THE

Akashic Record Reading

Course

PART 4

Further Information on the Soul's Past & Gifts

In this lesson, we will be learning how to answer the following questions:

- In which earthly periods of history has this soul experienced great strides in their growth?
- Which earthly spiritual traditions or religions has this soul participated in?
- Is there a secondary Godspark? Where is it? How long has it been with the client?
- Are there further soul gifts which are not embodied within the archangelic realm/soul group of origination, that may be communicated to the client? If so, what are they?
- What is the client's strongest intuitive gift, at this time?
- Is this client an empath? If so, which kind?

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Let's start with the top two questions:

In which earthly periods of history has this soul experienced great strides in their growth?

Which earthly spiritual traditions or religions has this soul participated in?

In the charts book, you will find two charts relating to these questions. One is a chart for periods in history. In it, you will find fourteen places and/or eras in history. By dowsing with your pendulum, you can find out if your client has experienced any incarnations in those places or periods of history. (I have also left a couple of spaces

blank, in case there are periods in the Earth's history that you would like to add yourself.)

The Purpose of These Questions

In which earthly periods of history has this soul experienced great strides in their growth?

The purpose of this first question is to satisfy any curiosity your client has about their past lives.

Clients who ask about their past lives often have just a casual interest in this. But in order to answer a question on a client's past lives, you would normally have to do some in-depth research. We don't usually do that for an Akashic Record reading, as it is too time-consuming for both you and the client.

What we do instead is give a quick, 'potted history' of a client's past lives in order to satisfy their curiosity. Clients are often drawn to eras in history and places where their soul has been active and productive. It can be validating for the client to hear that they were once incarnated in Ancient Egypt, for example. This might explain why the client has always had an interest in Ancient Egyptian history and a strong desire to visit the place.

The Periods in History & Places That We Check For

In order for you to answer this question with accuracy, you need to be familiar with the history of the places and eras in the chart. You don't need to know or memorize exact dates, but you do need to have some idea of WHEN those periods in history took place. Most of them are general knowledge, and others may be a little vague in your mind.

In case there are periods or places that you're not so familiar with, I included a little information on each below:

Ancient Egypt

The ancient civilization of Northern East Africa, which existed roughly from around 3150 BC until 30 BC (I am sure that everyone is familiar with this one!)

Ancient China

From 2100 BC until 256 BC; taking in the Xia, Shang and Zhou Dynasties. Anything from 256BC until 1912 is Imperial China.

Ancient Persia

From 550 BC – 330 BC in the area that is now Iran; the most populous empire in the history of the world.

Ancient Rome

My guess is that everyone reading this will be familiar with the Ancient Romans! You can get even more specific than 'Ancient Rome' if you like:

The Roman Kingdom, which existed from 753BC – 509 BC

The Roman Republic: 508 BC – 27 BC

The Roman Empire: 27 BC – AD 1453

Ancient Greece

This is the civilization belonging to the period of Greek history which existed roughly from the 8th Century BC until 146 BC.

This period may be significant to your client (depending upon their soul group) because classical Greece was a heightened time of civilization. The Ancient Greeks brought democracy into the world and sought to unite rationality with spirituality in their culture.

Within this period, three main eras:

The Archaic Period: 600–500 BC
The Classical Period: 500–323 BC
Hellenistic Period: 323–27 BC

Palestine

The region between the Mediterranean ocean and the Jordan River which was called Palestine between 450 BC and 1948.

Europe — The Middle Ages

This is the period of history in Europe from the 5th century until the 15th century AD. This era saw the conversion of the Pagans by the Christians, Viking raids, the decline and fall of the Roman Empire, and the Muslim Conquests by the Turks.

Europe — The Reformation

The Reformation movement established Protestantism as a branch of Christianity from roughly 1517 until 1648. It was led by Martin Luther and others who objected to some of the rituals and beliefs of the Catholic Church. Much of Northern Europe became Protestant and Southern Europe remained Catholic.

Europe — The Industrial Revolution

This period was from the 18th to the 19th century – it saw huge changes in agriculture, manufacturing, technology, etc.

Colonial America

The period from 1776 onwards in North America (and perhaps before then, too.)

The American Revolution

The period from 1775 – 1783, when thirteen colonies in North America came together to break free from British rule.

The French Revolution

The period from 1789 until 1799 that saw the collapse of the French Monarchy, along with the disappearance of feudal and aristocratic privileges.

The Russian Revolution

The series of Revolutions in the year 1917, which destroyed the Tsarist autocracy in Russia.

Polynesia

This is obviously a place rather than a period in history! Polynesia is the name given to the area of the Central and Southern Pacific ocean across which are scattered

about 1000 islands. Clients with a past life connection to this part of the world may have a special affinity with Polynesian culture and beliefs.

I have also left two spaces in the chart so that you can add other periods in history if you wish. Depending on your point of view, you may wish to add '**Atlantis**' to your chart. (For more on Atlantis, see Diana Cooper's interesting book *Discover Atlantis*.[5])

5 Diana Cooper and Shaaron Hutton, *Discover Atlantis: A Guide to Reclaiming the Wisdom of the Ancients* (Hodder & Stoughton Ltd, 2005)

I have omitted Atlantis from my chart simply because at this stage Atlantis is regarded as legend more than fact in that we do not know when the period of Atlantis was or even where the civilization was.

Religions and Spiritual Traditions

The second question in our list is:

Which earthly spiritual traditions or religions has this soul participated in?

(There is a chart in the charts book which contains a selection of spiritual traditions and religions for you to dowse on.)

The purpose of this question is to reveal to your client which spiritual traditions may have played a significant part in their evolution. Clients often find that they still have an affinity with the spiritual traditions and religions that come up for them in a reading and it can be validating to know why.

It can also be interesting to know the life lessons that clients have learned in the past through certain spiritual paths. After all, religions and spiritual paths can be purposely chosen as a vehicle for learning a particular life lesson.

Here are the spiritual traditions I included in the chart:

(Note: there is room in that chart for you to add other religions/traditions of your choosing.)

House of Ra

This involved the worship of the Egyptian Sun God Ra, a major deity in Ancient Egyptian religion who was known to the Egyptians as the creator of all forms of life.

Celtic Druids

The Druids were a priestly class present in Britain, Ireland and France during the Iron Age (1200 BC – 400 AD). They were present also in other parts of Celtic Western Europe. Although the druids have been associated with human sacrifice, there is no historical evidence to suggest this was a common practice. The Druids were responsible for organizing worship; they believed in reincarnation and various forms of divination.

House of Odin

Odin was a major deity in ancient Norse mythology. This God represented war, battle, victory and death and was worshipped by the Vikings.

Native American Spirituality

The various Native American spiritual traditions emphasized the presence of the Divine in every living thing (be it human, plant or animal) and also were known for their reverence for Mother Nature. Their spiritual beliefs and values integrated into their lives in a seamless way.

Those who have a spiritual background in Native American spiritual traditions usually feel a great affinity with the Native Americans. They may feel a strong connection to and respect for Mother Nature. In addition, they may have learned to integrate their spirituality into all areas of life and are often rather grounded.

Jesus/Mother Mary (Christianity)

Those who have a spiritual background in Christianity have learned about Divine Love.

(Ascended Master Jesus is a representative of Divine Love – and when people choose to call upon Jesus for the 'breath-work' exercise, a common observation is that Jesus' presence feels loving and calming.)

Buddha (Buddhism)

Buddhism teaches the soul about compassion and so those with a spiritual background in Buddhism have usually already learned the life lesson of compassion and kindness.

Krishna (Hinduism)

Hinduism can be chosen as a spiritual path because of its capacity to teach the soul humility.

The Goddess

This involved the worship of the Divine Mother and the Goddess, usually during a time of matriarchy. Those who have participated in the worship of the Goddess often have a strong connection to the feminine, regardless of gender. These clients may talk of the Divine in terms of a Goddess rather than a God. They may feel drawn to Wiccan or Pagan traditions.

Islam

Islam is a path that has the capacity to teach a soul about surrender and submission to God. Islam literally means 'submission to God' and 'way of peace'.

Kahuna

Kahuna in the spiritual sense means a Hawaiian priest or shaman. Healing is a craft that is associated with the Kahunas.

Confucius

Confucius was a Chinese thinker whose philosophies were developed into a system of social norms and behaviour, especially relating to the family.

The philosophies of Confucius had a huge impact on Far-Eastern societies and culture — ancient and modern. His teachings and ideas encompassed respect for elders, honour, familial loyalty and ancestor worship. Confucius believed that when the family unit was strong, the nation was strong.

Taoism

Tao can be roughly translated to 'flow of the universe'. In Taoism, being in harmony with the universe is a key value. Taoists believe that life should be filled with peace and joy. Other values of Taoism include compassion, moderation and humility.

Quakers (Christianity)

The Quakers (also known as 'The Religious Society of Friends') comprises religious organizations arising from a Christian movement in mid–17th century England which was all about the individual's unique experience of Christ. The Quakers believed that each person could communicate with God in his/her own way. They show their faith mainly in how they live their lives and their services are often without a leader. They are also known for their pacifism.

The Godspark

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Now let's look at the 12th question in our list:

Is there a secondary Godspark? Where is it? How long has it been with the client?

The Godspark is a connection that all souls have back to Source. The Godspark looks like an energetic golden umbilical cord that arises from the centre of the chest. It gives us our vital life force and a sense of connection to Spirit. We receive vital life force through our Godspark every night for three minutes – in this way we 'recharge our batteries'. Every incarnated soul has a Godspark at the heart chakra, called the primary Godspark. Upon death, the Godspark is shed.

The Secondary Godspark

We can sometimes be given a secondary Godspark. This constitutes a second connection back to Source — another direct line through which we can receive vital life force. It is always meaningful when a client presents with a secondary Godspark, firstly because they are somewhat rare.

They also cannot be asked for – instead they are simply given to us when Spirit deems it necessary for the path that we're on. So, for example, if a client has a secondary Godspark connected at the throat chakra, we can tell that the client has

communication and/or teaching as a major theme of their life purpose. Indeed, teaching and/or communication is so important for the client that Spirit has deemed it necessary to give her an extra boost of energy in this area.

This is why we always check for a secondary Godspark as part of an Akashic Record reading — the presence of a secondary Godspark tells us a lot about a client's path and purpose.

Note that the Godspark constitutes a permanent boost of energy, not a temporary one.

Possible Meanings of Secondary Godsparks

I advise checking for the location of the secondary Godspark (the location tells us a lot about its meaning and purpose for the client.)

Crown Chakra — heightened spiritual connection and spiritual perspective

Third-Eye Chakra — heightened intuition, and increased clarity in life

Throat Chakra — heightened communication and/or teaching skills

Heart Chakra — heightened 'heart-based' healing skills or heightened empathy talents

Solar Plexus Chakra — heightened sense of aesthetics/balance

Sacral Chakra — heightened creativity

Root Chakra — heightened groundedness or connection to objective reality

Note that the meanings above are just possible meanings - the individual meanings will vary from client to client.

To date, I have only ever encountered secondary Godsparks at the third eye, throat and heart chakras. A secondary Godspark located at the other chakras is rare, at least in my experience.

Just as each chakra rules multiple aspects of life (for example, the root chakra governs tribe, family, material security, physical safety and connection to reality,

among other things) so the presence of a secondary Godspark may mean the heightening of just one area of the chakra rather than all areas. You will need to do a little research into this and find out exactly which area the secondary Godspark is heightening. The quickest way to do this is to use your pendulum to ask. For example, you could ask:

"Does the secondary Godspark at the third eye mean heightened intuition?"

If you get a 'no', think about all the other areas of life that the third eye chakra governs, and ask about those.

How Long Has the Godspark Been with the Client?

If a secondary Godspark is present, it is also interesting for the client to know how long it has been there. Often a client will realise that the secondary Godspark arrived at a significant time for them. To give a hypothetical example, a client with a secondary Godspark at the throat chakra might notice that it arrived at the time they started writing a book.

To find out how long a Godspark has been with a client, I normally just ask:

'Has the Godspark been with the client for more than a year?'

