



INFINITE LIGHT RESONANCE

Akashic Record Reading with Susan DeLancey

Crafting Meaningful Questions for your Akashic Record Reading

Taking time to reflect on your questions will help you receive the most insightful and meaningful guidance from your Akashic Records. The way you frame your questions can shape the depth and clarity of your reading. Aim to open yourself to higher wisdom and expanded understanding rather than seeking fixed outcomes.

Focus on "What," "Why," and "How" Questions

Open-ended questions invite deeper clarity, expanded perspective, and soul-aligned insight. By asking *what*, *why*, or *how*, you allow the Record Keepers to provide guidance that is both profound and applicable to your journey.

Here are some examples of well-structured questions:

"What past-life patterns are influencing my current experiences?"

"Why do I feel drawn to a particular path, and how can I move forward with clarity?"

"How can I best align with my highest purpose in this moment?"

Refrain from Asking "When" Questions

Time does not exist in a linear way within the Records. Because of this, asking *when* something will happen often does not result in a clear or helpful answer. The Akashic field reflects energy, possibilities, and soul evolution, rather than fixed timelines. If an event is influenced by multiple factors—or even extends beyond this lifetime—a direct timeframe may not be available.

Instead of "When will I meet my soulmate?", consider asking:

"What can I do to align with the energy of a loving, fulfilling relationship?"

Shift Away from Yes-or-No & "Should" Questions

The Akashic Records do not make decisions for you. Rather, they empower you to step into your own wisdom and sovereignty. Questions that require a simple yes or no answer do not allow for the depth of insight your soul is capable of receiving. Similarly, asking "Should I...?" places your power outside of yourself, when the purpose of the Records is to help you make empowered choices.

Instead of "Should I take this job?", consider asking:

"What are the energetic alignments and potential lessons in this opportunity?"

Be Mindful of the Energy Behind Your Questions

The emotional charge behind a question can impact the way the guidance comes through. If you notice strong emotions such as fear, urgency, or frustration, take a moment to pause, breathe, and reframe your question. The Akashic field responds best to openness, curiosity, and a willingness to receive wisdom beyond immediate concerns.

Instead of "Will my relationship last?", consider asking:

"What lessons is this relationship teaching me, and how can I grow through this experience?"

There is no *right or wrong* way to ask—only an opportunity to approach the Records with compassion for yourself and a desire for meaningful understanding.

By shaping your questions with intention and openness, you allow the Akashic Records to provide the highest level of clarity, empowerment, and soul-aligned guidance for your journey.



Inspiration for Your Akashic Record Reading Questions

To help you craft meaningful and insightful questions for your Akashic Record reading, I have compiled a list of potential questions you might consider. These questions are designed to inspire you and serve as a guide, but feel free to tailor them to your own unique needs and circumstances. Remember, the goal is to foster a deeper understanding and connection with your inner wisdom. Every question is asked to be in alignment with your highest good.



Personal Growth & Clarity

These questions help you gain self-awareness, check your alignment, and understand immediate next steps. Think of this as your soul's GPS for navigating life with greater clarity and purpose.

- How am I being called to grow and learn?
- What's the most aligned next step for me with my (business, career, relationship, health, project, etc.)?
- What in my life is no longer in alignment with who I truly am?
- Where and how am I abandoning myself? How can I improve my relationship with myself?
- How am I dimming my light in order to fit in?
- What gifts or talents am I being called to develop?
- How may I align with the purpose of my challenges to bring forth

guidance in my highest good?

- Where am I not congruent in my life, and how am I being called to change?
- How can I express the truth of who I am in my everyday life?
- What aspect of my life requires my attention that I've been avoiding?
- How can I honor both my current commitments and my evolving desires?
- What beliefs about myself are ready to be updated or released?



Emotional Healing & Shadow Work

These questions support you in bringing unconscious patterns to light and working through emotional blocks and unresolved pain.

- What unconscious patterns do I need to bring to light?
- Where in my life do I need to establish better boundaries?
- Where does my pattern of self-sabotage really come from?
- Which area of my life needs the most attention and healing?
- What lessons am I meant to learn from current emotional challenges?
- How may I surrender more deeply to the intelligent flow of life?
- How may I see the potential in the _____ (situation) I am facing?
- What is the gift hidden within my current struggle?
- How can I practice self-compassion when I'm in emotional pain?
- What unprocessed emotion is asking for my attention right now?



Authentic Transformation & Fulfillment

These questions help you navigate the space between who you've been and who you're becoming. They support the emergence of your most authentic self and the release of outdated identities.

