



Sample Questions, Subjects and Topics for an Akashic Records Consultation

Areas of life commonly explored through an Akashic Records reading include health, relationships, money, life purpose, transitions, career, parenting, creative pursuits, business planning, karmic and ancestral patterns and more.

Financial:

- What blocks do I have that keep me from the abundance I deserve?
- What gifts and talents from this life and previous lives am I not aware of that I can apply to my current or future job/career?
- Why can't I seem to dig myself out of debt?
- What are the the work dynamics or co-worker relationships that you would love to get some insight on, so they can be more easeful, beneficial?
- What money blocks are preventing you from earning more than what you are making now?
- Why do I keep going through this rollercoaster of ups and downs when it comes to my job and/or making and maintaining money?
- How can I align my soul purpose with my job/career so that making money feels in alignment?
- How do my past lives influence my relationship with money and success in this life?
- Why do I always have a lack of money?
- What do I need to do to attract abundance, energetically, and physically?
- What blocks do I have that are preventing me from flourishing?
- What's limiting me from manifesting greater abundance?



Health/Diet/Fitness

- Ask the Record Keepers to address any physical or emotional issues you may be experiencing.
- Describe a circumstance or condition for which you would like healing energy from the Akashic Records. Ask the Record Keepers to send energy to this experience or condition.
- Are there foods that would be beneficial for me to eat?
- Am I eating any food that I'm allergic to or are not healthy for me?
- What steps can I take to improve my health and extend my lifespan?
- Is there anything in my environment which is interfering with or affecting my health?
- What type of exercise is most beneficial for me?
- What does this pain/illness that isn't responding to treatment have to show me?
- What is my current illness/condition teaching me? Am I carrying this lesson from a past life? How can I finally "get it"?

Relationships/Friends/Family:

- I have issues with my mother/father /brother/sister/friend etc. What is the best way to resolve these issues?
- Why haven't I met my true love yet?
- I have been thinking of working overseas. Would this be a good career move for me at this time?
- Have I truly healed from my divorce yet? When will I be ready for commitment again?
- Do I truly love (mention name of the person in question) or do I have an attachment for my own needs?
- What do I need to change to attract my desired types of friendships?
- What do I need to change to attract my ideal partner?
- What's causing challenges within my relationship?



- What can I do to make this relationship more loving and harmonious?
- What misunderstandings am I having with my partner?
- Where am I stuck in the relationship?
- What do I need to let go of?
- How can I let go of the things that bother me in the relationship? What is keeping my attention from what I want?
- Where do I need to turn my attention?
- What do I offer and receive in this relationship?
- What is the dynamic of our relationship?
- How do we support each other in growth both in the relationship and individually?
- What can I understand, shift or release to improve this relationship?
- What has prevented me from finding love in the past?
- What do I need to let go of? How can I let go of the things that bother me in the relationship?
- Why do I keep finding myself dating the same type of person over and over?
- I am exploring a new relationship and want to know what I can do to better support the other person?
- I am struggling with being able to express myself with confidence and setting boundaries. What can I do to resolve this?
- I find myself always losing a part of who I am and my voice in relationship(s). Why does this happen?
- Why does _____ always happen in my relationship(s)?
- What can I know or do to improve my relationship with _____?
- What other lifetimes have I possibly lived with _____?
- What past life experiences may be affecting my relationship with _____?
- How can I clear my past relationship with _____?
- How can I attract more loving people into my life?



- Why do I feel betrayed when a friend doesn't respond the way I want them to?
- Why do I get angry with my partner for the smallest things?
- What is my current relationship teaching me? Am I carrying this lesson from a past life?
- How can I get along better with people in this lifetime?

Past Lives:

- How are my past lives influencing this life?
- Do I have any limitations or blocks from past lives? If so what are they?
- How can I overcome these blocks and limitations?
- What Karma do I need to untangle from past lives?
- Is there a past life that I can connect with for strength, confidence, and empowerment?
- What past life or lives might be causing me to feel _____? •
- What past life or lives might have caused my fear or phobia of _____? •
- Who might have my (sister, brother, mother, husband, etc.) been in relation to me in previous lifetimes?
- Have you always wondered who you were in a past life or have you always had a "feeling" of who you were in a past life?
- Do you have fears or obsessions that seem to just come out of nowhere?
- Have you felt drawn to a particular place or time period and don't know why?
- Did you take vows of poverty that prevent you from making the money you deserve today?
- What lessons have I mastered in my previous lifetimes?
- What past life experience has bearing on _____ events or _____ relationship in this life?