Depending on the answer, I then narrow down the time frame with more questions. For example:

'Has the Godspark been with the client for more than 6 months?' 'Has the Godspark been with the client for more than 7 months?' etc

Further Soul Gifts

By now, you have done research into your client's Archangelic Realm of training, their soul group of origin and their soul trainings.

However, consider the idea that not every soul gift that your client has will be represented by their Archangelic realm, their soul group of origin or their soul trainings. There are often further major soul gifts to be discovered if you do some research.

How do we do research into other soul gifts? — By dowsing for **the archetypes** embodied by your client.

The question relating to this is:

Are there further soul gifts which are not embodied within the archangelic realm/soul group of origination, that may be communicated to the client? If so, what are they?

The 'Archetypes' were a collection of soul gifts that I first presented in my Psychic Awakening course. If you have done that course, you will be familiar with these archetypes. The archetypes are simply a collection of soul gifts that a person has, that are not necessarily linked to anything in the Akashic Record, such as the soul group of origination or archangelic realm of training. This type of soul gift has no obvious origin, but it is still a soul gift that the client has.

I have included a list of archetypes below. You will notice that some of the archetypes are already represented by some of the soul groups or Archangelic Realms. For example, #1 (The Teacher) is embodied by the fifth archangelic realm of training. #2 (The Healer) is represented by the Blueprint Changers and by those with the fourth Archangelic Realm of training.

On the other hand, some of the archetypes below are not embodied by any of the Archangelic Realms or the soul groups and so they can be particularly helpful for adding extra nuances and details to the overall picture of who your client is at the soul level.

The Archetypes

Here are the descriptions of the thirty-four archetypes:

#1: The teacher

Teaching is the ability to communicate knowledge, skill or wisdom to others. If teaching comes up as an archetype for your client, it means that this is someone who has a soul urge to empower others by sharing knowledge. The teacher loves to see others 'get it' and understand something. Others will seek these people out for their wisdom and knowledge. The teacher will usually be in a cycle of continual learning so that they always have new teachings to impart. Story-telling is a skill which is often

associated with this archetype. Teachers often have the ability to bring their teachings down to earth and tell stories which illustrate a point. For those clients who have this gift, be aware that teaching will be a part of their life purpose.

Embodied by: The 5th AA realm

#2: The healer

Healers love to help others to repair the mind, body or spirit and reach a state of wholeness. They bring compassion, love and healing into the physical. Healers are very inspired to make things better. In their relationships, they often attract wounded birds. The healing archetype in a profession can manifest in different ways. There is energy healing, traditional healing through medicine (for people or for animals), working with the mentally ill, or writing. Remember that words can also heal and healers often have the soul gift of communication to help them to do this.

Sometimes this archetype is expressed through a state of 'being', instead of 'doing'. These people may exude a soothing, healing presence and through their example and presence bring healing.

Healers can also inspire people to let go of the past and forgive. This archetype can often come across as soothing, gentle and loving, and they are among the most giving people on the planet. Others occasionally mistake this for weakness but it couldn't be further from the truth as there is immense strength in the healing archetype.

Embodied by: The 4th AA realm, Blueprint Changers, Master of Design — Biology & Botany

#3: Nurturing and supporting

Nurturers get a great deal of satisfaction in seeing something or someone flourish and be successful. This usually manifests as a desire to provide the environment (including the positivity, encouragement, or empowerment) necessary for something or someone to grow. One possible outlet for this gift is of course parenthood or a teacher of young children. Another outlet for this gift is being the 'right-hand man/woman' or supporter to someone in a position of authority or responsibility. Included in this archetype is a possibility of nurturing plants and animals.

Embodied by: The 1st AA realm, Incubator souls, Hadarians (to some degree)

#4: The leader

Leaders are here to teach us courage. They can be 'thought leaders' — people who encourage us to think differently. The leader archetype inspires a group of people to align with the achievement of a shared vision, so that it can become a reality. Leaders have the ability to take charge and make decisions. The Leader at his/her best has a commitment to a clear vision or way of being and encourages others to support and give their energies to this worthy vision. If your client presents with this soul gift, it means he/she has some leadership energy to bring to the world.

Embodied by: Explorer souls, The Pleiadians, Council Members, The Nihal Souls (in their own way!)

#5: The communicator

Communicators love to pass on knowledge, information and wisdom. This archetype is very similar to the teacher but the difference between them is that communicators often like to pass on their knowledge and information on a grand scale, as opposed to one-to-one. They pass on knowledge or points of view usually in a one-to-many way. Professions associated with this archetype include writers, storytellers, bloggers, journalists, and speakers. Communicators are often networkers as well — people who can bring information to any group of people and grow their sphere of influence by making connections and alliances among those different groups of people. So to summarize, being a communicator embodies teaching and networking. If your client has this gift, imparting his knowledge and wisdom to many people is part of his soul purpose.

Embodied by: The 5th AA realm, the Pleiadians

#6: The inspirer and motivator

Inspirers have the ability to show others the possibilities open to them. They sometimes do this through spiritual teachings. They are tapped into the realm of possibility, which is the spirit world; the future; the formless and that which has not yet happened. They can also inspire others through their experiences. They are able to

see the bigger picture and hold the vision and help others to become motivated through seeing that vision. Seeing as this is a gift used with people, it is often expressed in relationships. If your client has the gift of inspiration, he is someone who has the spiritual purpose of inspiring others.

Embodied by: the Pleiadians

#7, 8 and 9: Protecting others, animals or the environment

These three don't require too much explaining. Those who have a soul urge to protect others may stand up for those who can't defend themselves. They may be human rights activists or lawyers.

They may simply be very protective of their family or loved ones. They may also wish to protect others against negativity or evil. This can also manifest as protection of the self or through preserving and protecting what is theirs. In some ways, they are similar to nurturers and supporters, but their approach tends to be more fierce and feisty. They often see the importance of good boundaries and they may assert these on behalf of other people who fail to do it for themselves.

Embodied by: The 6th AA realm, the Alpha Centaurians

#10: Improving and maximizing systems

Improvers have strategic ability. They can look at an entire system or situation and hone in on the parts which can be improved to get better results. Their soul urge is to make systems and situations better and more functional. They can apply this gift to other people, to some degree — a soul urge to help people improve themselves and get better results. These people have the ability to diagnose what needs improving or leveraging in order to affect the bigger picture.

Embodied by: Master of design—structural specialist, The Sirians

#11: The relater

Relaters are good at establishing relationships based on common ground. They are good at finding the common ground between themselves and another person and can use this to form strong relationships. They might not necessarily be empaths, in

the psychic sense, but they have an ability to know what is important to other people and communicate with them, showing they have taken the other person's values into account. They tend to be accepted and liked by those around them. Other people feel validated around them.

Embodied by: the Hadarians, Blueprint Deliverers, Life Review Counsellors

#12: The learner

The learner is continually absorbing new information. This archetype also indicates someone who is continually open to new ways of doing things. This openness defines the learner. This archetype usually goes hand-in-hand with the teacher archetype. It can also overlap with the 'explorer' archetype. A learner in the field of spirituality is always on the forefront of consciousness and one step ahead of those he can teach. His hunger for knowledge and wisdom ensures this. If your client is a 'learner', it means that part of his path is to absorb knowledge and wisdom (that he may pass on to others later on.)

Embodied by: Explorer souls, the 5th AA realm

#13: The problem–solver

The problem-solver is a 'diagnoser' and a fixer. He/she is able to look at a system or situation and identify what is going wrong. The problem-solver is different from the improver because problem- solving is more than making something somewhat better – it's about having the drive to turn the situation around. Once the problem-solver has located what is wrong, he is able to come up with creative solutions to resolve it. So this person is a healer and fixer, but in a left-brained sense.

Embodied by: the Alpha Centaurians and the Sirians (to some degree); the Blueprint Technicians

#14: The coach/champion – helping others to succeed

The coach is deeply invested in helping others get to where they want to be. This archetype is an 'empowerer' of other people. This does overlap somewhat with the archetype of 'inspirer', the difference between them being that the coach is more "hands-on" in his/her approach than the inspirer. The coach helps people to see what

the practical steps are towards their goals and empowers others to take those steps. Another word for the coach could be the champion. A coach holds the faith for you, that your vision is a real possibility and within your reach.

Embodied by: The 7th AA realm, the Pleiadians (to some degree)

#15: Pointing out others' gifts

This archetype sees the inherent good in others and is able to uphold and demonstrate for others their own goodness. In my view, this is a very beautiful archetype to have. They generally have a very positive view of humanity. More specifically, they are able to pinpoint constructively what is special about other people. They are quick to overlook weaknesses. They can also inspire you by painting a positive and empowering self-image for you and by trusting you to act with compassion and goodness in your life. Those who have this gift will be called to use it in relationships and perhaps in other areas of life, in order to bring positive energies to others.

Embodied by: the Mintakans, the Blueprint Deliverers

#16: Humanitarian and compassion

Humanitarians have compassion and empathy but their compassion is on a wider scale (not directed towards one person, but towards a group) and so it is not as personal as those with the 'empath' archetype. Those with this archetype are connected to humanity's suffering on a wider scale. This connection can be overwhelming and so to avoid this, they can become a little detached in their determination to make things better for others. This detachment is a way of protecting themselves. But this doesn't lessen their deep desire to allay suffering and make the world a better place, on a large scale. It also makes them more practical in their approach to helping people, instead of being overwhelmed by negative emotion that doesn't belong to them (which is something that can happen to empaths.)

Humanitarian souls have to choose their work carefully. They need to be working in a profession where they know they're making a difference. Without this, they would always feel something is missing and will feel unfulfilled. Often humanitarian souls will be working within some organization that improves life for people. If your client

has this archetype, be aware that humanitarianism – helping and healing others on a larger scale, will be an aspect of this person's soul purpose.

Embodied by: the Blueprint Deliverers, Restoration Masters

#17: Bringer of patience and tolerance

Those with this archetype bring the energies of respect, tolerance and patience into the physical. They have minds open enough to see the good in others when those around them may be focusing on the negative. They tend to be patient in their dealings with others. They are also open enough to communicate with virtually anyone without shaming or blaming. This is an advantageous attribute to have in mediating and in being a 'go-between'. These people encourage us to accept differences and teach that it's all right to be different and have differences of opinion. They also have a strong desire for fairness for all and exemplify this in their dealings with others. If your client has this soul gift, bringing the energies of patience and tolerance is part of his purpose.

Embodied by: the Blueprint Deliverers, the Rishis, the Polareans (to some degree)

#18: Seeker, upholder and protector of truth

These people seek to get to the bottom of situations. They have a 'no-nonsense' approach to life and will speak in a very direct manner that can offend others from time to time. They are the type of people who call a spade a spade. They have the ability to see through illusions and lies and can see the negative agendas of others. They have the ability to wake others up to the truth and see what is there in front of them. Once they have achieved this, they will protect this point of view and argue for it vigorously. This archetype reminds me of the journalist who grills and puts pressure on the politician he is interviewing; forcing the politician to take a definable position, so he can get to the bottom of the situation being discussed. If your client has this soul gift, seeking and upholding the truth will be part of his soul purpose.

Embodied by: the 6th AA realm

#19: Banner carrier/cause fighter

The banner carrier is the person at the front in a demonstration, who is shouting louder than everyone else! Of course, this is usually a metaphor for those who have this archetype. This archetype is feisty, a fighter and a warrior. He/she is not afraid to assert him/herself vigorously and fight for his rights that have been violated or threatened. This person is also willing to fight for other people's rights. When involved in a cause, they are vocal and dedicated. If your client has this gift, it means that his purpose is to bring these feisty, activist energies into the physical.

Embodied by: the 6th AA realm, Restoration Masters (in some cases)

#20: Catalyst for change

These people are like whirlwinds. They leave positive change in their wake, wherever they go. They may do this by being an inspiring example for others to follow, thus creating positive change indirectly. They may also have a propensity to create change directly by working with other people and helping others to change those things they no longer want. They are experts in the art of change and transformation. They are not afraid of chaos as they know that this is what occurs just before change happens.

