this process for healing, we recognize we have an important part to play: taking responsibility for our well-being and doing what we can to care for ourselves. What remains is the part we really cannot accomplish on our own, and here we allow the Divine to move on our behalf. This method guides us to a safe place within which we are sufficiently supported and where we can allow this force for transformational good to be exactly that. We are entitled to experience the perfection of our own soul, and this strategy for healing enables us to encounter the essence of our Divine Nature. When this happens, we find that we are the person we always hoped we could be and we can now live the life that we’ve always dreamed possible.

**Prerequisites for Healing Through the Akashic Records**

There are just two prerequisites for healing through the Akashic Records. First, we must recognize the futility of applying the same old ideas to our problems and come to accept that what we have been trying has not worked. Second, we need to have a sense—and in the beginning it can be a mere wisp of a sense—that it is safe to let go of the old ways and open ourselves to the new, because there exists a power for healing that is far greater than we are.

The beauty of the Akashic Records, as you will learn, is that they are an environment organized expressly to provide
the safety needed so we can encounter the Divine presence in a way that is real, absolutely useful, and decidedly effective.

The Three Components of Our Healing Adventure

Our healing journey is divided into three main parts. The first phase is Our Sacred Wounds as Points of Power in Our Relationship with Ourselves. In this phase, we address the devastating problems of self-abandonment and self-rejection from the following significant points of view: Awareness of Self, Self-Acceptance, Appropriate Action, and Choice. Exploring this stage of the healing process, we find ways to stay with ourselves no matter what is happening in life and to be at peace even during trying times. Finding the wounds that have made it virtually impossible to make contact with our Innermost Self is in fact the precise opening needed to enter into its depths.

Next we examine Our Sacred Wounds as a Pathway to Peace in Our Relations with Others. This is a very exciting part of our journey. We are given the opportunity to find out how to move beyond resentment of others and into acceptance and forgiveness—and to examine what is required to cease negative judgments. The great challenge of disrupting limiting patterns follows. We are given the opportunity to discover the life cycle of patterns and transition from being enslaved by them to becoming free and empowered—and see that the difficulties that interrupt the connection between us are exactly what we will use as the path of peace in relationships.
Finally, we enter into the region of Our Sacred Wounds as a Platform for Transformation and Transcendence. Having completed our work in the first two phases, we find ourselves more solid, stable, and better able to express our true Self. But we are not through yet. We are infinite beings on an eternal quest. In spiritual work, there is always more, always a next level and a next step. In this stage of our healing work, we establish a conscious relationship with our internal structure through which we thrive in a renewed life, one lived beyond human wounds and scars. I will introduce to you the Ascension Matrix, which provides a context through which you can experience transcendence into a more conscious fusion with the Divine. The elements of the Matrix are Gratitude, Grace, and Generosity. Here, we come to know how to activate each of these qualities in life and live as an ascending being. And we discover how to live in the world, not as a victim of it, but as both active participant and inspired contributor. We will learn how to live our ordinary life from an extraordinary perspective.

Prepare for the Journey

To support you in this three-stage process, I would like to make some suggestions for ways to approach the work. Feel free to accept those that are helpful for you, and don’t worry about the rest.

You might want to start by reading quickly through all three sections (parts 2, 3, and 4) and letting yourself get used to the flow of the work before doing any of the exercises. Some
sections may be very engaging for you right now, others not so much; this is natural, so let your intuition about this be your guide. You may wish to dedicate a special notebook and pen to sharing what arises as you work in your Records. In each of the three sections, I introduce ideas and discuss possibilities for applying them in your life, and I will present tried-and-true questions for reflection to take into your Akashic Records. Feel free to work with them at your own pace and follow where they lead. Experiment, experiment, experiment to see how to best interact with them for your own growth.

You will begin by learning to access your Records using the Pathway Prayer Process to Access the Heart of the Akashic Records. If you are already familiar with this, it will be a good review. If you are new to the work, this is the basic instruction required to open your Akashic Records and begin working in them. For a more detailed presentation of how to do this, you might wish to explore my book *How to Read the Akashic Records*. Some people enjoy gaining a deeper understanding of the method, but it is not essential to do so before using the Pathway Prayer for these purposes. The instruction here will be enough to get you started.

