



Asking questions during an Akashic Record Reading:

Knowing what kinds of questions to ask is key to conducting an accurate and powerful reading. Some questions will yield lots of information from the Records, while others may yield little to no information that you are seeking.

Here are three guidelines for developing your questions for best results:

PS – It is my job, as your reader, to help you ask the best questions; for the best reading come prepared with a list of questions, with the most important to you at the top of your list. If you are having a Reiki + Akashic Records reading – come prepared with 1-3 questions.

Avoid questions that start with “when”:

- There is no time and space in the Akasha because we and the Records are eternal
- So, asking a predictive question about **when** something will happen will not give you the answer you want, you may even end up feeling frustrated
- Instead, change the way in which you ask the question, for example:
 - Not good: ***“When will I fall in love and get married?”***
 - Better: ***“What can I do to prepare myself for love?”***

Avoid questions with yes-or-no responses:

- Yes-or-no questions diminish your own power by putting the decision-making process and ultimately the outcome in someone else’s hands
- The Records are here to offer you guidance, support and courage to know the Truth, not to tell you what to do
- Instead, change the way in which you ask the question, for example:
 - Not good: ***“I was offered a new job this week, should I take it?”***
 - Better: ***“I was offered a new job this week, what might happen if I take it?”***

Ask questions that start with “what”, “why” or “how”:

An example of how not to and how best to pose your questions:

- Not good: ***“Should I stay with my partner?”***
- Better: ***“Why are my partner and I together?, What are we meant to learn?, What am I not seeing and why am I not seeing it? How can I change my perspective and see what I need to see?”***

Here is a list of questions that may help you to curate your own questions:

PS – These are just examples to help you get started

Specific style questions

- What is the greater purpose in the way my life is unfolding?
- What can I learn from my relationship with (insert)?
- What can I learn from my situation with (insert)?
- How can I best support (insert)?
- How can I best communicate with (insert) for the highest outcome/understanding for all?

General style questions

- Why was I drawn to the Akashic Records reading, what is it that my soul wants me to know?
- What major themes in my life are holding me back?
- What lessons am I to learn from this reading?
- What are my soul’s gifts?
- What would you have me know about (insert)?