

Chapter 1

The secret's out!

I have a secret. It's too good to keep to myself! I have been working and playing in the Akashic Records for the last four years and they have transformed my life! I have cast off demons from this and other lifetimes. I have let go of fear and come home to love. My life has gone from tragic to magic!

The Akashic Records are our soul stories. They are an energetic record of every event, thought and feeling that has ever happened to each soul in existence. They are a cosmic computer which holds the details and memories of every experience ever had by every soul on Earth, a search engine where we can 'google' soul information and find out about past lives, present potentials and future possibilities.

The word *akashic* comes from the **Sanskrit** word 'akasha.' The Akashic Records exist in a higher vibrational frequency which can be accessed by those with the intention to use the information for the highest good of themselves and others.

The Akashic Records are a healing space—a place where anything is possible. They are a haven of peace and tranquility—much needed at this time of change and turmoil. They are a place where magic happens, where miracles can happen and where we can dramatically change our human lives for the better. Within the Akashic Records we can commune with our soul, see ourselves as we really are and align with our life plan.

I give readings and facilitate healing in the Akashic Records and their powerful energy has made its presence felt in my life and in

the lives of those I work with.

A family crisis led me to the Records. At the age of 18 my eldest daughter developed a serious mental illness and had the first of many suicide attempts. Being a mother is my greatest joy and I am very proud of my three children, Alice, Hugh and Mary who, at the time of writing are aged 25, 23 and 19. Alice was born when I was 30 and from then on parenthood became a top priority in my life. I was devoted and conscientious; wanting only the best for my children. I wanted them to grow up with high self-esteem—the one thing I lacked as a child.

My earliest memories are of feeling there was something wrong with me and of struggling to love and accept myself. Over time I learned to cloak myself in a veneer of self-confidence but underneath I never felt lovable or good enough. I remember thinking when I met my husband, Marty, 36 years ago, that once he found out the truth about me he would leave. I carried a deep sense of shame, a belief that everything was my fault and a crippling feeling of unworthiness. Since I have been accessing my Akashic Record I have discovered the root of these feelings in my immediate past life and in others but I didn't have this understanding as a child. A deep sense of unease and feelings of intense self-hatred pervaded my childhood.

In 1989, when I held Alice in my arms, all I wanted was for her to grow up loving and believing in herself. I was determined to do everything I could to make this happen. Alice's early years were happy ones. She was joined by Hugh in 1991 and Mary in 1996. My husband was a lawyer and we had a comfortable life. I loved being a mother and adored my children. I have many happy memories from those years and of Alice's early life in particular. She was small, dark haired and pretty. The first year of her life I was on a high. I rejoiced in her accomplishments and celebrated every milestone. This beautiful, perfect child was the best thing that had

ever happened to me. I felt like the luckiest woman alive. For the next few years I enjoyed the hustle and bustle of a busy household, juggling parenting with part-time work from home and soaking up the love of my children.

Yet, by the time Alice was six, it was obvious she was going down the same path I had walked as a child. She was sensitive, had low self-esteem and was bullied at school; she became shut down and withdrawn, particularly when away from home. One of the hardest things as a parent is seeing your child suffer. It is even harder when you can feel their pain because you have been there yourself.

When Alice was ten, I was ready to return to full-time work. I wanted a flexible job that I felt passionate about. I developed a conscious parenting programme, *The Heart to Heart Course for Parents* which I have since taught to hundreds of people. It helped me greatly. I faced my fears, was able to lay some childhood issues to rest and gained confidence in public speaking and facilitating groups. Putting myself out there week after week helped me to feel a greater sense of self-worth. I read parenting books avidly and did my best to ‘walk my talk.’ The course was about love rather than fear based parenting and was designed to build up the self-esteem of parents and children.

At school Alice excelled academically. She had close relationships with her teachers and was involved in a wide range of activities but still did not love or even like herself. While Alice was a teenager I kept on working, trying to ignore the early rumblings of the storm which hit our family with full force in 2007. One week she was radiant in a bright pink dress, dancing at her school leavers’ ball, the next, after two suicide attempts, she was locked in a secure facility for adolescent psychiatric patients. I was heartbroken. I hadn’t seen this coming and could not understand how or why it had happened.

