

# Akashic Records Training Easy



BREAKING THE CODE TO THE AKASHIC RECORDS  
ADVANCED PRACTITIONER TRAINING

IMAGINE SPIRIT

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# Breaking the Code to the Akashic Records

*A Journey of Self-Discovery and Helping Others*


Complete Training by Carol Nicholson, Ph.D.

“As Jesus opened up to the disciples, he told them all about the Book of Life,  
the Book of God’s Remembrance...”

~The Aquarian Gospel of Jesus the Christ


## HOW TO TAKE THIS COURSE – Read All!


This Akashic Records Training is an original course like no other. There are four powerful written module lessons contained within this course. Included are deeply effective exercises in MP3 format.

-  Start at the beginning and work through each module in order. The exercises are indicated with a blue audio image icon. You can listen to the exercises when you see the icon or wait until you've completed the module lesson. I recommend listening at the time you see the icon and exercise listed.

### THE SELF QUIZZES – ACTION ITEM

I've included a separate handout that you can print for the four self-quizzes. It's in a separate folder in your lesson materials. This makes it easier for you to answer the questions without having to go into the handbook and print each one separately.

-  Each module has two accompanying audios of the written content. Additionally, I've included the live class lessons as a bonus although the quality is fuzzy. This is due to a problem with the conference call line. This is why I've recorded the entire course. However, the Live Class Recordings are listenable. Thus, you have two ways to experience this amazing course.

-  I highly suggest that you print this course so you can fill in some of the exercises. If you don't have a printer, you can go to a copy place and email them your PDF file to have it printed. It's best to have the course printed double-sided.

You may see the word **Lessons** instead of **Modules**. This is because we are updating this course getting ready to add the Advanced Training Module. Lessons and modules virtually mean the same thing. Additionally, there is **one lesson** in each module.

### Actionable Items:

Read through each lesson module and listen to the exercises. There are also a few movies to watch with links provided. I encourage you to take your time in learning all content contained within this course. Rushing through or skipping around will only decrease your chances for becoming a true master reader of the Akashic Records.



## **How I First Became Aware of the Akashic Records**

I've been able to naturally access the Akashic Records for as long as I can remember. As a child, I didn't know then that what I was experiencing was related to the Akashic Records or even what the Records were. I only knew I was often experiencing vivid visions and dreaming of other times replete with strange people wearing odd clothes. I even witnessed catastrophic events, such as killer Earthquakes, volcanic eruptions, and the like on a regular basis which gave me nightmares for years.

I began to think I was different and that there was something wrong with me. Consequently, I withdrew into myself and only interacted with others when I had to. Upon entering my teen years, I thankfully began to outgrow all of this.

Interestingly, it wasn't until I began my studies into metaphysical topics around the age of fifteen that I first read about the Akashic Records. As I began deeper research into this subject, I felt a great sense of relief as this seemed to explain what I had been seeing, sensing, and feeling from a very young age and most importantly, WHY! I realized I had an open doorway into the Records and I *was not* mentally deficient as I had come to believe.

Most significant was one of the books I read, *There is a River*, by Thomas Sugrue, 1942. This book was the first real autobiography of Edgar Cayce who was still living at the time.

The book resonated with me; especially when, in the latter part of the book, Cayce talks about giving Life Readings with the help of special guides, from something called, the Akashic Records. He stated that the Records are contained within a unique field of energy we can *all* access. Reading the Records brings about the assumption that we all reincarnate on this Earth and in other star systems.

Although now armed with the awareness of what was happening with me, I

did not investigate these abilities until in 1985; I took a week-long class at the A.R.E. (Association for Research and Enlightenment), Clinic in Phoenix, Arizona. Facilitated by Drs. William (now deceased) and Gladys McGarey. This was an amazing program where I learned how to access the Records in a structured way, how to respect the Records, and how to work with and decode dreams.

I also learned about the many excellent healing remedies Cayce delivered throughout his 14,000 readings and still retain a book to this day, *Edgar Cayce, Encyclopedia of Healing* by Reba Ann Karp, 1986, Edgar Cayce Foundation.

