

# *Healing through the Akashic Records* by Linda Howe

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## Introduction

I am so glad you have found your way to this book. The simple fact that you have arrived here says a lot about you and where you are in your life journey. Something inside of you—a nudge from your soul—is guiding you to know that *now* is the time to advance on your healing quest to become the person you are meant to be and to live a life you love.

When the soul says it's time, it's time. You have both the ability and the wisdom to hear this prompting from your Innermost Self, and you have the good sense to act on it. *is* is fabulous!

In your hands is a guide to a path of spiritual healing that is extraordinarily practical and effective—and remarkably simple. Applying this healing approach has led me out of a crushing sense of isolation and into a conscious relationship with the Divine Presence. This is a very specific healing practice, as the title indicates: we work in the Akashic Records, using the wounds we have suffered during our lives as the means to come to know our true selves, to discover our soul's perfection.

This approach came to me piece by piece over a sixteen-year period when I was striving to be more authentic and to more fully enjoy my connections with the people in my life. I was also looking for ways in which I could contribute value to life without getting tangled up in all the world's chaos. The healing program that developed over time answered all these needs. Here was a way for me to grow into greater trust in the goodness of life so I could truly let go of outdated ways of operating and discover new, more appropriate habits. I found a method that supported my heartfelt desire to let go of the illusion of control, surrender to the benevolent power of life and allow this force for good to transform all the dimensions of my being.

I discovered this path of radical change by using the Akashic Records as an empowering spiritual practice. As I followed the guidance I found there, my wounds were transformed from obstacles into means of connection. What most astonished me about my discoveries was that *through* my difficulties—not despite them—I encountered the Divine Presence in a very real way. I came to know that nothing could possibly happen to me that could ever corrupt or destroy the Divine spark within me. I discovered that the connection I have with the Divine, and with life itself, is unshakable. And now, standing firmly on the foundation of this knowledge, I am secure enough to build a life that expresses the best truths of who I am.

I have since taught this method to hundreds of other people through classes, workshops, and one-on-one sessions, and I have seen firsthand that each individual who earnestly undertakes its practices achieves healing. Some stories are dramatic—complete reversals of debilitating conditions. Others are subtler: emergence of a greater sense of self-confidence and well-being, an improvement in a key relationship. Everyone who approaches this path with intention and openness experiences some measure of positive change: transformation of a condition from which they have long sought relief, or an opening into the joy of life. I have seen no exceptions.

The key is facing, from a spiritual perspective, the source of our pain and distress: wounds we have inevitably incurred throughout our lives, beginning in infancy, that affect us to the present day. Through working in the Akashic Records, we change our relationship to these wounds. Examining them in the Light of the Akasha, we come to view all the hurt we have experienced—all the damage inflicted upon us by ourselves and others—as sacred opportunities for transformation and avenues to encounter the Divine Reality. They are exactly that, as you will soon discover. While we incur them at the mundane level of everyday life on earth, they have a higher purpose. Our human experiences are the crucible within which we encounter the indestructible Divine Essence that is the very core of our being.

If you are drawn to this book, chances are good that you have already pursued healing in other ways. You have invested time, money, and energy in gaining relief from your present discomfort, whether it is physical, emotional, or mental in nature, or a combination. The knowledge and understanding you gained through your efforts have likely been helpful to you, but probably not transformational: some discomfort remains, whether acute or mild. It is not because you are lazy, or don't deserve relief from pain and distress, or you somehow want difficulty in your life. It simply means that you have run up against the limits of your abilities as a human to find solutions. Transforming your woundedness requires freedom from limitation, and to achieve this you need access to the infinite nature of the realm of spiritual power.

Spiritual healing differs from all other modalities in that it results directly from strengthening our relationship with the Divine. We accomplish this by initiating, and then consciously and continually developing, an intimate relationship with our Innermost Self,

a facet of our soul. Our soul never loses sight of its oneness with Divine Nature; our Innermost Self serves as our own personal bridge to the Divine.

As a result of our wounding, it appears we have lost touch with this deepest part of ourselves and hence our soul. But no matter how distant we may seem to be from our soul, we are in fact inseparable from it. Furthermore, the soul remains an infinite resource for healing. Our challenge is to clear away the distorted filters of long-established patterns of wounded thoughts and feelings that keep us from knowing the Innermost Self and, in turn, the Divine. This is the essence of our work in the Records. It is important to note that, while this deep work takes place in the spiritual realm, it is simultaneously entirely practical. Through clarifying our difficulties, gaining insights into them, and arriving at real-world solutions, we can bring this work into our everyday lives. We become reacquainted with the truest aspect of ourselves, the Innermost Self.