In the Akashic Records I have found the answers I was seeking

and much, much more. I first used the Akashic Records to find my own information, then to answer questions for friends. The information resonated and was helpful. Word spread, I started giving readings to others and now it is my full-time job.

There have been so many positive spin offs for myself and others from my work in the Records that I feel I have to tell the world ! The energy in the Akashic Records is uplifting and vibrant. The words that come to me are loving, non-judgmental and high in vibration. Just being in the Records is healing. Clients tell me that they feel the energising power of the Records during a session and that it lingers afterwards and sets in motion a positive chain of events—their lives improve as if by magic. I spend so much time in the Records that I can vouch for their healing properties. One of the best parts of my job is that every time I go into the Records to help someone else I am helping myself as well.

It is hard to remember myself as the person who cried most nights from 2007 to 2010, whose health packed up with stress and who lurched from one drama to the next, compulsively talking about her problems. I have changed from the mother who saw her child as something that needed fixing and pulled out all the stops to save her. This experience has forced me to face my deepest fears, insecurities and shame, helped me overcome a recurring soul pattern of victimhood and move into a place of strength, courage and self-love. I am grateful to Alice for this gift and also know that the Akashic Records have helped me to ride the waves and safely reach the shore.

The Akashic Records are a soul space. The more time I spend there the more aligned I am becoming with my true self. I am able to see the bigger picture of this lifetime and its challenges and understand and know who I really am. I am working in my own Akashic Record to let go of all that has limited me in this and other lifetimes and am helping others to do the same. A friend says

when she is in her Record, she feels like she's "wrapped in a warm blanket." The energy is gentle and nurturing, compassionate and soothing. The Akashic Records are a portal to a special place and a safe container for healing to occur.

For a long time our collective consciousness has held the belief that we have to do things the hard way. Beliefs like, 'I am not good enough, life is a struggle, I deserve to suffer,' have prevailed and created a reality where life has been challenging and complicated. Locked into our human belief system has been a fundamental tenet that we can only grow through suffering. I always suspected that life could be easier. The good news is that I am right—we no longer need to endure pain and suffering to evolve. We can do it with ease and grace by getting into the flow of the Akashic Records and accessing their timeless wisdom.

If I was to choose the greatest gift the Records have given me, it is inner peace. They have helped me detach from drama and attachment to anything that has happened in the past or that may happen in the future. I am now (mostly) firmly rooted in the present and able to stay peaceful, calm and joyful no matter what is happening around me. For someone who has been fearful for most of her life and still has a daughter who struggles daily, this is no mean feat. Now for the first time in my life (many lives in fact!) I feel like my soul self and my personality self are working in partnership, in tandem. The potential for what we can create together is huge. There is more excitement, joy and anticipation in my life than I ever thought possible. I am a better person, more authentic and compassionate and less judgmental. Everything about my life has improved.

As well as having a greater feeling of well-being and peace, the Akashic Records have helped to raise my energy and heighten my intuition. I give readings to people from all over the world. The hardest person to read for is myself. I know myself so well that it is

easy for my mind to get in the way. Often I question the information I get and think, “I already knew that.” However if I put it to one side for a few days and then read it again I always find it is profound and exactly what I needed to hear. For email readings all I have to go on is a name and some questions. I always feel a knot of panic when I read words from someone who I don’t know and will never meet, especially when they ask big questions like, “What is my **life purpose**?” or about the future of a relationship they are in. It is a huge responsibility and one I take very seriously. These readings have helped me to trust the information I receive and this, set against a backdrop of the ancient energy of the Records has heightened my intuition and helped me in all areas of my life. I now have a much stronger sense of direction and an inner voice I can trust. I can tune in and get clear and helpful answers. This has made my life much easier.