- How may I cultivate more joy and fulfillment in my life?
- What is a new talent or interest I can develop to bring more excitement into my life?
- How can I experience more joy and fulfillment in my life right now?
- What aspect of my new self is ready to be born now?
- How can I support the emergence of my most authentic self?
- What aspect of my old self or ego am I still attached to?
- What triggers my old self to go into defensive mode?
- Where and how am I resisting letting go of this old self or identity?
- What is my old self still trying to control?
- How can I best take care of myself energetically?
- How may I shift my energy or my outlook?
- Where am I meant to focus my energy at this time?
- What do you suggest I do to align with the vibration that supports my highest good?
- What am I still trying to control or attach to?



Life Transitions & Change

These questions support you through major life shifts—whether chosen or unexpected. They help you navigate endings and beginnings with grace and trust, honoring both what you're releasing and what you're becoming.

- What is ending in my life, and how can I honor this completion?
- What new chapter is beginning, and how can I step into it with confidence?
- How can I find stability when everything feels uncertain?
- What is this transition teaching me about myself?
- How can I trust the timing of my life?
- What support do I need during this time of change?
- How can I grieve what I'm leaving behind while welcoming what's ahead?
- What am I being called to surrender?
- How can I stay present during this in-between time?
- What old identity or story am I outgrowing?
- How can I make peace with not having all the answers right now?
- What wisdom can I access to navigate this transition with more ease?



Family & Ancestral Patterns

These questions explore the patterns, wounds, and gifts passed down through your family lineage. They help you understand how ancestral influences shape your present experience and relationships with family members.

Family & Ancestral Lineage

- What patterns within my family lineage are affecting my current relationships?
- How can I heal inherited family trauma?
- What old ways of being from my family line am I ready to let go of?
- What is the root cause of the current conflict within my family?
- What lessons am I meant to learn from my family members?
- How can I better support my family in their spiritual growth?
- What guidance can I receive about going "no contact" with my [mother/father/sibling/other family member]?
- Where in my life do I need to establish better boundaries?

Parent-Child Relationships

- What other lifetime experiences are influencing my relationship with my child/parent?
- How can I improve my communication with my child/parent?
- What karmic lessons are present in my relationship with my child/parent?
- What can I do to strengthen the bond with my child/parent?

Sibling Relationships

- What unresolved issues are affecting my relationship with my sibling?
- How can I heal any sibling rivalry or conflict?
- What role does my sibling play in my spiritual journey?
- How can I foster a more loving and supportive relationship with my sibling?



Soul Connections & Relating

These questions explore your connections with romantic partners, friends, and community. They help you understand soul contracts, deepen intimacy, and navigate the path of forgiveness and release.

Romantic Relationships & Soul Connections

- How can I attract or nurture a romantic relationship aligned with my soul's highest good?
- What energetic patterns or blocks are currently affecting my romantic relationships?
- How can I deepen emotional intimacy and communication with my partner?
- Are there unresolved soul agreements or energetic attachments needing attention or healing?
- How can I better balance independence and interdependence within my relationships?
- What lessons is this relationship teaching me, and how can I grow through this experience?
- What past experiences or other lifetime influences are impacting my romantic connections today?
- What beliefs or patterns around love am I being called to release?

Friendships & Community:

- What am I meant to learn from my current friendships?
- Are there friendships in my life that no longer align with my highest good?

- How can I attract friendships that resonate deeply with who I truly am?
- Are there unresolved soul connections or agreements within my friendships?
- How can I create stronger boundaries in my friendships?
- What energetic patterns or dynamics exist in my friendships, and how can they be improved?
- How can I deepen authenticity and vulnerability in my friendships?
- Is there a pattern in how I show up in friendships that I'm meant to heal or shift?
- How am I being guided to cultivate more meaningful and supportive friendships?

Forgiveness & Release:

- How can I forgive _____?
- What/whom am I ready to forgive and why?
- How can I forgive myself for past choices and experiences?
- What is blocking me from fully forgiving _____?
- How can I release resentment while still honoring my boundaries?
- What lesson is this situation teaching me about forgiveness?
- How can I find peace within myself, regardless of whether another person changes or apologizes?
- What karmic patterns are influencing my difficulty in forgiving _____?
- How can I soften my heart without compromising my personal truth?
- What energetic cords am I ready to release to experience freedom and forgiveness?
- What role does forgiveness play in my personal and spiritual growth?