Embodied by: the 7th AA realm, the Pleiadians

#21: The intuitive/psychic

Everyone has some level of psychic ability. However, those with this archetype have a soul urge to use their intuitive abilities to help others. Some of them are born powerfully psychic. This archetype gives a person the ability to see the bigger picture and get a spiritual, higher perspective on human questions and problems. This also boosts one's connection to the spirit world and usually means active upper chakras (the throat, third eye and crown chakras.) This person may not necessarily end up being a professional psychic with this archetype, but he may choose to use his intuition for good, by solving problems, for instance. This archetype can also give a person the motivation and tendency to develop their abilities to a very high level.

This archetype could be embodied by: the 6th AA realm, the Nihal souls, the Arctureans

#22: The empath

The empath has a psychic ability and this is the ability to enter other peoples' auric fields and feel what it is like to be that person. The empath essentially has the spiritual ability to experience oneness, while being in a physical, human body. The empath of course returns to their physical experience bringing some of this person's perspective with them. Because of this they make great harmonizers and mediators, because they have the ability to see all sides of the story. Their empathy gives them compassion and understanding for others. The empath finds it harder to detach from other peoples' emotions than the humanitarian does, for example. Empaths must become skilled and learn how to turn off their empathy in order to fulfil their potential. If your client has the soul gift of empathy, part of his purpose will be to use his empathy to bring more oneness and understanding into the world.

Embodied by: Blueprint Deliverers, Hadarians

#23: The explorer

The explorer is constantly inspired to discover and explore new terrain, whether that terrain is internal or external. Another word for the explorer could be the pioneer or innovator. The explorer loves to innovate and find more effective ways of doing things. This archetype is also unafraid of the unknown. This love of exploration can manifest as a desire to learn experientially and experience as many things as possible in one lifetime. This can go hand-in-hand with a love of risk-taking and insatiable curiosity. The explorer's attitude is a light-hearted yet passionate one: "Life is one big adventure." This can manifest itself literally through travel, physical exploration and taking risks for the sake of adventure.

Embodied by: the Explorer souls

#24: Management and organization

Those with this gift have the ability to bring order to chaos. They have clear minds. They are excellent planners and they are good at categorizing and organizing anything that is in disarray. They are great at supervising others and often quick to take a leadership role. They are also good at prioritizing and deploying resources and people. Coupled with the archetype of cause fighter or protector of truth, this can make a feisty, not-to-be-messed-with manager of people who is well respected. Combined with the archetype of healer, relater or harmonizer, this is a manager who is an excellent builder of teams and someone who brings people together.

Embodied by: the Sirians, the Pleiadians (to some extent)

#25: The analyzer

Acutely observant, the analyzer has the ability to see the patterns and commonalities which underlie events, situations and personalities. They also have the ability to classify and categorize things according to their characteristics and similarities. They are excellent researchers and detectives because they notice the tiny details AND the bigger picture. Analyzers are also good at finding the root causes of situations and they have an understanding of cause and effect. They have the ability to foresee how different factors might affect an outcome. They are often involved in the sciences.

#26: The humorist

The humorist entertains and uplifts others through their silliness and observations. The humorist brings the energy of light-heartedness into the physical and they remind us not to take life or take ourselves too seriously. The humorist gift is sometimes coupled with the analyzer gift. Those who have this archetype are meant to bring humour and playful energies to others, to help them to lighten up and heal through laughter.

Embodied by: the Vegan souls

#27: Playfulness

Those with this gift uplift others through their sense of fun, innocence and their child-like qualities.
Their presence can be refreshing or invigorating for others. These energies of playfulness remind us to relax, loosen up and have fun. The message behind this gift is that life is not just a school for learning, but also a playground to be enjoyed.

Embodied by: the Vegan souls, the Hadarians

#28: The competitor

Competitors strive to be the best. This gift gives those who have it a dedication to excellence and to the development of their strengths and talents. This quest for excellence happens through measuring ones progress against that of other people. This person is an improver and an 'empowerer', except these gifts will be focused inwards, towards self-improvement and success. The competitor has the capacity to inspire others immensely through their example.

#29: The artist

The artist is someone who can take the formless and emotional experiences of life (those that exist beyond the reach of our five senses) and convert them into beautiful representations of those experiences. This archetype can be a painter, musician, chef, interior decorator or designer, for
example. Artists also excel in coming up with creative and beautiful ways to solve problems. They know that it is important and nourishing for us to be surrounded by beauty and they get great satisfaction from creating beauty from life.

Embodied by: the 3rd AA realm (to some extent)

#30: The harmonizer

The Harmonizer wants everyone to be happy and to be getting along with one another. Because of this drive they have, the harmonizer is great at working with others in teams and groups because they help the proceedings to go more smoothly. They do not need to be at the forefront or leading and are happy to be behind the scenes. The harmonizer is essentially a peace-maker and will go to some lengths to help conflicting parties reconcile and see their areas of agreement and consensus. Tact and diplomacy are the gifts they possess, along with an ability to relate to others. Some harmonizers like to be in peaceful, harmonious environments and have a limited tolerance for chaos, loud noise and negativity. The harmonizer gift can be expressed professionally but more commonly it gets expressed through family relations and other relationships.

Embodied by: the 3rd AA realm, the Polareans (to some extent), Keeper of Neutrality (to some extent)

#31: The counsellor and advisor

The counsellor and advisor creates a space for others where free communication can take place and where the other can be him/herself, without fear of judgement. The counsellor helps others to sort through their experiences, see the underlying thread and reasons for the experiences and learn from them. They help you to extract the 'gold' from your experiences and grow in wisdom. The counsellor also helps others to get clear on what they want in the future. This archetype has the ability to remain detached from others' outcomes.

Embodied by: The Rishis (at least, the advisor part), the Life Review Counsellors

#32: The Creator

Creators are very good at making things happen. They get a real kick out of taking their visions and dreams and making them real and physical. Creators are dreamers, planners and action-takers. They are driven to build things which will impact their life and the lives of others. They have a great deal of enthusiasm that can be infectious and inspiring, because they are so motivated and willing to take action. They are also good at helping others to just do it and get past their mental and emotional resistance to doing something. They teach others the value of action, persistence and inspiration in work.

Embodied by: the 2nd AA realm and the 7th AA realm

#33: The Storyteller

The storyteller, through stories, helps to reinforce our own lessons and make us think. They also enrich and expand our view of the world. Some storytellers use their stories to make a point and teach. Some storytellers are more concerned with entertaining or moving others. The storyteller combines teaching with communicating.

Embodied by: possibly the 5th AA realm

#34: Positive Expectations

Those with this gift possess a very pure and child-like way of looking at the world. This can sometimes be confused with naivety. They see everything as perfect and people as good. They have great faith in the universe and in the goodness of God. They also have faith in humanity. In many ways, this gift is not so different from pointing out others' gifts to them, except the gift of positive expectations is more of a worldview rather than an activity. This worldview of faith and positivity can be comforting and affirming for others to be around.

Embodied by: the Mintakans, the Hadarians

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I dowse for a total of five archetypes because I find that five is a good number. You can dowse for more than five if you like, but you may receive information about soul gifts that are less significant.

At this point, in order to absorb all of the archetypes in your subconscious mind, please listen to the audio lecture on the archetypes.

How the Archetypes Fit Into a Soul's Purpose

To give you some idea of how this all fits together, below are some real life examples (with names changed) which demonstrate how the archetypes might complement or emphasize the client's other soul gifts which come from the archangelic realm and soul group of origin.

Sheila

AA Realm: 5th

Soul group: Blueprint Translator

Archetypes:

- Healing
- Improving/maximizing systems
- Pointing out others' gifts

- Competitor

Anna's Comment:

Sheila obviously has strong gifts as a teacher and a communicator (as her archangelic realm demonstrates). As a Blueprint Translator, her soul's desire is to help others create balance between the spiritual and the physical.

However, she clearly has other important soul gifts that are not embodied in her archangelic realm and soul group of origin — **healing, improving systems, pointing out others' gifts and competitor**.

Here is what the archetype '**improving and maximizing systems**' involves:

'Improvers have strategic ability. They can look at an entire system or situation and hone in on the parts which can be improved to get better results. Their soul urge is to make systems and situations better and more functional.'

Sheila related very much to the archetype '**improving and maximizing systems**' because she works in Business IT and her role involved the improvement of IT systems.

In addition, Sheila was encouraged to hear the perspective that her competitive streak was a soul gift, since she had always excelled in competitive work environments.

Now onto our second example:

Kenneth

AA Realm: 6th

Soul group: Pleiadian

Archetypes:

- Healing
- Imparting information & communication

- Learner
- Protector of truth
- Psychic/intuitive

Anna's comment:

Kenneth's soul gifts look very different from Sheila's.

For a start, some of Kenneth's archetypes are already embodied by his Archangelic realm and soul group of origin. For instance, the archetype for **communication** comes with being a Pleiadian anyway, plus the archetypes '**protector of truth**' and '**psychic**' are already represented by his sixth Archangelic realm of training.

So, rather than alerting us to new gifts through the archetypes given (as was the case for Sheila), the gifts here are already embodied in Kenneth's archangelic realm and soul group, and so they are really being reinforced. And a couple more are being pointed out on top of this: **learner** and **healer.**

The difference between Sheila and Kenneth's respective profiles is that Sheila embodies more archetypes. Kenneth's gifts are fewer, but he gains more focus from this. In terms of soul gifts, Sheila has more breadth and variety but Kenneth is likely to have more depth and focus in his soul gifts.

Homework:

Please revisit the three worksheets on the soul groups of origin.

You may remember that in those worksheets, there was a third column, for filling in the relevant archetypes for each soul group. If you have completed my Psychic Awakening course, you were already able to fill in this column, since these archetypes were presented in that course. If on the other hand, you had to leave the 'archetypes' column blank, please go back to those worksheets now and fill them in.

Your Client's Intuitive Gifts

The next question in our sequence is:

What is the client's strongest intuitive gift, at this time?

The intuitive gifts to check for are:

- Clairvoyance
- Clairaudience
- Clairsentience
- Claircognizance
- Dreaming

I have not attached a chart for this because there are only five gifts – it is quicker to ask 'Is it clairvoyance?', 'Is it clairaudience?' etc, until you find the right gift.

Below I have included some information on all of these gifts.

Clairvoyance

Clairvoyance is the ability to 'see' spirit. Clairvoyants usually 'see' in their 'mind's eye' (this is the movie screen that exists in your head when you close your eyes — if you try and visualize something, it will appear on the screen that is your mind's eye.)

Some clairvoyants are able to see deceased spirits and the auras of the living. Some can see images and metaphors which are meaningful for situations. In those cases, claircognizance or clairaudience must also be used to decode what the metaphor or image means.

Clairaudience

Clairaudience is the ability to hear your inner voice, which is the voice of the Higher Self or of your spirit guides. Clairaudience usually manifests as a little voice inside of you that sounds like your voice. Occasionally it may sound like somebody else's voice in your head. It is rare to hear a voice outside of you speaking, although it is definitely possible.

Clairaudience can also come in the form of a one-word answer popping into your mind, or it can be an entire sentence. Clairaudience is a useful gift to have, as it allows you to channel sentences verbatim from your Spirit guides or Higher Self.

Clairsentience

The most common form of clairsentience is gut feelings, which are strong emotional responses that feel almost physical — for example, a feeling of dread or a feeling of excitement. A sinking feeling in your gut could mean that something is not going to end well or is to be avoided. An uplifted, excited feeling in the gut could mean that you are on the right track. Hindsight will show you that gut feelings appear for a reason, often as a warning.

Clairsentience also presents as physical sensations. Some people experience physical sensations on certain places in their body when they open their chakras and tune into spirit (for example, when I tune into clients' Spirit Guides, I feel a tingling sensation on the top of my head and around the sides of my face.)

Claircognizance

Claircognizance is information that pops into your brain spontaneously, seemingly from nowhere — we could call this a 'Divine download'. Claircognizance comes through the crown and third-eye chakras.

This can happen when you know something about someone without knowing how you know. Perhaps you make subtle judgments about people when you first meet them and they turn out to be correct. Maybe you are the kind of person who gets great ideas popping into your head seemingly from nowhere. These are all signs of claircognizance.

Note that claircognizant thoughts that come from your higher self and spirit guides are different from thoughts that you have normally. They are beyond logic and may seem to make no sense at the time that they occur – it is perhaps only later that you see how relevant and helpful they are. When they show up, they will usually show up with no explanation. They will not justify themselves like a logical thought argues against or for a course of action.