When I am writing I open my own Record before I begin and it helps with the process. This and future books already exist in my Akashic Record so I make it easy for myself. An artist friend says his work has improved since he has been painting within his Akashic Record. The energy of the Records amplifies any activity taking place within it—it enhances any creative process. I run Soul History workshops teaching others to find answers within their Akashic Records and to facilitate their own healing. Many of the **lightworkers** who have attended these go into their Records before client sessions and say it has taken their work to a new level. As if this isn’t enough, the Records can be used to let go of all that is holding us back. I have been using mine to free myself from lifetimes of limitation and have found that within that sacred space, with trust and intention, anything is possible.

I am a starseed. One of a group of souls from other parts of the **Milky Way Galaxy** who approximately 100,000 years ago, agreed to come to Earth to anchor **codes of light** and to help activate a

twelve-strand DNA human potential. In her book, *The Sunshine before the Dawn*, Judy Satori tells the story of these souls who chose to help at this time of changing consciousness on Earth. We undertook to live many Earth lifetimes and to experience all aspects of being human. Part of our contract was to be here to play an active role at this crucial time when we are moving from a Third to a Fifth Dimensional planet.

History has always fascinated me. When I was studying for my Masters and then teaching History to teenage girls in the 1980s, I never dreamed that one day Soul History would be my subject. My thesis was a dry account of an aspect of 18th century English political history, written to please a lecturer I loved. I didn't realise all those years ago that my passion for history might be because I have been a part of it. For thousands of years my soul's history has been intertwined with that of Earth. Along the way I have experienced light and dark, good and evil, happiness and sadness.

As has been the lot of starseeds who carry a vibration that many have found threatening, I have attracted persecution and suffering. The 'Dark Ages' were very dark for me. On this journey I have created **karma** and picked up some distorted and negative beliefs and behaviour patterns. I understand that an important part of my life purpose this time has been to release and transcend my fears and these tendencies. Alice's illness has been a catalyst for this and the Akashic Records are providing a safe space for me to let go of all that no longer serves me. I have always intuitively known there is a better way and this is it!

Working in the Akashic Records to let go of limitation is simple and painless. A certain degree of self-awareness is necessary as a foundation for this work but those I am teaching these techniques to, in workshops and on Skype, are not afraid of working on themselves. They now have the tools to free themselves of any limiting beliefs, sabotaging patterns, fears and negative feelings

they are ready to discard. Not only do these techniques work quickly, they are empowering. We can use them to help ourselves as the need arises without seeking outside help. This is the beauty of the Akashic Records. They relieve our suffering and we are in charge of the process! This may sound too good to be true. Those who have felt the benefits—myself included—know that it isn't.

In workshops I prepare participants to open their Akashic Record by taking them on a guided visualisation to the **Hall of Records**. This is usually an enjoyable experience as I talk the group through meeting loved ones at the entrance and being escorted inside by their guide. At one workshop, at the end of this exercise, a young woman called Helen asked if it was normal to feel anxious. As she said this I noticed she was shivering uncontrollably, had sweat pouring off her face and was in the throes of a full-blown panic attack. I quickly opened Helen's Akashic Record and demonstrated the healing technique I had planned to teach later in the day, guiding her through a process to release her anxiety. Before our eyes she was transformed as the trembling stopped, her heart rate slowed and she became calm and peaceful.

It was a dramatic transformation and an excellent example for us all of what is possible in the Records. When I followed up with Helen afterwards she told me that a question she had asked, "Why do I always give my power away?" triggered the attack. She is a soul who has experienced much past life trauma and had been feeling fearful and unable to move forward in her life. This situation gave her the opportunity to let go of anxiety and some of the feelings that had been keeping her stuck.

I have been working with a client, Kerry, who came to me suffering from severe depression and deep anxiety. Since the age of 30 she has played out a repeated pattern where things go well for a while and then fall apart. I found she has a soul history of self-destruction and that this lifetime is about breaking this pattern.