- What past life circumstances or experiences are currently having an impact on my life in regard to _____?
- Share a lifetime with me where I was _____ so I may incorporate that into my present life. (i.e. confident, gifted speaker, powerful leader, etc.)
- I'm looking to heal _____. If a past life can show that, guide me through that healing.
- Have I made any past life contracts in a past life that are impacting me in this life? If so what are they and how can I clear them?
- What role(s) did I play in my past lives?
- Did I ever make a past life vow? If so, what kind of vow? How can I release it if it's not serving me?
- Did I know person X in a past lifetime? What was our connection then?
- Did I make a past life contract with person X? What was the nature of the contract? How can I release this outdated or unhelpful past life contract?
- Did I know my family/relative in a past life? What was our relationship then? How is it still carrying over now?

Soul/Life Purpose

- How can I connect on a deeper level with myself?
- What can I do to reduce the pressure I put on myself?
- What keeps me from feeling full connection with my life?
- What changes do I need to make in my life to be in 100% alignment with myself?
- Are my predominant choices and actions leading me in the right direction for my life's purpose?
- What is the main lesson or lessons I'm meant to learn during this lifetime that I'm unaware of or struggling with the most?
- What skills or talents should I focus on developing to help me achieve my life's purpose?



- What am I here to do?
- What is my passion?
- What is my life's current purpose?
- How can I move toward achieving this purpose?
- What am I here to do?
- What's been blocking me from stepping into this purpose?
- What are my unique gifts and abilities?
- What gifts and talents from this life and previous lives can be applied to my life purpose?
- What lessons is my soul learning about _____ in this lifetime?
- Why has my soul incarnated on Earth at this time?
- Who is my soul family or soul group (ancestral lineage)?
- What is my soul purpose right now?
- How can I better align with my soul purpose?
- How can I align my soul purpose with my job/career?
- How can I feel excited about my purpose again?

Business/Career:

- Am I in the right career right now? if not what line of work should I follow to enhance my life?
- Am I doing what I truly want or am I seeking approval from others?
- What line of work/business will bring me the most joy and fulfillment?
- How can I better serve my clients/customers?
- What is missing from my industry that could revolutionize it and create win-win scenarios for myself and customers?
- What is stopping me from pursuing my 'dreams'?
- What can I do to create more joy and fulfillment during my work?
- What am I most passionate about?
- What hidden skill or talent do I have that I'm unaware of or underestimate myself my abilities with?



- What career opportunities should I take?
- Why do I not experience joy in my work?
- How can I improve my relationship with my boss?
- What do I expect from my boss?
- What do I need to understand about my relationship with ____ (clients, co-workers, boss, employees)?
- Why do I need my boss's approval? Who else do I need approval from?
- What do I fear about my job?
- How should I plan my weeks to optimize my time, creativity, and inspiration best?
- What should I charge for my services? Why that amount?
- What type of person or energy do I need to get the best possible outcome for my business?
- What is the best thing I can do for my business?
- What is the purpose or role of this business in my life? In the world around me?
- Why do I feel jealous and protective of my work?
- I want to start a new venture but am afraid I'm too young/old?

Animal Insight (pets or members of the Animal Kingdom such as dogs, cats, whales, dolphins, butterflies that you may have an affinity or connection to).

- What course of treatment for my pet would be best for their happiness?
- Is there anything my pet wishes for me to know?
- How can I be a better pet parent?
- What role does the ____ (horse kingdom, canine kingdom, etc) play in human evolution?
- What does the _____ (butterfly kingdom, feline kingdom, etc) wish for me to know today?



Home/Possession/Location Insight

- This can be the place where you live, a place you are considering moving to, any country, state, city, or specific region or public landmark, such as Stonehenge; Pyramids of Giza; Sedona, Arizona; Mount Shasta, California; Banff National Park, Alberta, Canada; Camino de Santiago.
- What is the essence of the city of _____ (Paris, France)?
- What does _____ (Moab, Utah) hold for my personal growth?
- Why do I keep getting drawn to _____ (Patagonia, New York City, etc) even though I've never been there?
- What history does my Stratocaster guitar hold? What does it want from me?
- What does my house at _____ (123 Fairview Lane, Anytown, TX 77889) want me to know?
- How can I honor my home better?
- My home/workplace/institution feels like there is a weird energy present, I'd like to clear it and lift the energy.
- How does this home I'm considering buying support my highest good? Is there something about it that isn't a good fit?