Before you commence working in the Records, I suggest you take a few minutes to reflect upon those difficulties that have been with you as long as you can remember. Turn your attention to those issues that just do not seem to budge—ones you have been chiseling away at for perhaps the last ten, twenty, or even thirty years. Another approach is to go straight to the thorniest places: to reflect upon the most
painful experiences or ways of being you have been enduring, those that cause such intense discomfort that you usually refuse to even let yourself think about them. I understand that neither of these exercises is easy—we all have had ample practice attempting to escape our wounds and relatively little experience facing them directly. But you can do it, knowing help is coming: the solace, perspective, and wisdom you will find in your Akashic Records. Trust me, I have traveled this road to spiritual healing many, many times before you, and I have written this book as a way to “leave the lights on” for you, to guide you on your way.

I know how hard it is to live with hurt feelings and the scar tissue that has built up around them. I know how difficult it is to be held hostage to old patterns of interacting with others. I know how demoralizing it is to keep trying to change but to fail again and again. And I know what it is like to use your shortcomings against yourself. It is because I have suffered these experiences too, and have been relieved of them, that I am sharing this method with you. Believe me: your efforts will bring tremendous liberation.

An Invitation

Now I would like to extend to you a formal invitation to begin this three-stage journey of liberation. Wherever you are on your path, come along. I will be with you every step of the way. I will fully explain everything you need to understand as you move through a progression of healing concepts and methods that will absolutely transform your life.
This is an invitation to become free to know the truth about your Innermost Self and to express it in the world. It’s an invitation to surrender to the Divine and into the joy of living. I invite you to open your mind, soften your heart, and align with your will so the Light of Akasha can move to you, through you, and into the world around you. Wherever you now find yourself, know that your next level of possibility, your next dimension of wholeness, wellness, and aliveness is in front of you. Spiritual healing is within your reach.
PART ONE

The Fundamentals
The Akashic Records are a healing realm made up of *Akasha*: the primary substance. This substance is Light, the essential life force as it exists before our thoughts and feelings step in to manipulate it. It is both a presence and a healing force. Nonintrusive by nature, the Akashic Records never impose themselves upon us. They never interfere with our choices, even under the most desperate of circumstances: they do not compromise human dignity. Instead, the energy of the Records *responds* to our desire for assistance, to the cry of our heart when we are in pain. When we are open to the energy of the Akasha—even just a little—it moves toward us to meet our needs. It approaches at a pace we can manage, one that supports us and is not frightening.

At its most basic, our task when working with the Records is to become aligned with ourselves. Once we are centered, we can then direct our attention to the Light and let it do the work.
A Superior Intelligence

One of the assumptions we make in this work is that the Light of the Akasha is an intelligence superior to our own. It is infinite knowledge and wisdom. It is the Light of the mind of God moving through the heart of the energy body of God. And because it is a greater intelligence, we do not have to tell it what to do: we trust that it operates on our behalf and for our own good. As I have observed repeatedly through years of teaching and my own experience, the more we experiment with the Light, the more positive results we see and the better we are able to trust the actions of the Light. The more we trust, the more Light we can allow, and the more we allow, the more frequently and quickly the Light moves on our behalf.

Spiritual Healing Through the Akashic Records

Spiritual healing can be defined generally as healing from the point of view of the soul. Let’s take a look at the qualities and dynamics of the spiritual healing process that are specific to the Akashic Records.

An Atmosphere of Transformation

The principles governing the Records establish and maintain an encouraging atmosphere for transformation. There is a predictable, progressive pattern to the flow of Akashic energy that operates at every level, and there are energy dynamics at work in our relationship with the Akasha that facilitate change.

An infinite spiritual resource, the Akashic Records are a dimension of consciousness that contains the vibrational
An Introduction to the Akashic Records

record of every soul and its journey. There are two components to each individual’s set of Records: the fixed and the evolving. The fixed aspect is the essential pattern of your soul, which can be understood as the DNA of who you are at the level of your soul. More importantly, this is the soul-level truth about you: who you truly are in your human journey through time and space. The second part of your set of Records is the lifetimes you experience as you become aware of the essence of yourself. Here you find the ever-evolving catalog of the human experiences you have had, are having, and will continue to have, as you move toward awakening.

We Are Allowers of Healing

When we work within the Akashic Records, we are “allowers” of healing. As we align with ourselves and our truth, the Light does the work. We do not send energy to our Records or receive energy from them; in the Records, we recognize that the Light within us is within everyone and everything, so there is no reason to send or receive. Our challenge is to allow the Light to move through us. We do this by “cleaning house,” making more inner space so that what is already present can be revealed. We take stock of our own makeup and let go of anything that interferes with our ability to experience our own goodness. As we engage in this process, we free up room within our interior for the ever-present Light to expand. The Light supports our housecleaning, corrects any imbalances we may have, and quickens our ability to be happy and joyful.
“Judge Not,” “Fear Not,” “Resist Not”

Some environments are more conducive to such a healing experience than others. The atmosphere within the Akashic Records is highly supportive of transformation, and this is because of the essential principles that govern the Records.