When I become a professional psychic, I incorporated Akashic Record readings into my Psychic readings and have opened the Akashic Records for hundreds of individuals in the past thirty years. In fact, I was one of the few original people to do this. The primary goal in many of the readings was to bring forth the most important facets of the client's soul's journey for spiritual growth purposes and how best they could enhance their lives armed with new and insightful spiritual insights. Unfortunately, not all clients cared about their spiritual life.

For the most part, now I only teach about the Records and how individuals can access their records for knowledge and healing purposes. These teachings of spiritual advancement are near and dear to my heart. I am so happy to share what I learned and experienced with you!

Happy journeys into the Akashic Records,

*Carol*



## **The Overall Goals of this Course**

I would like to welcome all of you to a fantastic spiritual journey. It may well be one of the most important journeys you'll undertake in this lifetime--your journey into the heart of the Akashic Records.


The primary goal of this program is to teach you how to access the Akashic Records and how to obtain helpful information by creating a sympathetic attunement. You'll learn how to safely open the Records either for yourself or ultimately for others.

You'll learn the best way for you to enter the Records easily and effortlessly. You'll be viewing past lives, relevant bits of information about them, and relate them to your current lifetime circumstances.

You'll learn about your primary life's agenda, your life blueprint, the major roles you've played over and over again, and other significant facets of your soul. For some, this may be difficult-- for others relatively easily. You may experience snippets of lifetimes that were hard.

You might encounter fragments of your persona that shock you and you've a hard time believing you were that person. Conversely, visions of certain lifetimes may seem mundane and even boring. Or, you might experience life times that were enjoyable and even adventurous.

In this course, you'll have the guidance and, comprehensive training in the techniques for successful opening of the Records. As we move step-by-step through the course, you'll eventually become highly adept in viewing your own Akashic Records.



*Everyone has lived  
lifetimes they are  
not proud of as well  
as lifetimes that are  
interesting and  
fulfilling.*

## Overall Goals of this Course

Each time you move into the Records, it becomes easier for you. You'll learn what to expect upon first entering the Records. You'll train in how to work with the special keepers of the Records and the noble Lords of the Akasha. Most of all, you'll learn the concept of universal love contained within the cosmos and how it works in your life.

Throughout the course, you'll notice that I use some materials **Edgar Cayce** has provided. I use examples from Cayce's experiences as I firmly believe Edgar Cayce is the most profound source for learning in-depth knowledge about the Akashic Records. This is because Cayce did countless life readings from the Records and received invaluable guidance from the Records keepers concerning the Records and how they work.

Get ready to become an Akashic Records expert!

Let's get started!



## Welcome to Module 1

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### **MODULE 1**

Before you begin your journey into the Akashic Records, you may want to think of yourself as an intrepid explorer. Excursions into the Records require courage, self-honesty, and the willingness to change or heal. These adventures will open the door to new lifetime potentialities that you never dreamed possible. All this, of course, is dependent upon your desire and commitment to see, learn, and grow from the experiences of the lifetimes witnessed. Your experiences might even require forgiveness of self and others.

### **Universal Memory Banks**

What many people are not aware of is that the Records are not just records of human lifetimes, but also the Records of the Universe. Each planet, solar system, galaxy, has a memory just as we humans do. Of greater importance, other galaxies have their own set of memory banks.

As mentioned, the reality of the Akashic Records includes all life and events in the known Universe. For the sake of this course, we'll primarily address the "local records" of the Earth. Occasionally, a lifetime on another planet or

star system is revealed to show how one has universally evolved throughout their entire soul's existence.

## **The Akashic Records Is a Hologram of Information**

The Akashic Records are a hologram of information written in a “Language of Light.” This language is like a divine code that maps our soul's journey and allows us to fulfill our planned mission in each lifetime.

Light data is an energy vibration that magnetically inputs new data into the Records. This matter is a magnetic field holding everything together just as the cosmos are held together by certain kinds of matter. This energy light vibration translates into images, forms, symbols, thus providing a symbolic language that the human mind can comprehend. This is because Light is inherent to all human beings and we must have light to exist.