Emotional/Mental Blockages, repeating patterns

- How can I control my emotions?
- What is causing me to feel so insecure?
- Self-Sabotage
 - What is the greatest pattern of self -sabotage in my life?
 - Where did it originate?
 - How does it play out in my relationships?
 - How do I change/ shift or heal it?
 - How do I stop this never-ending cycle?
- Life Issues



- Why does nobody value me?
- Why do I always feel that I have to please others?
- Why does everything I do have to be perfect? And why do I resent others for not having the same ideal as me?
- Why do I value other people's opinions of me over my own?
- Why do I have low self-worth?
- What is causing me to feel (emotion or emotions you're consistently feeling)
- How can I replace my emotion/s of (emotion or emotions you're consistently feeling) with a more empowering alternative?
- What can I do to create a life full of fulfillment?
- What can I do to release my blocked emotion or trauma?
- What is the root cause of my fears?
- What traumas or lessons am I experiencing that have continued from a past life?
- You are thinking about moving to a place:
 - Why do I feel like moving?
 - What holds me where I am?
 - What do I need to release to move into a new place (literal or metaphorical)?

Parenting:

- What does my child need from me in this lifetime?
- How can I show up as the best parent I am able?
- What lesson about parenting am I here to learn in this life?
- Why did my child choose me as his/her parent?
- What is blocking me from having the relationship that I would like with my child?
- What I am I doing well in my relationship with my child?

Creative Pursuits:



- When writing articles, blog posts, or content for books
- When developing format, content and outcomes for a workshop
- When making jewelry, art, herbal medicine, pottery, and more

Groups:

- Businesses, organizations, or social groups with which you are involved

General:

- What do I need to know in order to be fully prepared for _____?
- What does my inner child want to say today?
- What does my heart wish to say today?
- What is the role of the pandemic in this time?
- What is the best course of action to solve (describe the challenge you're currently facing)?
- Who can I contact to help me solve (describe the challenge you're currently facing)?
- What options have I overlooked in terms of solving _____ (describe the challenge you're currently facing)?
- What have I released and why could I do this for myself?
- What possibilities are opening up for me?
- What am I scared of?
- What creates fear that I am not aware of?
- What are my next steps? How do I expand myself?
- How can I improve my sense of connection with myself?
- Have you obtained a certain level of experience or training and you continue to feel as if a desired outcome is out of reach?
- Do you feel every time you are get closer to that outcome, you sabotage yourself?
- What am I not noticing regarding _____?



- How can I change my perspective about _____ ?
- What am I avoiding regarding _____?
- Why am I having difficulty letting go of _____ feeling about _____?
- What perception or belief is limiting my forward motion regarding _____?
- What would you like to explore?
- What would you like clarified?
- What would you like to heal?
- Where do you need closure?
- Have you tried everything and still find yourself saying WTF?!? Ask about this.

Spiritual Questions

- Am I on the correct spiritual path? If so, how can I enhance it? If not, how do I get onto that path?
- How can I connect and communicate with my spiritual guides? Do I have more than one?
- What behaviors and beliefs do I have that are self-limiting and how can I release them?
- What do I need to know and understand about myself in order to accept and love myself completely?

Traumas:

- What trauma, pain, fear or anger keeps me from awareness of wholeness, balance and clear connection?
- What happened that I don't remember those parts of my life?
- What will bring back my memory?
- What is holding me back and how can I release?
- Why do I have this fear? What can I do to release it?



- What can I do to release this feeling in my heart?
- What stands between me and my feelings?
- Why haven't I been able to heal issue X or Y?

Beliefs

- What beliefs and ideas did I inherit from my family?
- What beliefs and ideas have I internalized from my culture?
- What is my most important role in this lifetime?
- How can I use my talents to serve others?
- Where does my [addiction, compulsion, behavior] originate from?
- What is my [addiction, compulsion, behavior] protecting me from?
- How can I release my [addiction, compulsion, behavior]?
- How can I release this pattern of toxic relationships?
- How can I release my feelings of [shame, guilt, anger, jealousy, fear]?
- Have I felt those feelings in past lifetimes? Why?
- Where does my sensitivity come from? How can I use it in this lifetime?
- How can I set and enforce stronger boundaries in my life? Why has it been so hard for me to speak up + stand up for myself in this lifetime?
- Was I ever persecuted, banished, or tortured for my spiritual gifts in a past lifetime?
- How can I release that trauma and reclaim my spiritual gifts?
- Did I know my family/relative in a past life? What was our relationship then? How is it still carrying over now? Using any of these questions in your next Akashic Records reading will help you access clearer and more helpful information.