



Preparing for Your Akashic Record Reading Session

Your session is a space for clarity, connection, and insight.

There is nothing you need to do perfectly to prepare—simply arriving with openness is enough. The guidance that comes through is always aligned with your highest good, your free will, and your unique timing.

This guide is here to support you in entering your session in a calm, grounded, and receptive state.



Before Your Session

You're invited to take a few quiet moments to reflect on what you'd like guidance around.

You may consider:

- What am I seeking clarity on?
- What would I like to understand more deeply?
- Where in my life do I feel ready for change or expansion?

Your intention does not need to be perfect. Simply holding an open heart and a willingness to receive allows the Records to bring forward what is most aligned for you.



Formulating Your Question(s)

The way you ask your questions can influence the depth of the insight you receive.

Helpful approaches include:

- Open-Ended Questions: Instead of 'When will I find love?' try 'How can I align with the love that is meant for me?'
- Soul-Aligned Inquiries: Questions beginning with 'What, How, and Why' allow for deeper wisdom.
- Empowering Focus: The Records offer guidance to support your growth, rather than giving yes/no answers or fixed predictions.

For example:

Instead of *"When will this happen?"*

You might ask, *"How can I align with what is meant for me in this area?"*

If you need support, a [Question Guide](#) is available to help you shape your inquiries.



Create a Calm & Receptive Space

Entering your session in a relaxed state supports clarity and integration.

You may find it helpful to:

- Take a few slow, steady breaths
- Sit quietly or meditate for a few moments
- Drink water and ground yourself
- Minimize distractions
- There is no need to “reach” for anything—simply being present is enough.

If emotions arise before or during your session, this is a natural part of the process. You are invited to allow whatever comes up without judgment.



Distance Readings

- If you have booked a Distance Reading, your session will be completed on your behalf at your scheduled time.
- You do not need to be present, and no preparation is required beyond setting an intention if you feel called.
- Distance sessions are just as effective as live sessions, as the connection is made through intention rather than physical presence.



Supporting Your Clarity

For at least 12 hours before your session, it's recommended to avoid alcohol and recreational substances.

This helps support:

- mental clarity
- energetic grounding
- openness to receiving guidance

Coming into your session in a clear, aligned state allows you to fully receive what is meant for you.



Trust in the Process

Each Reading unfolds exactly as it is meant to—delivering the insights and healing that are most aligned for you at this time.

The Records provide a higher perspective, helping you see your path from the wisdom of your soul.

After your session, give yourself time to integrate the messages received. Journaling, meditation, or quiet reflection can help deepen your understanding and allow the energy of the Reading to settle within you.

Approach your Reading with an open heart and trust that what comes through is meant for you in this moment. Your soul already holds the answers—you are simply stepping into greater alignment with them.

With gratitude, *Susan*