

Understanding the

AKASHIC RECORDS



**Clear karma, uncover soul contracts, discover past lives
and find your purpose by accessing the akashic records.**

By Tammy Mastroberte

Did you know that every thought, feeling, action, deed and intention from each of our physical lifetimes leaves an energetic imprint behind? Everything from the past, present, and even our potential for the future, is stored in what is known as the Akashic Records, and each soul has Masters, Teachers and Beings of Light to track and guard the information for them.

The best part is we can access these records to answer personal questions about our current life and past lives, which may be affecting us today. Lisa Barnett, founder of the Akashic Knowing School of Wisdom and an internationally recognized teacher with more than 20 years of experience in the spiritual healing forum, joined *Elevated Existence* Magazine's three-month telesummit series, "Living an Elevated Existence Mind, Body and Soul Summit," earlier this year to talk about the akashic records, and the information they can provide.

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information arm of Divine source. It's a vibrational body of wisdom where everything is stored," Barnett told listeners. "A lot of people see it as a library where each book is representing a lifetime, but the truth is, the akashic field is infinite and everywhere. It's not housed anywhere."

Everything is recorded here — our past lives, what we came into this world to accomplish, what we've succeeded at, what we are ready to do in order to grow, our contracts with other people, and more, said Barnett, noting all living beings have an akashic record, and so do our businesses.



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“Your business is not a living being, but it does have the vibration of you and the people you come together to create that business with,” she said.

By accessing this information, we can uncover things about our current life, including why we may find ourselves stuck or held back for some reason. Many times it’s a memory of a past life we are still carrying with us but are not aware of today. For example, many people on a spiritual path in their current lives have been healers, doctors, acupuncturists or herbalists in a past life, and may have been punished during the witch hunts or the inquisition, Barnett said.

“A good example is someone who wants to be out there working as a hands-on healer or a Reiki master, and they want to bring their gifts of the light to the world, but are finding it challenging to go out there and share the information. They feel held back or are shy about it,” said Barnett. “I will often see they had a couple of different lifetimes in which they were either killed for the work they did or hunted in the witch hunts or the inquisitions and were harmed, killed and tortured.



Lisa Barnett, founder of the Akashic Knowing School of Wisdom

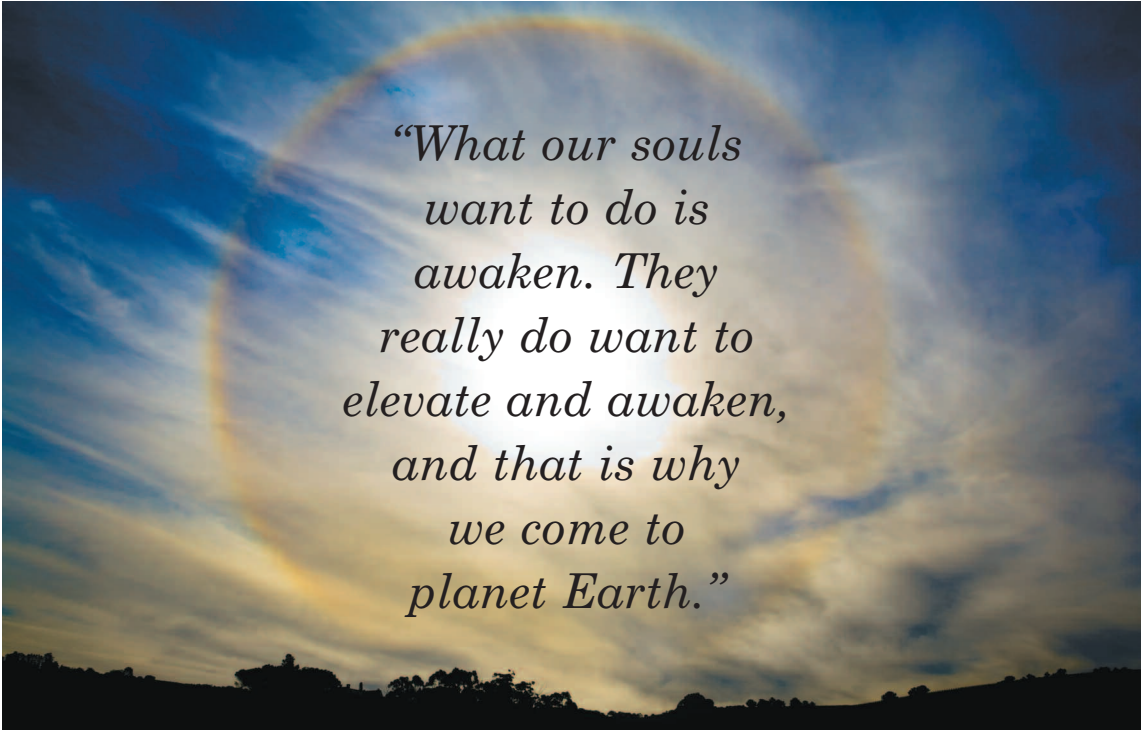
Even herbalists were called witches and killed. Now they are afraid to be seen in this life.”

