

## **Use & Benefits of the Akashic Records**

The Akashic Records can be used for several different things :

1. to clear issues and problems from past life,
2. to clear contracts and vows from past life and this lifetime,
3. to clear and dissolve the energy of trauma,
4. to access gifts & information about your life purpose,
5. to access information about your soul purpose and soul contracts of this lifetime,
6. to clear all pathways so your life can be more uplifting and positive &
7. to receive guidance on what you need to do with regards to any aspect of your life.