When she came to me she had just lost her job and was at an all time low. I worked with her to find the past life origins of this entrenched behaviour and to clear her anxiety, negative beliefs and thoughts. She was eager to learn how to access her Akashic Record so she could continue this work herself. She has been working consistently in the Records and it is paying off. When she had her initial session her partner was overseas on a three week trip. On his return he was astounded and delighted at the change in her. She also noticed a change immediately. In her words:

“I felt much more positive. My dark thoughts were gone. My anxiety was gone. I am now sleeping well, am more relaxed and detached from drama and can express myself better ... If I meditate in the Akashic Records I can get into a place of deep relaxation very quickly. I feel a kind of forgiveness—a wanting to be more gentle with myself—and feel far more motivated in my everyday life ... I am more confident and less paranoid around certain people—I know I can go into my Record and ask about ‘other lives’ we have spent together—and can uncover the deeper reasons for my trepidation. I am enjoying life again. Being with people is easier. There is more lightness and laughter, and a greater sense of purpose.”

Kerry recently returned to the workforce. She had a choice of two jobs. One was with a company she has been temping for, working under a notoriously difficult manager. She chose the other job but said she had amazed herself (and others as well) with the way she had handled her ‘difficult’ boss. She has been dipping into the Akashic Records for a while now so can stay in them for long periods. Kerry told me she does this at the start of every day and that it is helping her cope with her new job and in all areas of her life. Recently she told me she was lying awake one night unable to sleep, not as has often happened before, because she was anxious, but rather because feelings of excitement and anticipation were keeping her awake. Thinking back over her day she remembered

she had forgotten to close her Akashic Record. She did this and was soon fast asleep.

The healing potential of the Records is very exciting! As soon as we open our Akashic Record we are transported to a high and loving vibration. I am learning through my work that the Akashic Records are not only an etheric source of information accessed through words but are also held in the cells of our bodies and in the energy field surrounding our bodies. As the Earth raises its frequency, the incoming light is activating layers within our so-called ‘junk’ DNA. It is also activating the imprints held within our energy fields from other soul experiences and awakening our Akashic Record which is stored at a cellular and molecular level. This is opening up a potential to work within our Akashic Record with the intelligence of every cell of our body to heal the emotional and physical **dis-ease** we carry from our current and previous lifetimes. This soul/cell healing is, I believe, the way of the future. I discuss this in more detail in Chapters 10-12.

Using the Akashic Records to gain information and to heal is powerful and unquestionably facilitates personal transformation. The true magic of the Akashic Records, however, is what Kryon (a being channelled by Lee Carroll) calls ‘Mining the Akash.’ Within our Akashic Record we can reconnect with our gifts, talents and wisdom from other lifetimes. Once we have mastered a lesson or skill the knowledge stays with us for eternity. I am teaching others how to re-discover and reap the benefits of the gold along their soul timeline and am doing this for myself. It is truly life-changing.

There are so many ways the Akashic Records can help us. They are a godsend. The benefits I have described are, I believe, just the tip of the iceberg. I encourage those I teach to adapt the Records to help them in their lives. Feedback, such as this extract from an email from a client is heartening:

“I am still going extremely well. The changes within myself and

my family are nothing short of miraculous. These techniques really do work!”

Reincarnation, or the belief that we live many lives in different bodies, has always resonated with me. In order to evolve, our soul chooses a variety of life experiences. The goal is **Mastery** where we have learned the human lessons, ‘passed our exams’ and can choose whether we return to Earth or continue our evolution elsewhere.

Our soul selves are clamouring to be heard. As the veil between Heaven and Earth is thinning, we are coming home to our true natures. The heightened energies as we make the transition from a Third Dimensional to a Fifth Dimensional planet are accelerating this. These are exciting times! Like a wise and knowing parent, our soul wants the best for us and against our will encourages us to do what is necessary to evolve. Our soul knows our life plan and contracts and how they fit in with all that has gone before. It knows what karma we wish to address, the unfinished business we would like to complete, our chosen life lessons and purpose. It holds the vision for what we hope to achieve and what we need to do to bring ourselves into balance. A key part of our soul’s agenda is about healing the past. It sees the bigger picture and will always point us in the direction of healing.