“Judge Not,” “Fear Not,” and “Resist Not” are the absolutes of the Akasha. In combination, these principles produce a culture of honor, kindness, and respect, providing us with an opportunity to know our own souls as whole, complete, and good. As we gain this knowledge, we transform. We shift from being judgmental, fearful, and resistant to becoming accepting, allowing, and embracing. When we examine our difficulties from within the Akashic domain and its governing principles, we see our problems as they truly are. As many of us have learned, once revealed, the truth sets us free.

The influence of the “Judge Not” principle establishes a neutral space where it is easier for us to be honest. In an environment free of judgment, there is no threat of criticism. Free of the potential for judgment and the pressure it creates, we can simply observe and report what we see. Events and situations are no longer perceived as indictments or evidence of our failures; they are simply events and situations. In such a space, it is safe to take a good look at what we have done, or have not done, and know that the Records offer no support for using anything against ourselves.

Adding “Fear Not” to the mix amplifies the benevolent climate of the Akasha. Here we meet the kindness, respect, and high regard that are ever-present for us. Bullying, shame,
harassment, and ridicule dissolve in such an atmosphere. “Judge Not” and “Fear Not” are twin principles: if there is no active negative judgment, there is no reason to be afraid. While this comes as a great relief, it can take some getting used to—we are initially unaccustomed to the absence of judgment and fear. Regular exposure to this climate enables us to adjust to the freedom inherent in it, and over time we find that we no longer have to hide or protect ourselves from what is going on within us and around us.

“Resist Not” is the force that enables us to allow, let go, and then move on. If we are blocking or pushing away some aspect of ourselves or our experience, paradoxically it gets wedged into us, and we find ourselves barricaded behind the very thing we do not want. On the other hand, in an atmosphere where there is no harsh judgment, and hence no fear, it is unnecessary to wall ourselves off from our experience. We can simply let go and let life flow. We can adjust ourselves to the natural movement of the life force within and around us and relax into it. In the presence of “Resist Not” energy, we lose our attachment to being stuck. We realize it is safe for us to evolve.

When we are aware of these energetic forces operating within the realm of the Akashic Records, we can sense their great potential to assist us in our transformation. Because the active principles of “Judge Not,” “Fear Not,” and “Resist Not” are always at work, spiritual healing through the Akashic Records allows us to enter into a very safe space in consciousness, and what is no longer appropriate for us dissolves.
The Formed Word

Understand that in the Akashic Records, energy moves on the formed word: spoken, written, or thought. This is true outside of the Records as well—words always carry great energetic power—but the energy is intensified within them. The movement of energy becomes even more potent within the Records because of both the clarified environment in which an individual forms words as well as the level of attention that she or he pays to their formation. As we speak the truth about any given situation, the energy of that situation shifts and loosens. Whatever we speak about transforms: its energy moves and becomes unstuck, and problems begin to resolve themselves. Simply by describing any given circumstance, even if we do not fully understand it, frozen energy patterns begin to thaw. The “tectonic plates” of the life force, once held rigidly in place, let go, and we come to discover our right relationship with our life, ourselves, and others. Then we can simply let life be, relieved of any torment surrounding past difficulties.

The Journey to Peace

One tantalizing possibility the Akashic Records offer is peace. After we work for some time in the Records, this quality of tranquility moves into the deepest part of who we are—and it stays. We become less likely to take things personally. The floor of our being becomes imbued with peace, and though turbulence may continue to occur, we move in the direction of a more peaceful, less agitated life.
This is not resignation or putting up with harmful conditions, such as “making peace” with a bad situation. I am speaking of a higher-level peace that transcends daily circumstances. We might not get the results we think we need; we might not find the person we believe we must meet to be fulfilled; we might not get the job we feel we require to be happy. We may not attain the level of health we desire or the financial situation we believe we need to attain to feel secure. When it comes to spiritual healing and this quality of peace, we are considering the possibility of being at peace whether things go our way or not. It is easy to feel a sense of peace when we get what we want, but the challenge is to feel at ease either way. When we engage in the Akashic Records and enjoy the atmosphere of kindness and respect we find there, peace becomes progressively easier to achieve.

*Working with the Light Grid*

Within the culture of the Akashic Records, we find a supportive environment in which we can better see what is happening and make ourselves available for transformation. Here we have access to, and make contact with, the Light Grid that holds and defines who we are.