Dreaming

At this point, you already know that when you go to sleep, you leave your body and fly in spirit to visit the astrals. You also know that dreams are real events which take place in the astral planes around our planet. The astral planes are not in the ether (i.e. the 'other side') but they're not in this plane either. In a way, it's like a half-way house between the spiritual and the physical.

Because the astral plane is like a half-way house between Heaven (the ether) and Earth, dreams are an important part of our spiritual life — something that keeps us connected to Spirit. Therefore dreaming is an easy way for Spirit to get a message to us.

Everyone has the ability to get messages from Spirit through dreams. However, some people are naturally more attuned to this way of retrieving information. Such people will find it easy to remember their dreams. They will often have dreams in which beings are giving very clear messages to them and they will have these dreams just before waking.

Note that having **precognitive dreams** is also part of this gift. Precognitive dreams can reveal the future to you and show you that you're on the right track and aligned with your highest path and purpose.

Empath Gifts

The final question to be answered is:

Is this client an empath? If so, which kind?

It is possible to have more than one gift for empathy. If a client is an empath, make sure that you check for multiple gifts by asking the question:

'Does this client have any other gifts for empathy?'

In the charts book, you will find a chart with all the different kinds of empathy it is possible to have.

Empathy as a Psychic Gift

Everyone has the ability to empathize with another human being. However, when I am referring to 'empathy' I am not referring to the inherent human ability to relate to another person. I am referring to the ability to experience what it is like to be another person in an in-depth way, by spontaneously merging with another person's auric field.

All of the empathy gifts (apart from one) are gifts that we must be born with, in order to have them. The one exception to this is **spiritual empathy**.

Spiritual empathy enables you to know what it is like to be another person deep down. This gift is activated by looking into another person's eyes. In fact, almost everyone gets to experience spiritual empathy when they fall in love! However, on a day-to-day basis, few people use this gift.

When you do use it, you can feel a person's inherent, soul-level urges and values, and know how they experience life. It allows you to better understand a person's personality and outlook. In short, spiritual empathy allows us to connect with one another on the soul level.

We won't be checking for this gift, simply because everyone has it to some degree. Instead we will check for the gifts that not everyone has.

The Different Types of Empathy Gifts That We Check For

- Physical empathy (including medical empathy)
- Emotional empathy
- Intellectual empathy
- Animal empathy
- Plant empathy
- Crystal empathy
- Environmental empathy
- Place empathy

Physical Empathy

A physical empath is a person who can experience someone else's physical state in their body. For example, if someone around you is nervous, as a physical empath you would feel it too. But perhaps rather than feeling the emotional anxiety (like an emotional empath would), instead you get sweaty palms and begin to take short, shallow breaths, like someone who is very stressed, without knowing why your body is reacting in this way.

Massage therapists and body-workers, if they have this gift, are likely to really notice it when they work with clients. They will be able to feel any aches, pain or tension in the client's body.

Physical empaths often experience aches and pains (especially headaches) that can come and go while around others. They can also experience symptoms of an illness that don't belong to them.

I once heard an interesting story from a woman named Ana whom I taught in Spain (back when I was teaching languages and working in a language school.) Her father had a serious medical condition which affected his kidneys and bladder and it caused him to regularly pee dark red and black urine. Eventually he died from it, and on the day that he died, Ana also urinated black. She was alarmed and got herself checked out medically, but she was given the all clear and it never occurred again. An empathic phenomenon such as this is not uncommon among physical empaths.

A branch of physical empathy is medical empathy (this is a specialized form of physical empathy.) A medical empath is someone who has the skill to diagnose illnesses by means of what they personally experience and feel in the body. Note that medical empathy is not the same as being a medical intuitive. A medical intuitive 'picks up' information about a person and their medical condition but does not necessarily process the data through their body, in the way that a medical empath would.

Emotional Empathy

Emotional empaths feel and take on other peoples' emotions as if they were their own. This means that every day they feel and process a lot of emotional data. Emotional empaths can take on emotions from their loved ones just as easily as they take on emotions from people they walk past on the street. This form of empathy can be highly confusing and annoying (at least until you learn to switch it off) because it creates an emotional rollercoaster for the empath to contend with on a daily basis.

Intellectual Empathy

Intellectual empaths are able to join energetically with the one who learns. They can share other peoples' thought processes and experience them as if they were their own. Intellectual empaths make good teachers because they can see the 'cogs moving in someone's brain'. They are usually interested in thought processes and how people arrive at certain conclusions. They are also gifted with the ability to see and understand everyone's point of view.

Animal Empathy

Animal empaths are those who understand what it is like to be an animal. This gift enables the animal path to explore the animal's consciousness, including its fears, reactions and emotions. Most animal empaths have a special affinity with one species of animal, like cats, dogs or snakes. Some animal communicators will have this gift. People who have a collection of pets that others might consider a bit odd or unusual (such as cockroaches, snakes or iguanas) may have an empathic affinity with the species.

Plant Empathy

Plant empaths are able to join in consciousness with certain plants. Most plant empaths have an affinity with certain types of plant life (it is more rare to have an affinity with ALL plant species.) Plant empaths are able to know what a plant needs and may dislike being around a plant that is dying or that needs water.

Crystal Empathy

Crystal empaths have a talent for joining in consciousness with crystals, semi-precious stones and precious stones. By picking up and holding a crystal, a crystal empath is able to experience and understand the message and healing power of the crystal.

Environmental Empathy

Environmental empaths can join in consciousness with Mother Nature and the environment. This person may get upset when ecosystems are damaged or when rainforests or woods are cut down.

They are able to move through different landscapes, whether that is mountains, deserts, bodies of water or forests and gain a sense of that landscape's power and consciousness.

Place Empathy

Did you know that places and buildings absorb energies from those that frequent them? Some people can enter a home and feel 'vibes' from the people who have lived there.

Perhaps you have been in or visited a house or place that felt 'creepy' or uncomfortable to you. These energies would have been residues from the people who have lived there or frequented these places.

Place empaths can pick up energetic residues from homes, and may be negatively affected by the residues left behind in places such as hospitals, funeral parlours, cemeteries, police stations, and even historic battle fields. Place empaths are able to look at a photo of a home or building and get a sense for what it feels like to be inside the building, and the energies that are present there.

Place empaths are generally more sensitive to their environment than most people are and should ensure that their environment is harmonious and free of clutter and mess.

Why It's Useful to Check for Empathy Gifts

All empaths are born with their abilities switched on. Most empaths have been energetically merging with others and picking up on other peoples' 'stuff' for so long (often since birth) that they don't even know they're doing it. After all, merging empathically with others creates a very subtle shift in your being – not an obvious one!

Empaths know they have a tendency to feel bad around other people — whether that is physically or emotionally – but they don't usually know why. This is why it can be such a gift to discover you're an empath. It can also be very helpful to learn to turn empathy off and to use it only in certain situations.

I suggest making a recommendation to your empathic clients to read up on empathy and how to turn it off. There is a book called *Whose Stuff Is This*[6]? Being somewhat specialized, it is not usually found in book stores but is sold on Amazon.com

6 Yvonne Perry, *Whose Stuff Is This?: Finding Freedom from the Negative Thoughts, Feelings and Energy of Those Around You* (Write On! 2011)

In order to absorb all of the information on intuitive gifts and empathy into your subconscious mind, please listen to the audio lectures.

Homework Assignment — Intuitive Gifts

Let's say that according to your research, your client has the intuitive gift of clairaudience. A common question from your client upon hearing this is:

'What can I do to develop my clairaudience?'

I sometimes recommend my intensive *Intuitive Awakening* course to people who want to jump in and really explore their psychic development. If you are planning to give readings professionally, perhaps at some point you will be able to write your own content for psychic development that you can recommend to clients. You could also recommend your favourite books in this area. In the meantime, for those who are just looking for some tips, you can also help with this.

What would you recommend for developing each of the following gifts?

- Clairvoyance
- Clairaudience
- Clairsentience
- Claircognizance
- Dreaming

See if you can come up with a tip for developing each gift. (For former *Intuitive Awakening* students – you might like to have a look at chapter four of the *Intuitive Awakening* course for ideas.)

Example: **Dreaming** – keep a notepad by your bed and spend five minutes noting down your dreams when you wake up. Spend a few minutes thinking about what they could be telling you.

Clients are not usually expecting you to give in-depth techniques or teach an impromptu class on the development of that gift (there is certainly not time for that in a reading – if the client is interested in really exploring the gift, it's better for them to purchase a book or explore it in a class!)

On the other hand, a couple of tips or pointers are often welcome.

If you like, you can discuss/share your ideas in the forums.

More Research...

Before you begin your research in the Akashic Records for the following questions:

- *In which earthly periods of history has this soul experienced great strides in their growth?*
- *Which earthly spiritual traditions or religions has this soul participated in?*
- *Is there a secondary Godspark? Where is it? How long has it been with the client?*
- *Are there further soul gifts not embodied within the archangelic realm/soul group of origination, that may be communicated to the client? If so, what are they?*
- *What is the client's strongest intuitive gift, at this time?*
- *Is this client an empath? If so, which kind?*

Please make sure that you have read and absorbed all of the information given in this chapter. Remember that your subconscious mind also plays a large part in the dowsing process, so you will need to allow time for your subconscious mind to absorb all of the information. That usually takes a period of a few days. The good thing about a home-study course like this one is that you can follow this course at your own pace, and as a result you have probably been absorbing the information over a period of days and weeks, as opposed to cramming it all into your brain during a weekend workshop.

Your homework for this lesson is to dowse on those six questions for your practice clients.

A Reminder About 'Logging Off'

Make sure you 'log off' at the end of each session by using the 'logging off' prayer:

Creator of all Beings, Akashic Record Keepers, my Higher Self, Divine Archangels, Ascended Masters:

I separate my aura and soul from those of any beings I encountered during my research.

I cut all psychic ties to any souls I engaged with during my research.

The records are now closed.

It is done; it is done; it is done.

If you finish researching for one client in the Akashic Records and would like to go into a different client's soul record during the same session, visualize giving the soul's Akashic Record back to the Akashic Record guide. Say 'my session with is complete for now, thank you.' Clear and 'reset' your pendulum between clients by breathing on it and giving it a rub, intending that it become clear for the next client.

Then you are ready to request the next soul record.

Tips for Presenting Your Findings to Clients

Please listen to the recording/audio called 'Session Recording — Lisa' before you read this section. Lisa is a client who agreed to have a reading in exchange for permission to share the audio recording with students.

The purpose of this audio recording is so that you can see how we can present our findings to our clients. This recording isn't intended so that you can model yourself on the way I do it — I expect you'll develop your own unique reading style over time if you're working with clients. But at least this recording can give you a reference point, so that you have already heard someone give this kind of information to a real-life client, in a real-life session.

I refer to Lisa as a client, but in fact I had never worked with her before. I simply put out a message on my Facebook page asking for a volunteer to have a free reading in exchange for allowing me to use the recording in this course. So Lisa and I don't really know one another, and that's how it will be if you read for paying clients.

Just a note on the sound quality of the recording: there is some sibilance on the call (unfortunately due to my microphone being too close to my mouth) and the sound quality of the call is poor, as we used Skype. I understand that the sibilance might make it annoying to listen to, so I have also provided a transcript of the recording at the end of this lesson, in case somebody listening can't bear it! My hope is that even if you read the transcript you also listen to the recording so that you can hear a real-life client's reaction to her reading.

You can find the transcript at the end of this lesson.

Notes on Presenting Your Findings

The Format of the Reading: Email or Phone?

I recommend delivering your practice readings by phone. This is partly because it allows you to hear the client's reaction to your findings. Plus if your client has any questions, you are able to answer them straight away.

I do not recommend offering email Akashic Record readings for a couple of reasons — the main reason being that email readings are very time consuming. I used to offer Akashic Record readings via email and although they were very popular, they also took me a few hours to write. The same reading given by phone will usually take no more than one hour. So unless your client is prepared to pay three times as much for the email reading, I feel that it is not worth it. I also did not enjoy writing the email readings, whereas I enjoy the interactive nature of the phone readings.