In this process for healing, we recognize we have an important part to play: taking responsibility for our well-being and doing what we can to care for ourselves. What remains is the part we really cannot accomplish on our own, and here we allow the Divine to move on our behalf. This method guides us to a safe place within which we are sufficiently supported and where we can allow this force for transformational good to do its work. We are entitled to experience the perfection of our own soul, and this strategy for healing enables us to encounter the essence of our Divine Nature. When this happens, we find that we are the person we always hoped we could be and we can now live the life that we've always dreamed possible.

### **Prerequisites for Healing Through the Akashic Records**

There are just two prerequisites for healing through the Akashic Records. First, we must recognize the futility of applying the same old ideas to our problems and come to accept that what we have been doing does not work. Second, we need to have a sense—and in the beginning it can be a mere wispy sense—that it is safe to let go of the old ways and open ourselves to the new, because a power for healing exists that is far greater than we are.

The beauty of the Akashic Records, as you will learn, is that they are an environment organized expressly to provide the safety needed so we can encounter the Divine Presence in a way that is real, absolutely useful, and decidedly effective.

### **The Three Components of Our Healing Adventure**

Our healing journey is divided into three main parts. The first phase is Our Sacred Wounds as Points of Power in Our Relationship with Ourselves. In this phase, we address

the devastating problems of self-abandonment and self-rejection from the following significant points of view: Awareness of Self, Self-Acceptance, Appropriate Action, and Choice. Exploring this stage of the healing process, we find ways to stay with ourselves no matter what is happening and to be at peace even during trying times. Finding the wounds that have made it virtually impossible to make contact with our Innermost Self is in fact the precise opening needed to enter into its depths.

Next we examine Our Sacred Wounds as a Pathway to Peace in Our Relations with Others. This is a very exciting part of our journey. We are given the opportunity to find out how to move beyond resentment of others and into acceptance and forgiveness—and to examine what is required to cease negative judgments. The great challenge of disrupting limiting patterns follows. We have an opportunity to discover the life cycle of patterns so as to transition from being enslaved by them to becoming free and empowered by them. The difficulties that interrupt the connection between us are exactly what we will use as the path of peace in relationships.

Finally, we enter into the region of Our Sacred Wounds as a Platform for Transformation and Transcendence. Having completed our work in the first two phases, we find ourselves more solid, stable, and better able to express our true Self. But we are not finished. We are infinite beings on an eternal quest. In spiritual work, there is always more, always a next level and a next step. In this stage of our healing work, we establish a conscious relationship with our internal structure through which we thrive in a renewed life, one lived beyond human wounds and scars. I will introduce to you the Ascension Matrix, which provides a context through which you can experience transcendence into a more conscious fusion with the Divine. The elements of the Matrix are Gratitude, Grace, and Generosity. Here, we come to know how to activate each of these qualities in life to live as an ascending being. And we discover how to live in the world, not as a victim of it, but as both active participant and inspired contributor. We will learn how to live our ordinary life from an extraordinary perspective.

### **Prepare for the Journey**

To support you in this three-stage process, I would like to make some suggestions for ways to approach the work. Feel free to accept those that are helpful for you, and don't worry about the rest.

You might want to start by reading quickly through all three sections (parts 2, 3, and 4) and letting yourself get used to the flow of the work before doing any of the exercises. Some sections may be very engaging for you right now, others not so much; this is natural, so let your intuition about this be your guide. You may wish to dedicate a special notebook and pen to sharing what arises as you work in your Records. In each of the three sections, I introduce ideas and discuss possibilities for applying them in your life,

and I will present tried-and-true questions for reflection to take into your Akashic Records. Feel free to work with them at your own pace and follow where they lead. Experiment, experiment, experiment to see how to best interact with them for your own growth.

You will begin by learning to access your Records using the Pathway Prayer Process to Access the Heart of the Akashic Records<sup>®</sup>. If you are already familiar with this process, it will be a good review. If you are new to the work, this is the basic instruction required to open your Akashic Records and begin working in them. For a more detailed presentation of how to do this, you might wish to explore my book *How to Read the Akashic Records*. Some people enjoy gaining a deeper understanding of the method, but it is not essential to do so before using the Pathway Prayer for these purposes. e instruction here will be enough to get you started.