Also, many times we make vows on our deathbed, saying, “I will never do that again,” and the emotions are very intense at the time. This stays with us into our future lives because it’s filled with trauma and pain, she explained.

“These vows we make on our deathbed can really hold us back lifetime after lifetime. Some of it is death pictures, where we have these memories, even if they are unconscious, of being tortured, killed or run out of town, and no one will accept us,” she said.

By recalling these issues and bringing them to the conscious mind, it can help us open up energetically and release the constriction holding us back. In essence, it creates a shift within us so we can move forward in this life.

“What our souls want to do is awaken. They really do want to elevate and awaken, and that is why we come to planet Earth,” Barnett shared. “We love to grow, and we love to learn. As a soul, we see it as a big playground. We pick people to meet and things to do, and it’s about how quickly



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we can remember who we really are and awaken to the Divine beings we truly are. Accessing the akashic records is allowing you to do that with more ease. These beings of light are here to support you — just like your angels. They are just sitting there waiting for us to access them so they can help us.”

SOUL CONTRACTS

Most of us write hundreds of soul contracts before we enter into a new life — both small ones, or support contracts, and big ones like those with a life partner. We choose our parents, siblings, the children we plan to have, and our romantic relationships, before we come to the physical world, although we don't complete all of them, according to Barnett.

“We often will write contracts that never come to fruition, so it's not unusual for me to see a 40-year-old woman who had contracts to have three children, but she never had children,” she noted. “Sometimes people may feel a little guilty about it and want to know if it's O.K. They decided not to have children because of their life circumstance, and it's absolutely fine if we don't finish all of those contracts. It's actually not possible to finish all the contracts we write. We set ourselves up to have a big variety because we don't know. We come here and it's still all about free will and choice.”

Often our contracts are in place to help us grow as a soul, or to assist someone else in their soul growth. For example, the soul who picks an alcoholic father may have a support contract with the father to help him remember who he is and get

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sober, said Barnett. However, it may not happen because the vibration of the planet is “very dense, and we forget who we are,” she noted.

“Most of us are not really clear on a day-to-day basis about the contracts we have written, so the father may not ever get sober and he may not remember. The contract may not really play out the way you two thought it would when you wrote it. But if you can hold him in love and know the truth of who he is as a soul, you are sending him really profound energetic healing by being love and forgiveness, and for seeing him for who he truly is. That alone is you fulfilling your part of the contract, even if he never fulfills his side,” she said.

The lesson here is many of us feel we are doing the work and evolving, but our partner or family member is not doing their part. However, we can do our part and complete things even when the other person doesn't do his or hers.

“The other person may go on and have a similar experience again, but it probably won't be with you [if you've done your work],” she explained.