Another reason why I did not like doing email readings was because people would often have multiple follow up questions that would involve lengthy emails back and forth, whereas in a phone session you can answer questions quickly and easily.

So at this stage I ask that you give your readings via phone, then later on if you decide you'd like to try offering email readings, you can experiment with that and see if the format suits you.

Should You Be 'in the Akashic Record' During the Session?

You may be wondering if you should be connected to the client's Akashic Record during the session. It's not really necessary but you can be, if you wish!

I personally am always in the client's Akashic Record during a session, however, this is because these days I do all my readings 'live' (I do all of the research in the first few minutes of the session, while the client holds the line.)

Later on, when you feel comfortable with it, you too can do your sessions 'live' (it is a great time saver!) However, at this stage, I recommend that you do all the research before the session. You might like to try giving your readings live once you have a few dozen readings under your belt.

The Order

I generally follow a specific order when I'm doing a reading for clients – I present it this way because it seems logical to me and seems to flow well. However, you do not have to follow this order if you do not wish to.

The order in which I present my findings:

1. The Archangelic realm
2. The soul group of origin
3. The soul trainings between lifetimes
4. The Archetypes (if I'm going to mention them – I did not during this reading!)
5. Periods of history/spiritual traditions
6. Life lessons
7. Intuitive/empath gifts
8. The secondary Godspark (if the client has one)

Explaining Concepts

Experience has shown me that it helps to briefly explain the concepts behind the information such as the energy centre of training and the soul group of origin.

For the energy centre of training, I tend to say something like:

"The energy centre of training – you probably haven't heard of this concept before (client usually agrees), but I bet you've heard of the seven chakras (…client usually agrees again.)

Well, every chakra in our body has a realm in the universe associated with it; that corresponds to the energy of that particular chakra. And all souls who incarnate here train in one of these realms and then when they incarnate they bring the energies of that realm into the world. And they express those energies in their life. It can express itself through personality and soul gifts. And it's a really important part of everyone's soul purpose."

Note: I do not usually refer to this training as the 'Archangelic realm of training' when speaking with the client because some people might not be comfortable with the idea of Archangels.

You'll notice too that I explained the idea of soul groups and I acknowledged it as something that may be a little 'out there' for the client, which I feel is fine to do. It can make the client feel less overwhelmed by the idea of incarnating in another star system. Plus the client will soon see how accurate it all is, wacky or not!

It is also possible to simply relay the characteristics and gifts of the soul group of origin and of the energy centre of training without going into the concepts. For example, you could say something like:

"Something that I found in your Akashic Record tells me that you have real skill in the area of _____ "

I would only do that if I thought my client was not open to hearing the background information on what an energy centre of training or a soul group is.

If you are unsure about whether the client is open to hearing about their soul group of origin, you could ask the client if they would like to hear the 'long version' or the 'short version' of their soul group of origin. I sometimes give clients this choice if we are short on time or if I feel the client is not very open to the idea of soul groups.

The 'long version' is the full version – pretty much everything I know about the soul group of origin. The 'short version' is limited to the characteristics and gifts that the soul group brings. However, I do not explain where these gifts come from or give much background information on the soul group. A few clients may prefer the 'short version' to the 'long version' and you can use your own instincts about the person to gauge when this might be the case.

The Archetypes

You may notice from the recording that I omitted the 'archetypes' section of the reading. Lisa's archetypes came up as the following:

- Healing

- The Leader
- Improving & maximizing systems
- Learner
- Humanitarian/compassion

The reason why I omitted the 'healing' archetype was because the theme of healing had already come up — one of Lisa's soul trainings between incarnations was 'Master of Design — Biology & Botany'. This soul training brings with it a gift for energy healing so I felt no need to mention the healing archetype again.

I also omitted the Leader and Learner archetypes because these are embodied in the Explorer soul training. Explorer souls are keen to blaze their own trail and learn new things, and this means that the traits of leadership and desire to learn are inherent in the Explorer souls in any case.

I intuitively decided to leave out the other two archetypes as well – Improving systems and Humanitarian. Lisa possibly already knew about her ability to improve systems and I did not feel any urge to include these archetypes in the reading, especially since Lisa had already been given a great deal of information – I did not want to overwhelm her. When doing a reading, you will intuitively know how much information is too much for a client.

Sometimes I am very drawn to discussing the archetypes, especially if they are very different from the other soul gifts that reveal themselves as part of the Archangelic Realm of training and the soul group of origin. Other times I am not drawn to passing them on.

When it comes to the archetypes, you can use your own judgment regarding whether it will add value to the reading.

Past Lives and Spiritual Traditions

You may have noticed that I mentioned Atlantis during the reading. This is not an era that I included in your chart on periods of history, simply because it's not strictly a historical period like all the others in that chart. Some students reading this might not believe in mythical civilizations such as Atlantis, so I will leave this up to you.

However, I did include a couple of spaces in the chart so that you can add periods such as Atlantis (or Lemuria) if you wish. I personally always check for Atlantis.

You may also have noticed that I checked on how many lifetimes Lisa experienced, during the periods of history/eras mentioned. I sometimes do this when I feel drawn to. I research this simply by asking:

'How many lifetimes did Lisa spend in Ancient Greece – more than one, more than two, more than three?' etc.

Until I find the right number. It's rare to find more than several lifetimes in one era alone.

Asking for Feedback and Building Rapport

I feel that asking for feedback during or after the reading helps to build rapport.

I always ask things like "Does this information make sense to you or does it surprise you?" or "Does this information resonate with you?"

Not only is it interesting to hear the answer to that question, but it also makes the client a part of the process and it makes it more interactive.

On the other hand, when you're sitting there with all of this information to pass on, it can end up seeming a little like you're talking AT the client for an hour. My readings used to be like that sometimes, but then I learned to ask for feedback and the process became much more pleasant and there is more rapport. Plus the client feels you're interested in how it all manifests for them.

The Client's Reaction

You probably noticed that Lisa's reaction to the information I gave her was very positive and pleased. She mentioned that the information validated what she already knew – I do find this to be the case especially when I'm reading for someone who is past the age of say, thirty or forty years old. Older clients are better able to confirm the information you're giving them. Younger clients may be able to do this too, or they may need more time to think about it because they're still in a stage of self-discovery. Every client is different.

Many of my clients react like Lisa did and you will also have clients who resonate with almost everything you tell them. The vast majority of my clients appear to resonate with at least 80% of their reading. So, I find that the typical experience among clients is to resonate with most of the information.

I've had a very small number of clients who don't resonate with much of the information at all. I would say this is maybe about 10 out of 700 odd clients.

I always tell those clients to take the information and think about it for a while. I also ask the client to relay the information to a close friend who is open to this kind of reading, and get their opinion.

Sometimes it is simply that the client needs to think about it. At times the client may have a blind spot and their friend can see it, but the client can't. Out of those clients who didn't relate to the information I gave them, I've had a few of them write back to me within six or twelve months, saying that the information they received makes more sense to them now. So don't be disheartened if your findings are not completely understood or agreed with immediately. It's rare for this to happen in my view, but it can occur. And if you are unlucky enough to experience this right at the beginning of your training, it's best to remember that a very small proportion of people (maybe 1–2%) will disagree with the perfectly accurate information you give, for whatever reason and there's nothing you can do. And it's best not to take it personally. Your job is to be the messenger, but nothing more. You aren't even in control of the content of the reading, so do try not to be too attached to your client's reaction, even while you ask: "Does this resonate with you?"

Timing

An Akashic Record reading typically takes around 45 minutes (this reading took me just under 50 minutes.) If you plan to offer this type of reading to paying clients in the future, I would recommend offering a 30, 45 or even 60 minute reading at a set price. You might like to time how long it takes you to deliver your reading to your five practice clients, and make an average of the time it takes. Then you will have a better idea of how long it typically takes you to pass on this kind of information in a reading. Note that if your Akashic Record reading takes longer than 75 minutes, you are covering too much!

Preparing the Client for the Reading

Normally clients book a reading through my website and as a result they know what to expect because they have read the description of the Akashic Record reading that I offer on that page.

Lisa hadn't booked through my website (since it was a free reading).

Instead, beforehand I sent Lisa some information on what we would cover as part of the reading. I recommend you do this for your practice clients.

Here's the description I sent to Lisa:

"As part of this reading, I'll cover the following areas:

- Your energy centre of training (this is a soul training that shows in your Akashic Record. It governs your soul drives and what you bring to others in this lifetime - for example, if you are trained in the energy centre corresponding to the heart chakra, you are likely to have a drive to heal others.)

- The soul trainings that you have done in between lifetimes and what this means for who you are now.

- Your soul group of origin (please read this article if you're not familiar with this concept, to find out more on what it is: http://www.psychicbutsane.com/the-universe-and-you/where-are-you-from)

- Your primary life lesson for this lifetime - this is often interesting and validating because you choose experiences which allow you to learn this primary life lesson, so you can find out why you choose the experiences you do and how they fit into your soul's path. We will also look at one or two secondary life lessons if you would like.

- The roles that you fulfil in this lifetime and other gifts of your soul - such as healer, communicator, relater, psychic, leader, empath, learner (there are around 30 different types that I've come across so far.)

- Your strongest intuitive gift/ any empath gifts that show up for you

- The periods in history that you've incarnated during

– *Any spiritual traditions/religions that have been part of your soul's path, in the past."*

If you decide to offer readings to paying clients and you have a website, it's a good idea to give a thorough description of what's included in the reading. I personally feel that letting a client know what to expect is important, whether this is via your website or by email. Otherwise the client can come out of the reading reeling from, and overwhelmed by all of the information they've just received. This reading is not your average psychic reading (in a good way!) and your practice client needs to know that ahead of time!

Plus the client may be completely unfamiliar with the concept of soul groups. I like to give clients a little time to 'absorb' this concept before their reading, which is why I ask clients to read the article I link to on the subject.

If you choose to do readings for paying clients, and you have a website, you might also like to write an explanatory article on the concept of soul groups of origin.

Communicating What is Relevant

You may have noticed during the reading that I kept the focus on what is relevant and interesting to the client.

Even if you go into high-level stories about soul groups (such as the Hadarian 'invasion' or the Sirians' collective history) you must link it back to what this means for the client. So do keep your focus on soul gifts, characteristics and lessons. Hopefully the material you've learned in this course will make it easy for you to do this.

The Flow of a Reading and Confidence

When you do the practice readings with your practice clients, you may not feel that the reading flows well. You may even feel you could have explained a couple of things better. That is completely normal. Please feel free to cut yourself some slack for the practice readings that you do.

It can be very nerve-wracking to have your findings in front of you, and all that's left to do is ring your client and let them have it. If you are anything like I was when I started out giving readings, you might be so nervous that your mind can go blank when you're talking. In this case, you will need a quick reference to hand for your readings.

I recommend stapling your completed worksheets together (the ones on soul groups, Archangelic realms, and soul trainings) and keeping them by you at the time of your reading, so that you can quickly refer to these summaries and check that you've passed on all the information you wanted to during the reading.

Bringing in a Divine Being and Setting up Spiritual Protection

I have already mentioned in previous chapters that it's important to do the breath-work exercise to bring in a Divine being before you do your Akashic Record research (and to set up protection for yourself through the violet flames and the gold and silver light.)

When you come to do your reading, you will be in one of two situations.

The first situation is that you have just done your research in the client's soul record before the call and you are still 'in' the client's soul record. You will have already set up violet flames, gold and silver light and of course you will have done the breath-work exercise as part of your 'tuning in' process.

If you have already done that, you do not need to do it again before the call. The spiritual protection will continue throughout your session with the client.

On the other hand, if you did the Akashic Record research the day before the call or any other time and you're going into the call with no spiritual protection or help from a Divine being, please take a few minutes to call on a Divine being through the breath-work exercise. Then please set up violet flames and gold and silver light. This generally takes a few minutes and I do it a few minutes before the session starts.

The Prayer for Disconnecting from Your Client

Once the session has finished and you have hung up the phone, you will need to go through the following process to protect your energy and end the session, energetically speaking:

1. **Thank the Divine being you chose to be present for the session. For example:**

   "Thank you Ascended Master Buddha for being in charge of this session."