Before you commence working in the Records, I suggest you take a few minutes to reflect upon those difficulties that have been with you as long as you can remember. Turn your attention to those issues that just do not seem to budge—ones you have been chiseling away at for perhaps the last ten, twenty, or even thirty years. Another approach is to go straight to the thorniest places: to reflect upon the most painful experiences or ways of being you have been enduring, those that cause such intense discomfort that you usually refuse to even let yourself think about them. I understand that neither of these exercises is easy—we all have had ample practice attempting to escape our wounds and relatively little experience facing them directly. But you can do it, knowing help is coming: the solace, perspective, and wisdom you will find in your Akashic Records. Trust me, I have traveled this road to spiritual healing many, many times before you, and I have written this book as a way to “leave the lights on” for you, to guide you on your way.

I know how hard it is to live with hurt feelings and the scar tissue that has built up around them. I know how difficult it is to be held hostage by old patterns of interacting with others. I know how demoralizing it is to keep trying to change but failing again and again. And I know what it is like to use your shortcomings against yourself. It is because I have suffered these experiences too, and have been relieved of them, that I am sharing this method with you. Believe me: your efforts will bring tremendous liberation.

### **An Invitation**

Now I would like to extend to you a formal invitation to begin this three-stage journey of liberation. Wherever you are on your path, come along. I will be with you every step of the way. I will fully explain everything you need to understand as you move through a progression of healing concepts and methods that will absolutely transform your life.

This is an invitation to become free to know the truth about your Innermost Self and to express it in the world. It's an invitation to surrender to the Divine and into the joy of

living. I invite you to open your mind, soften your heart, and align with your will so the Light of Akasha can move to you, through you, and into the world around you. Wherever you now find yourself, know that your next level of possibility, your next dimension of wholeness, wellness, and aliveness is standing here in front of you. Spiritual healing is within your reach.

## CHAPTER TWO



# Sacred Wounds

If you are reading this book, you are already aware of your woundedness. I know that

this awareness is painful, but it truly means you are potentially in a wonderful place. Armed with this knowledge, you can become a conscious participant in your own experience of healing. You don't have to wait for someone else to save you, fix you, or relieve you of your distress—and in reality, no one else can do this for you anyway. Others can be supportive, but they can't go to those places within you where the hurt is all-consuming. Only you can go there on your own behalf.

Having set out on the quest of spiritual healing through the Akashic Records, you now begin the process of finding the way into the heart of your wounds. You will find your way back to your Innermost Self. Acceptance of your woundedness is the landing pad into healing.

### **What Do We Mean by Wounds?**

So, when we speak of wounds, to what are we referring? Wounds are scars left behind by any kind of injury we have sustained— physical, emotional, or mental—that support negative ideas we have about ourselves, others, and life in general. They are caused by events that limit our ability to fully and freely express ourselves. All facets of our constitution are subject to life-altering injury that can thwart our development. It doesn't matter if the wound has come about through deliberate intent or by accident, overtly or covertly, consciously or unconsciously. It can be initiated by ourselves or by others. What makes an event a wound is that we use it against ourselves. We see it as evidence of our imperfection, and it then interferes with our ability to experience both our own goodness and the goodness of others.

Woundedness is universal. Everyone on the planet today is wounded, and everyone who has ever been alive was hurt, too. We have all been injured by others, and we have inflicted injury upon others, as well as ourselves—the whole of the human experience is a minefield of wounding. That this experience is universal is reflected in great literature and in every scriptural tradition; from our beginnings as humans we have shared stories about difficult, even horrific experiences. But while the experience is universal, it is also personal. When I have a broken heart, I am the one with a broken heart.

### **Wounds Become Issues**

The injuries we suffer can result in terrible distortions in our perceptions, and this can limit our ability to experience the vitality of the life force. A devastating event can affect us in a way that makes it nearly impossible to engage actively with our life, and this is tragic. What commonly occurs is that wounds morph into “issues,” patterns we develop that interfere with our experience of the Innermost Self. For example, if a teacher makes a sarcastic remark about a young student’s presentation, the child may decide then and there that he or she will never speak to a group again. If a parent walks out on the family unexpectedly, a child may respond by deciding not to get close to anyone else, thinking that this way he or she can escape rejection in the future. Our issues become excuses to avoid aspects of life we find difficult, crippling us physically, emotionally, and socially. This, of course, is the least desirable relationship we can have with our wounds.

