INFINITE LIGHT RESONANCE

Akashic Record Readings with Susan Michel

Preparing for Your Akashic Record Reading

A guide to help you arrive grounded, open, and ready to receive.

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 sovereign choice, and your unique timing. This guide is here to support you in entering your session feeling calm, grounded, and receptive.

Before Your Session

Setting Your Intention

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

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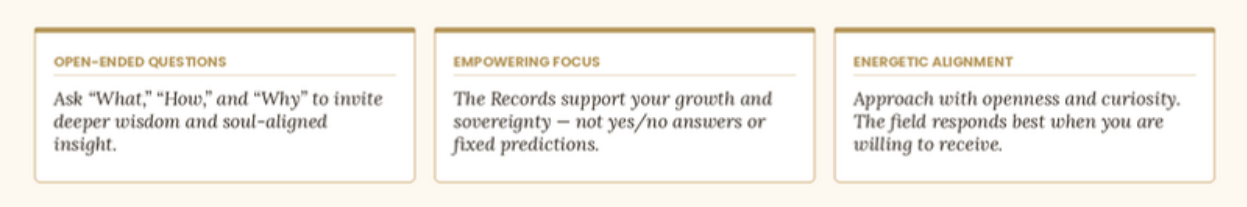
You may consider:

- *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?*

Crafting Your Question

Formulating Meaningful Questions

The way you ask your questions can influence the depth of the insight you receive. A detailed *Crafting Your Questions Guide* is available to help you shape your inquiries — the key principles are summarized here.



Example: Instead of "When will this happen?" — try "How can I align with what is meant for me in this area?"

Co-Created Oracle Card & Crystal Companion Messages

Each session includes co-created oracle card and crystal companion messages. During booking, you will be invited to intuitively choose two numbers:

- A number between 1–72 corresponding to a numbered oracle deck

• A number between 1–264 corresponding to a numbered crystal in the collection

Trust your first instinct. There is no wrong choice — your intuition will guide you to exactly the companions meant to deepen your reading.



Creating a Calm & Receptive Space

For Zoom & In-Person Sessions: Your session will begin with a guided grounding heart coherence meditation to help you settle, center, and open to receive. Simply arrive as you are — you will be gently guided into a grounded and receptive state together.

For Remote Channeled Transmissions: Since your reading takes place without a live connection, you may find it supportive to create a quiet, receptive space around your scheduled session time. If you feel called to do so, you might:

- Take a few slow, steady breaths
- Sit quietly or meditate for a few moments
- Drink water and ground yourself
- Minimize distractions and find a quiet space

For all sessions: For at least 12 hours before your reading, it is recommended to avoid alcohol and recreational substances. This supports mental clarity, energetic grounding, and openness to receiving guidance.

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.

For Remote Channeled Transmissions

What to Know About Your Remote Session: A remote channeled transmission carries the same depth and precision as a live session. The Akashic Records are not bound by time or space, I am able to attune to your Records and Record Keepers and connect with your guides from wherever I am, and your guides are fully accessible to me regardless of where you are located. Distance is not a limitation; the connection is made through intention, sacred protocol, and the infinite nature of the field itself.

The connection with your Record Keepers and guidance team is always held in your highest and greatest good. What comes through is what is most needed at the time of your reading — in direct response to your question, and often beyond it — offering the perspective, healing, and insight you are most ready to receive.

When you book, you will submit your question and intuitively select your oracle card and crystal numbers in the booking form. Your reading will be conducted at your scheduled time, and your complete written transcript, oracle card and crystal companion messages, and Grounding & Integration Guide will be delivered to you by email within 3-5 business days.

You may wish to create a quiet, receptive space for yourself at your scheduled session time if you feel called to do so — though this is entirely optional.

Clarification questions: Within 30 days of receiving your reading, you are welcome to submit up to two clarification questions by email. These must relate to the guidance received in your reading and are not intended as a continuation into new topics.

Integration & Reflection

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.

The energy of an Akashic Record reading often continues to unfold in the hours, days, weeks, even months that follow.

Integration is an important part of the process. Insights that feel subtle at first may become clearer and more meaningful over time — trust that the wisdom of your Records continues to work with you long after we close.

- Journaling — write freely about what came through and what it stirred in you
- Meditation or quiet reflection to allow the energy of the reading to settle
- Return to your written transcript as often as feels helpful
- Notice synchronicities, energetic shifts, and new perspectives in the days following

"Your soul already holds the answers — you are simply stepping into greater alignment with them."

With Gratitude, Susan

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The Akashic Records are for informational purposes only and is not intended as a substitute for qualified medical care. These services do not replace medical, psychological, financial, or legal counseling.