2. **Next cut all psychic ties and connections between you and the client by saying the following:**

   "Ascended Master Buddha (or indeed, the Divine being you chose), please cut all psychic ties that may have formed between and I during this session. Please cut any psychic ties which may have formed between either one of us and anyone who was thought about or talked about during this session, no matter how briefly. Please cut all of those ties in every dimension. Now bring in new love, light and peace for everyone concerned. Thank you".

3. **Next separate your aura from the client's aura:**

   "Ascended Master Buddha, please separate my aura out from _____ 's aura, so that I leave as me, and leaves as ."

   It is essential to do this step, especially if you are an empath. It also stops empathic clients from holding on to any energetic connection to you, and additionally it stops that client from taking on any astral-level 'stuff' that might be in your aura.

4. **Now say the following:**

   "This session is complete, thank you."

   This statement signals to the beings that have helped you that you're done with the session. And it indicates the same thing to you.

Going through this process after speaking with a client is important, so that you can energetically complete the session. I always say this prayer as soon as I have got off the phone.

If you do not energetically complete the session in a permanent way, you may be carrying a psychic tie to your client (a psychic tie is a small energetic connection which makes you more able to pick up on that person's thoughts and feelings). You may still think of him or her and the issues or information you discussed during the session.

You should not think about a client and his/her problems or issues once the session is complete – energetically and physically, your work is done once the session ends

NOTE: You must say this disconnecting prayer **in addition** to the prayer for leaving the Akashic Records after your research:

Creator of all Beings, Akashic Record Keepers, my Higher Self, Divine Archangels, Ascended Masters: I separate my aura and soul from those of any beings I encountered during my research.
I cut all psychic ties to any souls I engaged with during my research. The records are now closed.
It is done; it is done; it is done.

Answering Questions on Unrelated Topics

At the end of the reading, your practice client may have some questions which go beyond the scope of the Akashic Record reading. They may be questions around a decision the client needs to make or about her Spirit Guides. For now please don't put pressure on yourself to answer additional questions unless you have some experience or training in this area already. You can simply explain that at this point your training has only been in reading the Akashic Records. If you wish to get some training in answering other client questions on areas such as decisions, spirit guides, career or relationships, you may be interested in the next level of this course.

After You've Completed Your Readings

Once you have completed the readings for your five practice clients, please schedule a mentoring session with me (you can do this by emailing anna@annasayce.com). Before the session, please fill in and send to me the worksheet entitled 'After Your Readings'. You can find the worksheet in the workbook or you can access it and print it off via the 'members' area.

I will use your completed worksheet as the basis for the mentoring session. Please bring any questions you have to this session.

Transcript of the Reading with Lisa

Anna: Hi Lisa. This is Anna.

Lisa: How are you?

Anna: I'm doing very well. How are you?

Lisa: I'm good, thank you.

Anna: Good. Lisa is on the call with us today because she's having a reading. In return we're going to make this session recording available to the students. So welcome, Lisa, and I'm looking forward to reading for you.

Lisa: Thank you.

Anna: Lisa, I sent you a little bit of information about the kind of reading that we're going to do today — the Akashic Record reading — so hopefully you'll be familiar with some of the things that I'll go into. And as always, if you have any questions or anything that doesn't make sense to you just stop me and I can explain further, okay?

Lisa: Okay. Thank you.

Anna: All right. So the first aspect of your Akashic Record reading I want to go into is something called the energy centre of training, and I'm guessing that you probably haven't heard of the energy centre of training before?

Lisa: No, I have not.

Anna: Okay. I'll just briefly explain what it is. I'm guessing you might have heard of the seven chakras that we have in the physical?

Lisa: Yes.

Anna: Okay. Most people know about those. There are also seven places in the universe that hold the energetic frequencies that we associate with each of the seven chakras. It's like every soul who incarnates

has their training in one of these realms. In between lifetimes we train in one of these realms, and then we embody the energy in that realm, and then we bring it forward into the incarnations that we go into, so we bring the characteristics. It affects our personality. It affects our focus, our skills. So I'm going to tell you which one you have trained in.

Lisa: Okay.

Anna: You've trained in the energy centre which corresponds to the solar plexus chakra, and this is a few different things. It's a little bit all over the place, unlike some of them. It's the energy centre of balance, art, and aesthetics, and also harmony. So let's go into the balance part first of all. With this energy centre of training that you have, you will be teaching people about balance. It's like you will be encouraging others to create more balance in their lives. You'll be bringing this energy of balance into the world and it will be rubbing off onto other people. Don't worry if it sounds like you have to be completely balanced in order to do this; that's not the case.

I'll just give you some examples of how this works. When you have this energy centre of training, it makes you someone who tends to be quite balanced in the middle, so you will bring balance where there's conflict between polarities. You'll also be good at seeing both sides of the story. Sometimes these people tell me that they can sometimes find it hard to make decisions or come down really hard on one side of an argument because of this. So it's really bringing balance in that way.

And also, I find that people with this energy centre of training, they tend to be quite balanced in other ways. So, for example, they're interested in sciences and their interested in arts at the same time. These are the kinds of people who are scientists who have a love of the arts, who are an artist who has an interested in science, for example. So they can be quite balanced in that way, quite sort of well–rounded people. So that's the balance aspect.

The second aspect that I wanted to go into was the art and aesthetics aspect. Those with their training in those realms, they often have a career, or if not a career then it's some kind of interest in something

creative or aesthetic or artistic. So we often come across painters, fashion designers, gardeners, musicians, graphic designers, and interior designers with this training. It doesn't have to be the case that you've got your career in this realm. I mean, I've got this energy centre of training, too, and I'm not involved in anything sort of creative in my career. It's more that you will have some kind of sense of beauty and aesthetics.

These people, they really enjoy beautifying things, and this can express itself through enjoyment of making beautiful things. It can come out through crafts, making crafts as a hobby. It's like a sense of elegance. I've even known computer programmers who have this training, and it's because they're quite good at finding elegant solutions to problems. It's basically, with this, you're reminding us about beauty and elegance and that we need to be surrounded by beauty.

I don't know whether you resonate with that or whether you're a bit like me, where you have this energy centre of training and it doesn't really come out in your career very much.

Lisa: Actually, I'm in computer programming, so it does.

Anna: Okay. That makes sense. What about the balance aspect? Is that something that seems to be alien to you or does that make sense, too?

Lisa: No, it completely resonates with me. I can argue either side of an argument, and I always have been able to. It's frustrating to people around me, but I always have been able to.

Anna: Right. Okay. That's good. I'll just basically go into a few minor aspects of this energy centre of training. Well, actually, one of them is major and one of them is not so major. This realm is also the realm of cosmic law and order and also justice. You will be bringing energies of fairness into the physical as well. With this training, you'll have an inherent sense of fairness and justice. This will give you quite high levels of integrity and you'll be honest and fair in your dealings with others — I'm sure you already know this about yourself. But it can be a bit disappointing to have this energy centre of training because you live in a world where it's not always the case that everyone behaves the same as you. So if you do

sometimes feel disappointed in that way, that is your energy centre of training coming out in that regard.

The other thing I wanted to cover, I mentioned this is the realm of harmony as well, so this will also make you what I call a harmonizer. So you'll be a harmonizing influence in groups of people. You'll smooth things over and create harmony whenever there is any kind of trouble or conflict in a group. This also makes you quite a good mediator. We mentioned the balance side, which is where you can see both sides of a story — that's this thing, basically. It makes you a good mediator.

So I talked about these whole gifts of your energy centre of training, so quite a few different ones there. In terms of things that you're learning with this energy centre of training — because there are always lessons that we learn through the energy centre of training that we have as well as gifts that we bring — one of the lessons that you'll be learning as part of this energy centre of training is around perfection. With this training you will love to get things just right. These people with this energy centre of training, they're like the biggest perfectionists on the planet.

What you'll be learning is that perfection is only a quality of the Divine, and that you do not hold yourself to such a high standard all the time. It's like that sense of balance, not allowing the pursuit of perfection to take over. That's a really fine line that you'll be treading all the time in your life, and you'll be having lots of learning experiences around that with this energy centre of training, and that's completely normal. There is that perfection side.

Also, another challenge is fence-sitting, you know — not coming down on one side of an argument. We've already mentioned that one. That's like a learning process that you are going through as well. And also, I mentioned at the beginning, don't feel like you have to be perfectly balanced in your own life in order to bring the energies of balance to others, because ironically I've noticed that people with this training can sometimes struggle to maintain balance in their own life. It's like they're teaching other people what they need to learn themselves. It might come out in a few different ways.

For example, these people can be really hard-working because they've got the perfection side and yet they don't always have a good balance between work and play, or pursuing perfection and play. So that's one way in which they can go out of balance. It's just to say that: don't feel like you have to be bringing the energies of balance perfectly, because you'll be doing it anyway in this really unconscious way, regardless of whether your life is completely unbalanced at the moment or not, if that makes sense.

Lisa: It does, and it resonates pretty well with me, so thank you.

Anna: Excellent. So we've covered your energy centre of training. Now, I wanted to go into something called the soul group of origin. I sent you a link to an article I'd written on this. I don't know whether you've had time to read it, or if you want me to explain further about what the soul group of origin is?

Lisa: I started to and then I got interrupted and I apologize for that.

Anna: That's okay — don't worry. I can explain. The soul group of origin is basically the place that your soul comes from. This is probably the wackiest and most 'out-there' part of the reading that we're going to have, because this is basically where your soul has incarnated, first of all. About 75 percent of the souls who are incarnated here on Planet Earth are souls who have only ever experienced incarnations here. I guess we could call them Earth Souls. And that's completely fine, that soul path.

And then there is a small group of people, maybe about a quarter of the Earth's population, who are what we call Star Traveller Souls, or some people call them Star seed Souls. You may or may not have heard of this term. It basically means souls that have come from elsewhere – a bit like foreigners to this place. I guess a good analogy for this would be, say if you were born in Japan and you spend 21 years of your life in Japan, and then when you're 21 you move to America. So when you move to America you're going to take certain characteristics with you and certain cultural things that you've just absorbed and will always be a part of your being.

You're going to take those with you when you go to America, and that's always going to be with you.

And that's a bit what it's like when you're a Star Traveller and you come from a different place. And I'll tell you now that you are actually a Star Traveller, which didn't surprise me, because people who are interested in this kind of reading, they are usually Star Travellers, just because they have this sense that they come from elsewhere.

The reason why your very first place of incarnation is important is because when you incarnate in a place, first of all, it's like you're very open, and then you absorb the energies of that place very easily in your formative years as a soul. And then you bring those energies; those characteristics forward with you into all subsequent lifetimes — so that's what I sort of meant with that analogy of the person who grows up in Japan and then moves to America.

So that's how it works with the soul group of origin. So to get more specific, I'm going to tell you where you've come from and what this means for your personality and your soul gifts, and also maybe some of the things you're learning, too.

You come from a star system that we call Beta Leporis. It's actually a star — not so much a star system – in the constellation of Lepus. The name that we normally give to this is Nihal; that's an alternative name for this star and it's from the Arabic name for the star. In terms of what this means for who you are now — it's interesting because Nihal souls have been incarnating in huge numbers in the last few decades, and we actually label them Indigo Children, or Crystal Children. I don't know whether you've ever heard of this term.

Lisa: No.

Anna: Okay. Indigo Children are children who incarnate with really strong psychic and telepathic gifts, which are in evidence at quite an early age. There has been this big movement in the New Age field of 'Indigo Children', it's called, and I think it's Doreen Virtue — I don't know whether you've heard of her? She writes a lot about angels.

Lisa: Yes, I have.

Anna: Okay. She has also written about the Indigo Children, and there are some people who believe that their children are Indigo Children because they seem to have these psychic or intuitive gifts switched on right from the very beginning. It's interesting because not many of these souls have incarnated before the '70s. They're incarnating a lot now but not so much before then, so you're something of a rarity in that regard. And what means, actually, for who you are, is you've incarnated with this really strong psychic ability. I don't know whether you noticed that from an early age or whether it's something that you came into later on, but as an Indigo – I think I can call you an Indigo Child — you will have come in with this. It's been switched on when you incarnated. Did you notice that, or is it something that you feel you came to later on?

Lisa: Oh no. I noticed it. I just didn't label it that way. I always thought that I had a very vivid imagination.

