

Questions to Ask

Questions to ask before and during an **AKASHIC RECORDS** clearing session : (in no particular order)

1. What patterns would you like to change ?
2. What old experiences do you want to release or heal ?
3. What new experiences do you want to invite ?
4. What would you like to explore in your records through time ?
5. What would you like to discover or learn about yourself or your past or your future potential ?
6. What is your intention for this Akashic Records session ?