When we access the Akasha light, we're automatically connected to it as the light searches to find itself within each of us. The Language of Light is also the language of your Soul. As you are in actuality, a light being of spirit, you've instant access to the light. The light is the essence of the God Source that contains this transcendent language as a multi-dimensional quantum expression.

## **Love is the Way to Truly Access the Akashic Records**

The Divine Language of Light can only be accessed through the vibration of love, caring, and compassion. The Language of Light is also called the Language of Creation/The Source/God/Goddess. It goes by many descriptions, but it is always a Divine Highway for connecting with information stemming from the very source of a loving creator. Every cell, atom, and tissues of our body inherently contain this light.

Everyone is “fluent” in the Language of Light as it is the primary form of connectedness throughout God's creation. You need not analyze or



understand it for it to be effective. Just know that this light is your human birthright, and it was there from the beginning of your soul's inception. At the same time, the consciousness programs that constitute our reality within the hologram of light are converted into clear pieces of information--like a "Library of Light." In this Library of Light, one can extract pieces of information as needed. Although we often use familiar imagery to envisage our records, they are in actuality a non-physical reality.

Today's "World Wide Web" that is full of information, is very much like the Akashic Records. The difference is, each individual's Akashic Record is a nonphysical energy system where an etheric page is imprinted on the ethers of the Akashic frequency.

If an individual knows how to attune with the distinctive frequency in which the Akashic Records are contained, events, past, and future are visible. This also holds true while in the dream state.

By the token, Earthly events from the beginning of time on our planet are in the Records. And, just as all individuals have an Akashic Record, the Records of whole civilizations, regardless of how small or brief, are recorded as well.

### **What You Might Envision**

In the Akashic Records presence, you might be shown a scene similar to a full-color movie complete with a plot and characters. Or, you might experience flashes of images, feel distinct emotions, and even hear sounds and words.

When inquiring about future lifetimes, answers are only potentialities. There are no absolutes in future lifetimes, only alternate possibilities dependent upon our actions current in our current life.

The Records are not imaginary books or scrolls, although many people metaphorically see them as such. While in a trance, psychic, Edgar Cayce

envisioned the Records as being part of a vast library with stacks of books going off into infinity. This visualization is the concept most commonly held.

As previously mentioned, the Records are magnetic vibrations. This magnetic energy

translates into images, forms, symbols, and a language that the human mind can comprehend.



The Akashic Records reveal every aspect of you, past and possible futures. They present all potentialities for your future in this life and future lifetimes. When an individual consciously open their records, they might perceive an entire lifetime at once or may glimpse bits and pieces of a lifetime to be put together like a puzzle.

Listen to the first exercise called *A Journey into the Akashic Plane* contained in your Module1 lesson files. The purpose of this meditation is to help you get a solid grasp of everything we've discussed so far. Please listen when you will not be interrupted and wear some sort of headphones.



Listen to: *A Journey into the Akashic Plane MP3*

## **6-Fold Purpose for Accessing the Akashic Records**

- To see one's soul records (past lives)
- To view time periods and events in our history
- To view potential future lifetimes
- To locate and heal repeating lifetime relationships
- To transform residual karma and release negative patterns
- Read the Akashic Records of others

In point of fact, when entering the Records for the purpose of asking a specific question, an individual may not be shown everything at once. In fact, the amount of data flowing in, may be overwhelming as there is so much to

take in. You'll most likely view the portion of your soul's journey that is most pertinent at the present time.

## **Like a Massive Computer**

For the technically minded, the Akashic Records are like a gigantic computer database containing every word, thought, emotion, action, and experience stored energetically and encoded in a non-physical plane called the Akashic Plane.

This massive computer has data banks containing individual files and subfolders.



Metaphorically, each soul has a central file attributed to it and contained within that file are the sub-folders of the many lifetimes the soul has lived. Additionally, groups of souls, past events, organizations, and locations all have a set of Akashic Records.

## **How Some People Think of the Akashic Records**

There are certain schools of thought that assert that the Akashic Records are actually:

- The Mind of God
- The Cosmic Mind
- The Universal Mind
- The Cosmic Collective Consciousness
- Soul records
- The Universal Source Field
- The Book of Life
- The Hall of records