Anna: Okay. I think that's what parents can sometimes think when they have an Indigo Child in the family and they don't really know anything about it, so they probably think that child's got a vivid imagination. But it's basically being incarnated with this switched-on intuitive ability, so that's probably one of the more defining things about this soul group.

The other really defining thing about this group, in terms of why are they here, why are they incarnating a lot in the last few decades — I was taught that these souls incarnate at times when the Earth's revolution is really accelerating, because they're known as spiritual leaders who are here to bring about change, and teach us how to do things differently. So the Nihal souls are usually really progressive and modern in their outlook and because of this, it's like they're challenging people unconsciously. They sort of subverting the status quo, if you like, and they tend to be quite explorative and experimental people by nature, and they're bringing this energy of newness and of doing things differently. And as I said, it's very modern and progressive.

I don't know whether you've noticed that you have opinions about things that are quite progressive and sort of different from people who are

more traditional. This does tend to make you quite a liberal person, in general, I think.

Lisa: Yes, it does, and I have noticed.

Anna: Okay. Excellent. So that's actually a part of your soul group, that sense of "let's do things in a new way," that's what you're bringing.

Lisa: Okay.

Anna: In terms of what you're learning through this soul group, Nihal souls, because they're bringing this energy of newness and they're sort of subverting things in a way, in a good way, they can be a little bit naïve about the way the world works, especially in the beginning, so they don't always understand societies and how they function.

They don't cotton onto this as quickly as some other people. So it's like Nihal souls need to be consciously taught the rules for society, or for the society that they live in. I mentioned that they can sometimes do very different or subversive things, without even meaning to shock other people. It's just who they are. There's sort of that gap, in a way, between how they are and how society is, and it's like they're learning to bridge that gap so that they can be more aware of the way other people think, perhaps more traditional people, if that makes sense.

Lisa: It does.

Anna: Okay. Great. So that was your soul group of origin. The energy centre of training and the soul group of origin, if you put those together those are the two major parts of your soul purpose, but there are a few other things as well that I wanted to go into. One of the areas that I wanted to go into was what you've been doing in-between lifetimes, so in-between physical, earthly incarnations. I don't know whether you know anything about this, about what happens when we die or what we do. Sometimes people think that you go to the other side when you've passed away, and then you just sort of sit around for awhile and do nothing, and then you might incarnate again.

But actually, souls are rather busy in-between incarnations. They don't always incarnate straight away, and the time lapse between incarnations here on Planet Earth — obviously there is no time on the other side — but that time lapse usually corresponds to the undertaking of something else on the other side. And what we can undertake are like careers that we have between lifetimes. They're a bit like soul trainings, really, but they're careers, and then we bring those career skills forward with us into all subsequent lifetimes.

So I asked the question in your soul record, Which three careers have you had between lifetimes which affect who you are now, to kind of figure out who you are now. So I'm going to tell you about this.

The first one that came up for you was something called master of design — biology and botany. This a fancy name that we give to a soul training, which means that you have studied the molecular and energetic structure of the physical human body in between lifetimes, and you've also studied the molecular and energetic structures of certain species of plants and certain species of animals. So what does this mean for who you are now? When I come across someone with this training — which is every now and again - I find that they have this intuitive understanding of energy anatomy and the chakra system, and how to move energy around the body to heal the body. I don't know whether you've ever studied the chakra system in any depth, but if you were to or if you have, you might have found that it comes to you very intuitively, very naturally.

Lisa: It does.

Anna: Okay. It tends to make sense to you. It's like you've already studied it so the information is already in your subconscious. It's almost as if you don't need to learn it. So when you do re-learn it, it's like it just activates what's already there, and it's all very intuitive and sort of instinctive for you.

So, if you were to do anything like Reiki or Polarity, anything like that, that moves energy around the body to heal, you'd be very good at it. It comes to you very naturally.

Lisa: Thank you, and actually I do do Reiki.

Anna: Okay. That doesn't surprise me. Often when I come across someone with this training, they're interested in Reiki, so that makes sense. I also wanted to point out the animal healing side of it, because that's another area that you can go into.

I don't know whether you've ever been attracted to that side, but there are certain species of animals that you will have an affinity with, because of this. So if you were ever to go into animal healing, then that's something that I feel you would be good at, too.

Lisa: Okay. I've done a little bit of that with friends' pets and stuff.

Anna: Okay. That doesn't surprise me. I guess plants, to some extent, as well. That's the botany side – you know I said it was biology and botany — so there is that, too. So it's basically this instinctive familiarity with the energetic structure of animals and humans and plants, so that's the first thing.

The second thing that I wanted to tell you about was a soul training that you've had in between lifetimes. You are what we call a member of the Third Order. This is a special, spiritual order. The Third Order is a group of souls that transport the deceased to their next place of expression after death. When you've been a member of the Third Order, what you've been doing is greeting people who have just died and helping to guide them to the other side. It's not only that but it works the other way. Members of the Third Order also help people to get into physical bodies that are being born into the world, which usually is a process that takes place over a few months. So they help souls to do that, too, because it's not always easy to actually get into the body and integrate the body and the nervous system.

In terms of what this means for who you are now: in some ways it's not as practical as the other one. We can't say you'll be doing this now that you're in a body, because obviously you can't really do it when you're in a body. But I feel like it can give you a certain guide quality, like you have the ability to show souls where to go. It's just an energy that you will have in your being which sort of says to souls, "I can show you where to

go," like an orientation thing. People might sort of feel safe in that regard, thinking that you know where to go even when you don't.
Now, the other aspect to it is it can make you very unafraid of death, this training, because you've dealt with human transitions in a big way, you know that there is somewhere that we go to after death because you've worked in that area. So I tend to find, when I read for members of the Third Order, they're really comfortable with the idea of an afterlife. They just tend to believe in it. I mean, I've even come across these people who work in hospices just because they're that comfortable with death, and they're generally quite strong when there's a death in the family, and other people feel like they can lean on them for that reason. So I guess that's what it means for your life now.

I'm just thinking, is there anything else I need to tell you about this Third Order training? Just a second. There was one more thing I wanted to tell you about this. One of the things that the Third Order does is to help souls who are earthbound cross over, so they basically help spirits who don't want to cross over to the other side for whatever reason — sometimes because of unfinished business in the life that's just ended. Members of the Third Order help those souls to cross over, too.

So what this can mean, sometimes, is that members of the Third Order, when they're actually in a body and incarnated, they can be quite good at picking up on the presence of ghosts. And ghosts can be quite good at realizing that this is a member of the Third Order, as well, so they might be somewhat — I don't want to say attracted — but it's like they will recognize that you are a member of the Third Order. I don't know whether you've ever noticed any ghosts hanging around, but that's a possibility for you, with this soul training.

Lisa: I often feel spirits. It's gotten stronger in the last six or seven months, but, yeah, energies in other people are around. I also used to work with the elderly and used to tell them it was okay if they were tired, that they could let themselves die – which freaked my co-workers out.

Anna: I totally understand that. That totally makes sense. My grandfather is actually a member of the Third Order. I did a reading for him because he's actually open to all of this stuff, which is kind of cool.

Lisa: That's very cool.

Anna: And he actually helped my mother's sister to cross over. She was dying of cancer and she was in a hospice, and when the time came that she was going to die and they realized that she was dying in this moment, it was my grandmother and my grandfather, and he just spoke to her gently, saying, "It's okay. You can go. It's all right. You can go," almost like he was sort of rocking her to sleep. And that's very typical of Third Order. It's letting people go and being very comfortable with the idea of death.

Lisa: That resonates very well with me. Thank you.

Anna: Okay. That's great. There is one more soul training that I'm going to tell you about. You are what we call an Explorer Soul. An Explorer Soul is always a Star Traveller Soul, as you are, but not every Star Traveller is an Explorer Soul. When you're an Explorer, it basically means that you have left your place of incarnation, your first place of incarnation, and you've been either an ambassador for your soul group somewhere else, or you've travelled for the sake of adventure, or you've been observing other soul groups in star systems. This is a bit like being an Indiana Jones of souls, sort of going off and seeing new places and exploring, being unafraid of the new. That's really a message that you will be bringing as an Explorer Soul, that we don't need to be afraid of the unknown, that it can be exciting as well.

What this means for your life now, I feel that it would make you rather adventurous, and this doesn't have to be like bungee jumping or taking-risks adventurous. It might be more of an exploration of the inner life, of your sort of inner terrain, exploration of spirituality as well, always pushing the boundaries of "What else can I find out? What else can I explore?" So these people, I tend to find, are always taking courses and classes, and always reading books and finding out more. So that exploration aspect to your personality as well, that comes from something on the soul level, too.

Lisa: Okay. Great. Thank you.

Anna: Let's go into your previous lifetimes. Are you interested in hearing about this? Lisa: Absolutely.

Anna: Okay. Great. So this is a quick 'potted history' of your places of incarnation and periods in history that are meaningful to you. The first one that came up was Atlantis. You've been present during that time, the Atlantis civilization. And then Ancient Egypt as well. You had three incarnations in Ancient Egypt.

Lisa: I'm sorry, how many?

Anna: Three.

Lisa: Thank you.

Anna: And then there's Ancient Greece — that came up for you as well. There were two incarnations during that period in history, but to get more specific, it was during the Hellenistic period, which was about 300 years before the birth of Christ. So there is that period in history. And also, Palestine, so the area of Palestine sometime within the past 2,000 years, you've experienced a total of three incarnations in that area.

Lisa: Okay.

Anna: And also Europe during the Industrial Revolution, there were two incarnations during that time, in Northern Europe. So that's just a quick potted history of the places and the periods. I also had a look into spiritual traditions that you've participated in, in the past, and religions as well. This can be quite interesting, because sometimes you can have a special affinity with some paths that you've already been on in the past. I'll tell you about this.

The first one that came up for you was the Celtic druids. The thing that we think of sometime when we hear "Celtic druids" is like human sacrifice and things like that. That's actually a myth created by the Romans, apparently, so it's not really got a lot to do with human sacrifices, which you need to know. This was like the priestly class in the Iron Age in places like Britain and Germany and Wales and Scotland, those places. They organized worship, so pagan worship, and also they

believed in reincarnation, so their belief system allowed very much for the immortality of the soul. So that's the first one.

The second one that came up for you was the Worship of the Divine Mother. This was probably during an era of matriarchy. What this means for your path now: I tend to find that when I read for someone who has participated in the Worship of the Divine Mother at some point and it comes up for them, it usually means that now they have this strong connection to the Divine feminine. You may associate with the Goddess more than you do with the idea of a God. That might be more comfortable for you. If it is, it wouldn't surprise me, just because that's part of your path, or has been part of your path, the matriarchy side.

Then, Christianity came up for you, Jesus and Mother Mary, and the Love vibration of Christianity. So on the soul level, you do have a familiarity with Jesus and also Mother Mary. What this means for your path, in the past, basically, is that you have learned something about Divine Love through Christianity. I know there can be certain restrictive areas of Christianity, especially when it's fundamentalist, that there can be some good things as well, and Divine Love is one of those things that you will have learned about.

So if we were to have a look into your Akashic Record and your life lessons — which we will come onto in a moment — Divine Love and compassion and just love in general, those are life lessons that I'm sure you've learned something about, as part of that past.

Lisa: Okay.

Anna: And then the last one that came up for you — and I'm not sure whether this will have any impact on who you are now, but it came up so it's interesting — Confucius. You have lived according to the teachings of Confucius at some point, the ancient Chinese philosopher and his teachings. I don't know whether you know much about this, but his teachings were very much about the strength of the family unit, and honour, and if the family was strong the nation is strong, and looking after the elders, and worshipping ancestors, that kind of thing. So that's been a part of your past as well, in terms of spiritual path.

All right. So let's go into life lessons now. What I've done is I've had a look at your primary life lessons in this lifetime, and I've also had a look into two secondary life lessons. Just so that you know what this is, I'll just briefly explain. When we incarnate, we all chose a primary life lesson for that lifetime, and we tend to have the same primary life lesson for a few lifetimes and sometimes even longer. It's a bit like getting a Ph.D. in a subject. We really explore that life lesson, and the way that we explore it is that we choose and attract experiences which allow us to learn it.

