



PREPPING
FOR YOUR
AKASHIC
RECORDS
READING

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AKASHIC RECORDS READING PREP
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WELCOME!

The Akashic Records are often referred to as the book of life. It contains the vibrational record of every soul and its journey. Access to the records is available to all, at all times. The Records are an experiential body of wisdom that contains everything every soul has ever thought, said or done over the course of their entire existence, as well as all future possibilities. The Records are a profoundly sacred space of consciousness.

**Fear Not.
Judge Not.
Resist Not.
- The Akashic Absolutes**

What Can I expect from an Akashic Records reading?

An Akashic Records Reading can provide information on a multitude of areas, such as:

- Information on past lives, present or future lives
- How to approach recurring patterns in life
- How to clear, release and transmute break blockages/patterns
- What you need to know about certain situations or people for example.

Most importantly the Akashic Records can empower you to know thyself & prosper.

General Questions-

- Tell me more about... (topic)?
- What do I need to know/understand about...?
- What are my next steps regarding....?
- How many past lives have I had?
- What is my path of least resistance?
- What are my superpowers?

Guidance/Connection Questions-

- How can I connect with my Spirit Guides more clearly?
- How do my guides speak to me?
- How can I best work with my intuition?

Abundance/Manifestation Questions-

- What is limiting me from manifesting greater abundance in my life?
- How can I release limiting beliefs and patterns?
- How can I best align myself to the abundance of the Universe?
- What are my next steps in manifesting....?

Beliefs/Limiting Beliefs Questions-

- What limiting beliefs am I holding on to that are keeping me from living my fullest potential?
- What beliefs have I inherited from my family or a past life?
- How can I best move past these limiting beliefs?

Purpose Questions-

- What's my soul's purpose right now?
- Tell me more about my purpose and what steps I may take to allow it to unfold?
- How can I better align myself to my soul's purpose?
- How can I align my purpose to my career/job?
- What can I do to feel invigorated and excited about my purpose?
- Do I have any hidden talents?
- How can I best use my talents to serve others?



Past Lives Questions-

- How many past lives have I had?
- What role did I play in these past lives?
- What parts of these past lives do I still carry with me today?
- Did I ever take a past life vow? If so, what kind or vow?
- May I release it if it is no longer serving me?

Healing Questions-

- Why haven't I been able to heal X or Y issue?
- What will it take for me to heal X or Y issue?
- Does this issue originate from this lifetime?
- What is my current condition/illness teaching me?
- Where does my (addiction, behaviour, pattern, compulsion) originate from?
- How can I release this (addiction, behaviour, pattern, compulsion)?

Relationship Questions-

- What do I need to know or understand about (person, relationship or situation within relationship)?
- What is my current relationship teaching me?
- Am I carrying anything forward into my relationships from a past life? If so, what?
- How can I release this pattern of toxic relationships?
- Did I know this person in a past life?
- Have we made any past life contracts together?
- What is the nature of the contract?
- How can I better set and enforce strong boundaries in my life?



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DISCLAIMER-

Tara McCrory is not a medical nor mental health professional. She does not diagnose nor treat medical or mental health conditions. Tara's work is intended to complement working with your medical doctor -- not replace it. If you have a serious illness, or mental health disorder, please consult a medical or mental health professional.

Tara is also not a financial planner, nor advisor and gives no guarantees about how much money you will make if at all. She has no control of the efforts a client will bring to her work. This is not an exact science, but is based on Tara's ability to tune into her intuitive gifts.

ABOUT TARA-

As a an Akashic Records Reader, Clarity Coach & Certified Energy Practitioner, Tara's main focus is to support, guide & empower others to gain the clarity needed to break through their self-imposed glass ceilings & align to their intuition allowing them to become the heart-based role models & leaders they were destined to.

It's for this very reason that she created the connect, align & activate 40 day intensive!

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