Our human self has a different motive. It has a short term view which usually involves playing it safe and avoiding suffering at all costs. Our soul’s aim is mastery. It leads us, like a stubborn teenager, kicking and screaming into life situations that are for our highest good. Our soul knows the experiences we have chosen and what is necessary for growth. It is tough love that throws up many challenges but like any devoted parent, it keeps cheering us on. Loving us unconditionally, our soul wants only the best for us.

My experiences with Alice have taught me that when, in human terms, things fall apart, on a soul level it is perfect. What makes little sense on a human level makes total sense in the light of the

Records. This has been my main learning in the Akashic Records and is a priceless gift. Their beauty is that they can transport us from our human misery and inertia to a higher vantage point where we can see the bigger picture and understand the reasons behind our life choices and challenges. This soul information buoys us up and gives us the courage to carry on.

It is a privilege to do this work. I see my clients as the souls they are—beings of courage and limitless potential, and reflect this back to them. I connect with the highest vision for their current lifetime, their highest potential and possibilities and pass this on. I am working and relating soul to soul. An Akashic reading is an uplifting experience for most because I am working in a compassionate, loving energy and the information given is positive and constructive. The fear and torment that characterise life in a human body can be put to one side and we can view our lives from a more expansive viewpoint. We are teleported out of our humanness and reconnected to the loving and soothing presence that is our soul. This is of immense value to those I work with who mostly want to know whether they are on track with their life's plan and what they can do to live their life purpose and reach their potential.

The Akashic Records are teaching me about the relationship between our human and soul selves. We have lived many lifetimes of **duality** where human conflict and the ensuing suffering have reigned supreme. Along the way there has been a split between our spiritual and our human aspects. Rather than working together in harmony they have been at odds with one another. The Akashic Records can help us bring these two parts back into alignment. When this happens the potentials for the future and what it is possible to co-create are huge.

In a reading with a client, Suzanne, I found she was waking up to her spiritual nature after many lifetimes. She asked why she was being drawn to spirituality and, as is the case for many of us, I

found that her life was planned in two parts. In the first her human side would dominate and in the second her soul would make its presence felt.

This is a time of exploration for you and a time of reconnecting to your soul core and your soul's plan for this lifetime so you can take a different direction.

You have planned your life in two distinct parts ... the first is a conventional path where you have been having a human experience, retracing steps from many past lives and giving you the opportunity to release and process many of these. The second marks the return of your soul and authentic self. This part of you is propelling you in a more spiritual direction. There is a deep yearning for your soul to be recognised and reintegrated into your life and this is what is happening now.

As is often the case, Suzanne's life experience has prepared her for the work she plans to do in the future:

You are on the brink of an exciting and interesting time. You have work to do which will be completely different from your current work... it is your soul work and involves storytelling in a way that will help others to understand their spiritual path and journey and bring their human and soul selves into balance. Your work will enable others to embrace their spiritual aspects and to bring them into harmony with their human selves. This has been and will be your journey and will be what you share with others. In doing this you will reconnect with a part of yourself you rejected in a past life where for self-protection, you shut down your spiritual nature. This will enable you to reclaim your spiritual side and to do some deep soul healing.

The first part of your life has been about experiencing and releasing on the level of the personality and the second part is

about embracing yourself as a spiritual being, at the level of the soul.

I have read many books about near death experiences and our re-entry into the spirit world and have come to the conclusion that being in the Akashic Records is as near as possible to Heaven on Earth. We are able to sample the flavour of Heaven while on Earth and it tastes divine!

The Akashic Records are a bridge between the physical and spiritual realms which allow us to rediscover and merge with our soul. They can help us off-load the baggage we have picked up in many lifetimes and bring us home to our true selves. In the Records we commune and reconnect with our souls. Like lovers reunited after a breakup, fuelled by passion and joy, this combined energy of soul and personality can empower us and take us to new heights. When we work in the Akashic Records, in conscious partnership with our soul anything is possible.