So there were some experiences you will have chosen before you even incarnated, simply because they helped you to learn this life lesson. And then sometimes when you incarnated, obviously you have free will, too, so you will be able to sort of attract those experiences to yourself as well. It's like the thread which underlies your experiences in your life.

Let's go into what it is. The primary life lesson that came up is light-heartedness. In terms of how this can manifest, I found that when someone is learning a lesson of light-heartedness, they're basically learning when to take life seriously, what's serious and what isn't, and do we have to be serious all the time, and when we can be light- hearted. I think that laughter is a part of this, too, lightening up in that way.

One of the things I've noticed is that when you have those life lessons, sometimes people can say to you, "Oh, you need to lighten up," or to lighten up around that. I don't know whether anyone's ever said that to you, but it's something that you tend to learn with this life lesson that maybe you don't need to be uptight about that situation because it's not going to change anything about it so you may as well laugh about it instead. Do you know what I mean?

Lisa: Yes, absolutely.

Anna: Great. So you're actually quite far along with this lesson, which tells me that you've been learning about it for more than this lifetime. You're over two-thirds complete with it.

Lisa: Okay. Good.

Anna: What happens with that life lesson, when you complete it sometimes people get scared and think they're going to die when it's done. That's not the case — which even if it was the case, I'm sure you'd be completely okay with it being a member of the Third Order! That's not the case. What happens is that we get a secondary life lesson that replaces the primary one.

I'm going to tell you about the secondary ones, just because these play a secondary role in terms of what you attract and choose in your life. The secondary one is confidence. You're about halfway complete with this one, so you've been learning about this one for a while, too. Confidence — obviously, we don't need to explain this one too much — in yourself, I think this can be confidence in your perceptions, learning about that, too; learning to trust yourself and your instincts, that kind of thing. I guess confidence in social situations, too, can be a part of it. I guess confidence is in every area of life, isn't it?

Lisa: Yes, it is.

Anna: So it's quite a broad one, but that's your secondary one. And then the one after that, what came up is spirituality, which is a very broad life lesson — that one's about one-third complete. With this life lesson, it just has you learning about the role of spirit in your life. Some people don't learn this for a long, long time. But because you've got this life lesson, it shows me that that's something that you're going to be not just learning about but you'll be attracting experiences which push you in that direction.

When you are born as a Nihal, well, you can't really escape that anyway. But it's something that you will attract experiences according to. So you may be learning things like the role of spirituality in your life; the balance between the spiritual realm and the physical realm. I think there's a lot of learning experiences that you can have around that balance, being balanced in your spirituality.

Lisa: Okay. Thank you.

Anna: You're very welcome. So those are the life lessons that I found for you. Now, the last thing I wanted to go into was your intuitive gifts. I can

already tell that you've got quite a few that you came into this incarnation with. Some people have to work hard to develop them and some people don't. You actually came up as — and I'm sure you already know this – you came up as an empath? Have you ever heard of this term, empath?

Lisa: I'm sorry. What did you just say?

Anna: You came up as an empath. I was just wondering whether you've heard of this term before.

Lisa: Oh, absolutely, yes.

Anna: So you already know you're an empath. All right. I actually had a look into what kind of empath you are, just because I wanted to know in what area you are gifted as an empath. There are actually seven areas in which you can be an empath. You are extremely talented as an empath because you came up as having four of these empathy gifts out of seven. That's a lot. Some people only have one. This will give you really strong empathy. In terms of which gifts they are, I'll tell you now. You come up as having emotional empathy, which I'm sure you know about. That's when you feel and take on other people's emotions as if they're your own. It just means that you can process emotional data that doesn't come from you.

That can be a blessing because it means you can relate to people better, and it can also be a bit of a pain sometimes. I don't know whether you've heard of this?

Lisa: Yes, I have, actually.

Anna: Okay. I was just wondering, have you ever done anything to learn to turn it on and off at will, because you can do that.

Lisa: I am starting to work on that now.

Anna: Excellent.

Lisa: Because it can be quite overwhelming.

Anna: There's a book called Whose Stuff Is This? I've forgotten the name of the woman who wrote it. I know her first name is Yvonne. I can't remember her surname. But if you were to type "Whose Stuff Is This" into Amazon, I'm sure it would bring up the book.

Lisa: Okay.

Anna: All right. So in terms of what kind of empath you are, we've mentioned the emotional empathy. You actually are a physical empath as well, and a physical empath is someone who can experience someone else's physical state in their body. So, for example, if someone around you is nervous, then you might start getting sweaty palms, or you might begin to breathe as if you were stressed, even if you're not stressed. I don't know whether you've noticed that one?

Lisa: I have, actually.

Anna: Sometimes this can be in the form of taking on other people's medical symptoms, when that person realizes something's wrong with them. This is called medical empathy, so I guess that's one of the less pleasant forms of empathy — one good reason to turn it off when you need to.

So we've talked about the physical empathy and the emotional empathy. You've also got animal empathy, which doesn't surprise me at all because you know that training that we talked about, which was master of design biology and botany? That gives you the ability to understand what it's like to be an animal. This gift enables you to explore another animal's consciousness, like the animal's fears and reactions, emotions, and curiosities. It can give you a special affinity with one species, like cats or dogs, or even weird things like snakes.

You know there are people, those strange people who have a houseful of snakes in tanks, and you think, "Oh, what a strange thing to have in the house?" Usually that person is an animal empath; they really relate to that species. Yeah, it's just an empathic affinity with a certain species. And then this one – I'm not sure whether this will surprise you or if you know about it. You came up as a crystal empath as well.

Lisa: That doesn't surprise me.

Anna: Okay, so you know about this. All right.

Lisa: No, go ahead, because I just am very attracted to crystals.

Anna: Okay. It doesn't surprise me that you're attracted. Now, I think that you will also have a talent for joining in consciousness with a crystal, like a semi-precious stone or a precious stone. And what this means — and this is a funny way of putting it — but what it means is that you can pick up and hold a crystal and you can experience an understand the message and the healing power of the crystal, like you know what the crystal is trying to get across and bring, because every crystal has a healing message or something that it does for the person.

So I think you would be good at intuitively picking out crystals for yourself or for other people, for that reason.

Lisa: Okay.

Anna: And in terms of intuitive gifts, we know that you're an empath. I also asked which is your strongest intuitive gift at the moment, out of clairvoyance, clairaudience, clairsentience, claircognizance, and dreaming. Now, you may have a variety of gifts but at the moment I feel like your claircognizance is rather strong. Have you ever heard of this term, claircognizance?

Lisa: I have, actually.

Anna: Okay, good. So you know that it's about knowing things and information popping into your mind, particularly when you've had many of those experiences, but I feel that that's quite strong for you right now.

Lisa: Yes, I have, for most of my life, just known things and not realized why I knew them.

Anna: Okay. I'm sure I've told you lots of things that you already know about yourself, then.

Lisa: What you did was you validated a lot of them.

Anna: Okay. That's good. I don't know whether you've got any questions or anything that you wanted to ask? I know it's quite a lot of information that we covered today. Any questions or anything that you wanted to ask?

Lisa: Probably, but like you said, I'm just sort of processing all the information. It's very interesting to get a lot of it, since the information you had requested of me beforehand didn't cover any of this, really. For you to know it is like, "Wow, that's really cool." I was just going to say that it's just something that I need to chew on and process.

Anna: Sure. Well, you know if you have any questions you can e-mail me in the next couple of days or something. I'm very glad to hear that it sort of validated a few things for you. That's great.

Lisa: It did. Thank you very much.

Anna: Okay, and you're very welcome. Would you like me to send you a copy of the recording?

Lisa: I would love that.

Anna: Okay. I'm going to send the recording via yousendit.com. It's a secure thing; no one else can listen to it apart from you and me. It often ends up in people's junk mail.

Lisa: Okay.

Anna: So if you don't get it in the next day or so, have a look in there. And also, it needs to be downloaded within six days, because after that the link goes away.

Lisa: Okay.

Anna: All right. It was a pleasure reading for you, Lisa, and thank you very much for participating in this.

Lisa: And thank you very much. I really appreciate it a lot.

Anna: All right. You're very welcome. Enjoy the rest of your day or your evening, rather.

Lisa: Thanks. You too.

Anna: All right. Bye.

Lisa: Bye.

Conclusion

Moving Beyond Dowsing

You may find that once you have done many Akashic Record readings, you no longer need to rely on your pendulum to receive information in the Akashic Records. You might simply log on to the Akashic Records, and just 'know' through claircognizance what a soul's group of origin or Archangelic realm of training is.

If that should happen for you, wonderful.

I often get information without a pendulum after four years of doing Akashic Record readings, but I still always check my work in the Akashic Records with my pendulum.

Please Do Not Let Go of the Pendulum Before It's Time...

People sometimes consider divination tools such as a pendulum to be a crutch in readings. I actually see the pendulum as an incredibly important tool for increasing your intuition and your intuitive frame of reference. Using a pendulum also allows you to build your confidence by safely picking up very accurate information right from the start.

What Do I Mean By 'Intuitive Frame of Reference'?

Have you ever met a person who just reminded you of someone you already knew? Then later you discovered a character trait the two people had in common?

It can often happen that your claircognizance gives you intuitive information by using your past experiences and frame of references. It's the most effective way for your higher self to pass on information to you – by simply pulling out an experience or person from your past or present to draw a parallel.

This intuitive process occurs frequently when you start giving readings. Once you've come across a certain type of energy in a person once (for example, abusive or passive or victimized), it's easier to recognize it next time. It jumps out in the back of your mind and it's an archetypal message or energy.

The more clients you read for, the more you build your own inner frame of reference; your own 'dictionary' of past experiences and people to draw on. Your brain will have been laying down the framework for all different kinds of archetypes and energies

while you have been absorbing all the information on soul groups and Archangelic realms. And when you actually come across those archetypes and energies in person, that framework will be strengthened and built on. Professional intuitives get better over time because of this.

This course has been designed to really help to build that intuitive frame of reference for you, for your information to begin to come through.

This is why dowsing in the Akashic Record is so helpful — you learn the archetypes, you witness combinations of them that make up a person and then when you see the same archetypes again, you recognize the energy. That's why I've included the soul groups. Whether you like them or not and whether you plan to use them with clients or not, they can help you to become more skilled as a psychic. Some soul groups and archangelic realms just have a certain 'feel' to them that you'll come to recognize over time.

Doing these readings in this way can build your intuitive frame of reference over time. In this way, becoming a professional intuitive is a little like learning to drive!

I remember passing my test and theoretically knowing how to drive. But I learned more through actually going out in my car and getting myself into sticky situations (a tricky parallel park, for example!) than I did through actually learning to drive. You will be the same with your readings. Allow life experience and your readings to teach you too, and don't let go of your pendulum before you're ready.

Certification

If you would like to be certified as a graduate of the Akashic Record Program, you need to have:

1. Completed a minimum of twelve Akashic Record readings (these can include your five practice clients.)

2. Had your mentoring session, as outlined in the course

3. Completed all of the homework assignments in this course, including all the course worksheets

When you have fulfilled the requirements above, please send me a list of the readings you have done. Please include the dates of the sessions, plus the client's first name. You can send this at any time by email to anna@annasayce.com

You do not need to give me any more details apart from the names and dates. I trust you to be honest!

The Intuitive Reading Program

This course has been designed as one level in a series. There is obviously no obligation to continue to the second level and some people may be satisfied with this course on its own. For those who do wish to receive a complete training as a professional intuitive, a second level is available.

The Intuitive Reading covers the following topics: career, relationships, Spirit Guide and Guardian Angel readings, decision making readings (i.e. helping clients to make decisions) and there is also a section on building a business as a professional intuitive.

You do not need to be certified as an Akashic Records Program practitioner before beginning The Intuitive Reading. You can find out more about The Intuitive Reading on my website — annasayce.com/intuitive-reading-program/

So that concludes this course. Thank you for allowing me to be your teacher for this program! I hope you get a lot of enjoyment, benefit (and for those of you who wish to do paying readings, prosperity) from your Akashic Record readings!

Anna xo

PS — There is a bonus lesson in the online Members Area which teaches you how to get more detailed information on past lives. In the future, I may also add further bonus lessons to the online Members Area, so you might like to check back periodically for updates.