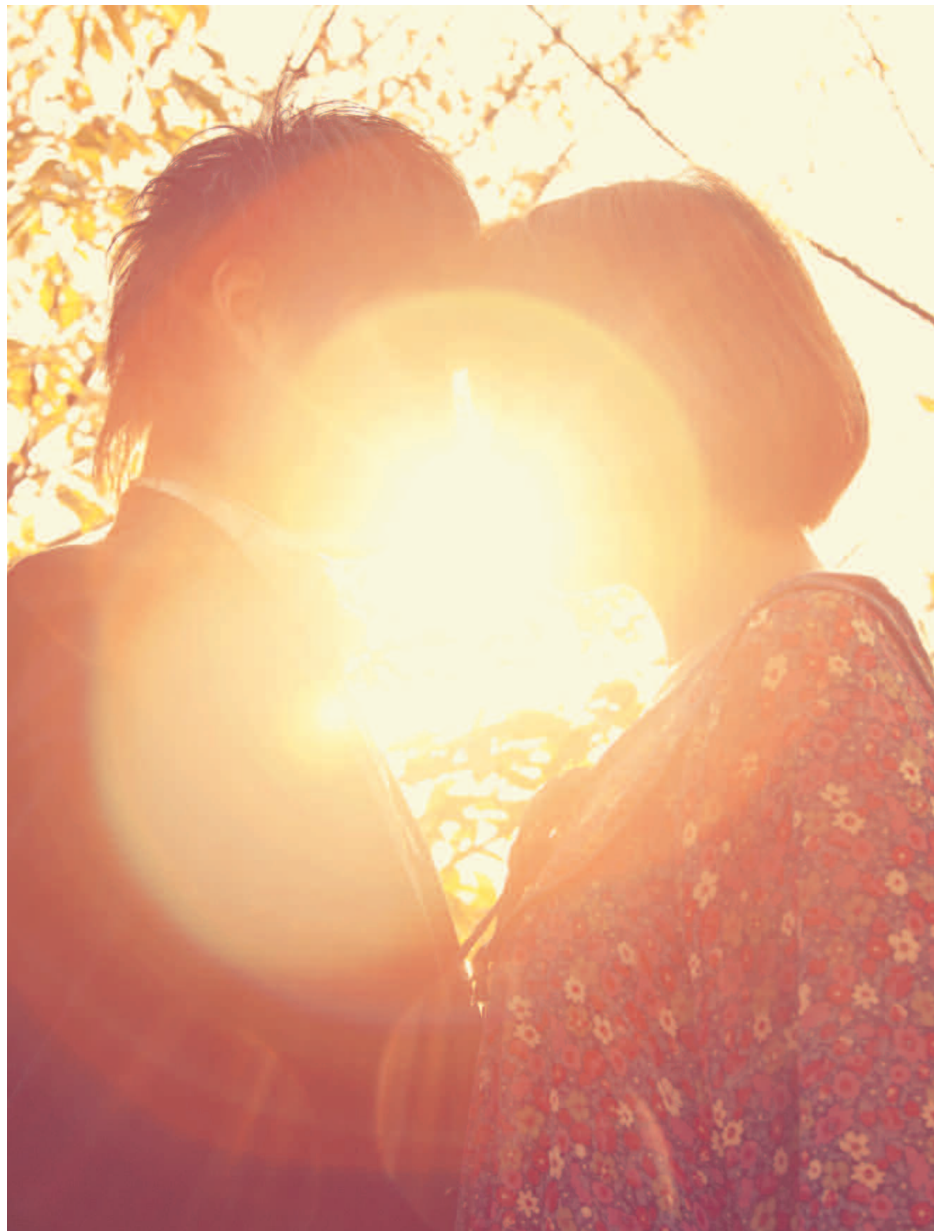
Also, we don't always pick a family for the parents. Sometimes it's for the siblings, grandparents, aunt or uncle, and sometimes we will pick a family for the genetics or the location we want to be born in, Barnett shared.

CLEARING KARMA

Karma is not about an eye for an eye or tit for tat, but more about completing a cycle of growth for the soul, Barnett explained. Most of us will live at least 800 lives, and we get to do it all — and many times karma plays into our soul contracts with others.

“Very often, karma or completion of growth does play into our contracts with other people, and usually what I see is we will write three to six contracts around intimate relationships,” she noted. “Since we are beings of free will on Earth, we get to choose and create as we go. We set up these contracts, and we can choose to ignore every one of them if we want to.”

Each of us is part of a soul family, and we have contracts to be connected, but it's not always so easy for those to come to completion and for us to find one another. However, if we are feeling ready for a new relationship, or feeling lonely, and part of our intention is to find someone in 2014, we should know we have soul contracts available for us to find these people, according to Barnett.



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Clearing karma is all about forgiveness — of oneself and the other person — and the same holds true here as with soul contracts. We don’t need to depend on the behavior of the other person in order to clear karma from this lifetime or another. Below is a Prayer of Forgiveness that Barnett teaches her clients looking to clear karma in their lives:

“Divine, Spirit, Source, please move me into a state of forgiveness towards anyone or anything that has hurt me, consciously or unconsciously, from the beginning of time to this present moment. I now forgive them and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness towards myself for any hurt

that I have caused others, consciously or unconsciously, from the beginning of time to this present moment. I now forgive myself and I release the energy of the past.

Divine, Spirit, Source, please move me into a state of forgiveness towards myself for any hurt that I have caused myself, consciously or unconsciously, from the beginning of time to this present moment. I now forgive myself and release the energy of the past.

I invoke the grace and power of forgiveness to transform my body, mind and heart as I return to a state of Divine Innocence. And so it is!”

The akashic records are available to everyone, and we can learn to access them on our own, or can schedule a consultation with someone who specializes in this work, such as Barnett. For more information on her classes or consultations, visit www.akashicknowing.com. EE

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