

HIGH VIBE QUESTION GUIDE

*Inside
your*

AKASHIC
RECORDS:

»»» How to formulate the highest vibrational questions to gain the most wisdom & guidance for your life, in the shortest amount of time.



To enter your Akashic Records



BEGIN WITH THIS RITUAL PRAYER:

"Sending my grounding cord down into the crystalline core of Gaia, and drawing up all of the supportive energy through each of my chakras...my Root Chakra, my Sacral Chakra, my Solar Plexus Chakra, my Heart Chakra, my Throat Chakra, my Third Eye Chakra, and my Crown Chakra, I sink my consciousness into my Heart space and send my energy out through the crown of my head beyond all dimensions, time and space and into my Akashic Records.

With this breath, I relax my body. (Deep breath through the nose, out the mouth)

With this breath I relax my mind. (Deep breath through the nose, out the mouth)

With this breath, I release my ego. (Deep breath through the nose, out the mouth)

With this breath, I call in the Light. (Deep breath through the nose, out the mouth)

With this breath, I open the Akashic Records of (your full name).

The Akashic Records are now open. "

> To close your Akashic Records, say:

"I express gratitude for all wisdom, knowledge and guidance I've received here in this space of non-judgement and unconditional Love.

I acknowledge the frequency of Oneness and open myself to integrate this new energy into my being. The Akashic Records of (your full name) are now closed."

SAMPLE QUESTIONS:

- What is my purpose in life?
- What can I release to help me...(reach a goal faster etc.)?
- Where is there imbalance within my body, and what can I do to bring it back into balance?
- Who are my Spirit Guides/ Who is with me guiding me?
- What do I need to do in order to merge with the frequency of my Highest level self?
- Why have I created this dis-ease within my body?
- Why do I repeat this behavior in my life?
- How can I better understand my...(family member, friend, boss)?
- How can I develop better communication with my (children, spouse)?
- How can I overcome my fear of... (intimacy, social situations, lack)?
- Are there any energetic cords I can release from my Being?
- Is there a past (or parallel) life that matches my current vibration with a lesson to help me in this life?

≥ The #1 MOST insightful question you can ask is:

"What is the TRUE NATURE of...(person, event, situation)"