Surrounding every person is a pattern of points of Light. Each of these points is connected to one another in a resonating relationship based on the emanating frequencies. The Light Grid is an unseen energy that holds us together. The energetic patterns contain who we are. Each of us is the physical manifestation of this unique configuration of points of Light: it is
as simple as that. Our Light Grid is immediately—but not directly—accessible in the Records. We influence it through our humanness both within and outside of the Records. Through engaging with our feelings, thoughts, and physical experiences, we transform our corresponding Light Grid.

Clusters of points of Light connect to parts of our human constitution: our bodies, emotions, and thoughts. The human vehicle is the domain through which we can directly encounter the Divine, and the Light Grid is a conduit for expanded awareness of the Divine. Addressing our worldly concerns—health, happiness, family, friends, all the various facets of life—is the way to interface effectively with the Grid.

As I mentioned before, when we interact with the Records, we put our experience into words. As we speak, write, or think these words, we affect the Light Grid. As we identify and describe the truth, we change the grid, altering it to accurately represent the current reality. Old, fossilized patterns begin to undo themselves. New constellations of the Grid assemble and find their rightful place within the whole of our energy system. What is happening is an adjustment to the pattern at the level of the pattern itself. The reassembled Grid supports us as we interact with this new, more appropriate pattern and have a chance to grow into it.

It’s similar to altering a pattern for a garment. At one time in your life, the pattern may have fit perfectly; then, as life progresses, you may notice it tugs or chafes—even causing you discomfort. When you are in the Records, places where the pattern still fits and places where it no longer does are
easier to identify, and as you address the situations causing an awkward fit, you can alter the pattern accordingly. The words you use in the Records serve to describe the alterations you need, and the pattern of the Light Grid is then perfectly customized to your specific needs. It becomes much easier for you to change your thoughts, feelings, and behavior than ever before; change is no longer a struggle.

The natural process of healing through the Akashic Records begins with the transformation of the Light Grid patterns holding us in place, acting as energetic containers—parameters for our human expression. Telling the truth about our experience changes the configuration. As the pattern is altered to reflect our current consciousness, we respond and can change the way we operate.

Three Stages of Healing

As you progress on your journey of spiritual healing, you will notice that there is a predictable sequence to the flow of Akashic energy at each stage of development. There are three distinct stages of healing within the Records: the Story, Causes and Conditions, and the Soul Truth.

The Story of What Is Happening

The first level of healing requires discerning the story of what is happening. This is the ordinary story of what is taking place for us here and how: something challenging at work, a sudden bout of the flu, an unexpected bonus that opens up new possibilities, disappointment in a friend’s behavior, a new
romance. These are the stories of our everyday human life. The Akashic Records contain the story of who we are through time and space. Within this system, the story of what is happening to us, around us, and through us now is very important. The more specifically we can describe our circumstances, the better, as healing involves the specific, not the general. Begin by describing in detail what has happened or is happening to you and what the experience is like. Identify your role in the matter and how you are affected.

Causes and Conditions

Causes and conditions make up the second stage of healing within the Akashic Records. Here we work at the level of knowledge and understanding. We explore our beliefs about our situation. We examine our thoughts about these circumstances. At this level, we seek to understand what has caused any difficulty. Within the Records, we find that what we are experiencing is anchored in either something from this lifetime or from another—it doesn’t matter which. At this level, we can make sense of our problems. Here, we can see environmental factors, past-life influences, and ancestral patterns contributing to a particular dilemma. This is an especially fascinating stage of the healing process, often rich with ideas, insights, and comprehension. It is important to mine this stage for resolution. When the mind attains some sense of understanding it usually then relaxes, freeing us to move beyond the known to where the most potent level of healing resides, the Soul Truth.
Soul Truth

The third stage of healing is the most remarkable but also the most difficult to fathom. This is the level of the soul, and here we find the bottom line: the soul-level truth about ourselves. This is the truth of our perfection, our wholeness, and our wellness. Here is the opportunity to soar above the story—above causes and conditions—and know ourselves as we are in the Light of Truth. From this altitude, we can recognize all the dimensions and components of who we are as the elements of our infinite and loving soul. The essence of who we are now and who we have been through time reveals itself at this level. When we observe ourselves and our difficulties from this perspective, we may be startled to find ourselves in the midst of a powerful, heartfelt, loving experience.

Healing is under way as we move through these three levels within the Records: the story, the causes and conditions, and the Soul Truth. Herein lies the solution.

Now that we are acquainted with the atmosphere of the Records, the possibilities for healing, and the progression of spiritual healing, it is time to clarify the nature of wounds, our access point to healing.