### **From the Ordinary to the Sacred: A Matter of Perception**

Because humans have suffered wounds for as long as we have been on earth, it makes sense to consider that there is a purpose—a spiritual purpose—for this wounding experience. There is a *sacred opportunity* within every wound: the chance to become aware of the Divine Reality through our own humanity. Difficult and often damaging human experiences form a crucible within which we encounter the Divine Presence. They offer us the opportunity to transform every aspect of our being, from our perceptions to the way we express ourselves in the world. They lead us to our Divine Destiny, which is to come to know our own essential goodness, the goodness of all others, and of life itself.

When does an ordinary wound become a sacred wound, one we can use to encounter the Divine? The event itself—the thing that hurts us—is not the determining factor. The difference is our *perception* of the occurrence. Using what has happened against ourselves—limiting our possibilities in life—this is ordinary. The wound becomes sacred once we shift our focus to the infinite possibilities of our spiritual healing.

When we perceive our wounds as sacred, they reveal a path. As we walk this path, they become links to our own humanity, our connection to the humanity of others, and

our point of contact with the Divine. They pierce our pride, enhance our awareness, and open the gates to new dimensions of aliveness.

### **Living a Paradox: Human and Divine**

Our wounds serve to illustrate powerfully that we are human beings. If we lose a limb or suffer bodily trauma, we have tangible evidence that we are human. When we lose someone we love, there is awful, intense emotional pain, another reminder of our humanity. Even forgetfulness, indecision, and a confused mind demonstrate the inescapable truth that we are part of the human race. The human experience is one of limitation.

Awareness of our wounds can lead us to connection with other limited human beings who have been similarly injured. We can join forces, and the shared wounds become the doorway through which we pass together into healing. We can share solutions and grow beyond our difficulties, all the while enjoying the acceptance, understanding, and compassion of those who are walking a similar path.

The cost of admission to this fellowship of humanity is pride. Joining in community with others who have sustained a common injury and who are actively moving beyond the limitations it has imposed is a profound experience, one that requires humility. In order to correctly assess and accurately perceive ourselves, we must leave our pride at the door.

In a state of humility, we can accept the paradox of our identity. On one hand, we are limited human beings; on the other, we are unlimited, infinite, eternal. Put another way, we are unlimited beings in a limited situation. It is not helpful to hold our human constraints against ourselves or perceive them as flaws. Our limits are neither good nor bad.

From a humble stance, we can see that we are not the source of universal power. Instead, we are instruments of it, conduits for it. We are the space through which that power moves. Accepting our humanity and its limitations puts us in a position to receive this power—to be human agents for Divine Life—and this can come as a huge relief. We no longer feel it is up to us to fix everything. We gain the freedom to let life unfold as it will and focus primarily on our own limited part of it. And the more we direct our attention to what we can genuinely impact, the more we experience satisfaction and success.

Developing these kinds of awareness and perceptions paves the way for changes in every area of our lives. “As within, so without” is a time-honored understanding: internal change is the forerunner to external change. Through this process of personal spiritual healing, we ascend (a topic I will discuss in greater detail in part 4), a state in which we



continually rise above our current level of consciousness. Wherever we are now, there is a next level to which we can ascend—it's an infinite and eternal process resulting from inner attention and adjustments that facilitate an expanding awareness of oneness, conscious fusion with the Divine. We are now and have always been fused with the Divine: it is *awareness* of this fact that is the issue. Whenever we tap into the power of our Sacred Wounds, our consciousness of this eternal truth about ourselves expands—and we are healed and transformed.

### **Wounds as Gateways to Healing**

So now you know the core truth of this system of healing through the Akashic Records. Our wounds—and the human limitations reflected in them—are the gateways to our spiritual healing. They are the core of our journey. Examining them as the sacred opportunities they truly are enables us to adjust our understanding to one that supports our spiritual development. Moving forward we will investigate the true nature of our injuries, their purposefulness for developing consciousness, and the role they play as the threshold into greater dimensions of awareness. We will come to know our Sacred Wounds as a convergence point for transcendence, the zone through which we encounter the Divine Reality. And we will transmute each sacred wound from tragedy into exaltation, from a trapdoor into a gateway to greatness.