Aligned Vocation & Leadership

These questions help you align your soul purpose with your career and understand how to step into leadership with integrity. They support you in bringing your spiritual gifts into your professional life.

- How can I align my soul purpose with my career?
- How can I lead with integrity and in service to the highest good?
- How can I release stress and anxiety related to my career?
- What soul patterns or beliefs are influencing how I approach my business growth?
- How can I serve my ideal clients in the most impactful way possible?
- Is there something I need to know about my career/business that I haven't been recognizing?
- What is my soul's highest expression through my career at this time?
- In what ways am I being called to evolve or shift in my current work?
- What energetic patterns or fears are keeping me from stepping fully into my purpose?
- How can I bring more joy, creativity, and flow into my daily work?
- How can I transition into a career that better reflects my spiritual gifts and inner truth?
- What soul contracts or karmic patterns are playing out in my professional life?
- How do I best balance financial needs with spiritual fulfillment in my career?
- What leadership qualities am I being asked to develop or embody?



Radiant Wellbeing & Embodiment

These questions explore the physical, energetic, and spiritual dimensions of your health. They help you understand the deeper roots of wellness challenges and discover what your body needs to thrive.

- How can I nourish my physical body?
- What is my body trying to teach me about my relationship with rest, nourishment, and self-care?
- What next step could I take to deepen my healing?
- What area of my life (or myself) needs more healing?
- What's important for me to do every day as a way to stay healthy and balanced?
- How can I release this negative or harmful habit? (overeating, smoking, self-judgment, etc.)
- What is the deeper spiritual root or energetic origin of this health issue?
- How can I create a more supportive and nurturing relationship with my body?
- What frequency, food, or modality would be most beneficial for me to work with right now?
- How can I support the healing of my nervous system and emotional body?
- What messages has my body been trying to communicate to me that I may have overlooked?
- What role does rest or stillness play in my healing journey right now?
- In what ways am I being called to redefine health beyond the physical?

- How can I release inherited or ancestral patterns that are affecting my wellbeing?
- What daily rituals or practices would support my holistic wellness and vitality?
- How can I call my energy back into my body and feel more grounded and present?



Spiritual Alignment & Other Lifetimes

These questions help you deepen your spiritual practice, strengthen your connection with guides and the Divine, and understand how other lifetimes influence your current journey.

Spiritual Practices & Connection

- How can I live a more spiritually aligned life?
- How can I deepen my connection with my Spirit Guides?
- How can I express more of my spiritual gifts in this lifetime?
- What practice (meditation, journaling, chakra healing, etc.) would be most helpful for me at this point?
- What spiritual practices would most support my growth at this time?
- What spiritual lesson am I currently being guided to master?
- What spiritual strengths or gifts am I being called to trust more deeply?
- What spiritual truth am I currently resisting or struggling to accept?
- How can I strengthen my intuition and trust in my inner wisdom?
- How can I deepen my relationship with my higher self?

- How am I being guided to integrate my spiritual insights into my everyday life?
- How am I being called to allow myself to be more visible and seen in the world?

Divine & Religious Connection

- How can I deepen my relationship with God/Source/Divine Creator through my daily life?
- What sacred teachings am I being called to revisit or embody more fully?
- How can I stay anchored in my faith while remaining open to divine wisdom in new forms?
- What spiritual gifts or callings has God placed on my heart in this lifetime?
- How can I discern divine truth in the midst of spiritual uncertainty?
- What healing or clarity is available to me around past religious experiences or wounding?
- How can I hold compassion for others who walk different spiritual or religious paths?

Other Lifetime Influences

- What other lifetime experience is most influencing me today?
- Are there unresolved contracts from another lifetime affecting my present experiences?
- What talents or strengths have I brought with me from other lifetimes?
- Are there connections from other lifetimes with people in my current life?
- What pattern from another lifetime am I repeating now?
- What lesson from another lifetime am I currently revisiting?

- Is there another lifetime origin to my fear or resistance around _____?
- What wisdom from another lifetime can I access to help navigate my current situation?
- Have I made vows in another lifetime that still influence me today?
- What was my most spiritually influential other lifetime, and how is it impacting me now?
- What gifts or abilities from other lifetimes am I ready to reclaim and express in this life?

These questions are designed to inspire and guide you in creating meaningful, focused intentions for your Akashic Record reading. Trust your intuition as you select or craft questions that resonate deeply, supporting your soul's journey and highest alignment. I'm looking forward to our session together and the transformative insights it will bring.

With gratitude, *Susan*