

January 2010: **Question from an Undecided Prospective Learner**

Dear Sandra:

*I have a question I've been pondering for a while. Hmm. Am I commitment phobic? Also, I have taken courses before like hypnotherapy and nutrition but haven't incorporated it into my practice like I thought I would. Am I too compulsive? Not diligent enough? Having access to my Records through you was phenomenal. Would it be worthwhile for me to be able to open my own? Could I do it well enough to make it worthwhile? I am totally overthinking this. Especially when my first impulse was to jump at the chance. Any insight you could give me would be helpful.*

Dear Sally:

I've been looking forward to getting back to your email!

If you want to know whether or not it serves your highest good to learn to open your Records, then I recommend you be more guided by what your heart says than your head. I'm sure you know what this feels like. Your first impulse sounds like it was from your heart. Your current questions, doubts, and fear, sound to me like they come more from your head. And that's good too because you want to go into this with full awareness.

My understanding is my learning to access and then teach others how to access the Akashic Records is a soul commitment that I made before I was born. I believe this is true for all my Akashic students. When I read my first biography of Edgar Cayce way back in the early 1980's and was introduced to the Akashic Records, I just knew that I would love to do that too. Wouldn't every healing practitioner! It seemed that being able to access the Records would be a great way to find all those answers that were in the highest good, since at that time I was a big reader and workshop attendee too - not always using everything I learned either. I was also a naturopath with a busy practice.

However, the time wasn't right and it took me 20+ years of my own personal development to finally find someone who could teach me how to open my Records. I've never looked back and never regret my decision. I now read fewer how to books and certainly attend far fewer workshops because I know that if I'm willing to put in the time, I can find my own most personally relevant information on any topic through the Records.

I must admit when I went on to learn how to open the Records of others, I totally panicked when the time came to do it for the first time. I just wanted to run away and I'd been waiting for this for those 20+ years. My head certainly got in the way and my ego created many fears for me. Again, I feel I was Divinely guided and assisted because my first client that day was another student - Nancy Ring - who is now one of my Akashic Alliance partners. I don't think this was an accident. Nancy made it look so easy and I was so impressed with what she received for me that I suddenly knew I could do this for her too. The two of us continue to grow and develop the depth of our Akashic skills individually and in the Akashic work that we do together. From a total stranger, I made a very dear friend.

(cont.)

For the people who work in their Records on a regular basis - once a week or twice a month at least - this practice brings us many other benefits. We gradually learn to

- trust ourselves more and more, and self-trust leads into greater self-love,
- find we have increased intuition even when not in the Records,
- have the opportunity to clear many fears and beliefs that hold us back,
- and certainly feel a more intimate connection with the Divine.

These are all worthwhile goals in themselves that just happened to me, my Akashic Alliance partners, and our students as we continued to work in the Records. I know that further development is still to come. We have just scratched the surface of Akashic Field research. It is never boring - an important thing for me.

All that being said, I suggest if you are still undecided, that set up an Akashic Session with me so you can ask your Records whatever questions you might have about taking this Akashic Training. (One of your questions might be: "Why have I been having such a difficult time making this decision, especially since my first impulse was so enthusiastic?")

Whatever you decide to do, I know it will be in your highest good because I believe we are all Divinely guided and assisted in all that we do. No matter what your decision, I will still greatly enjoy working with anyone you feel could benefit from our collaboration in the Records.

Warmly and with great affection - Sandra

Radiance and Love, Till Next Time . . .