



Linda Howe

bring your soul's purposes to life

Appropriate Expectations

Psychic ability is not required for fulfilling engagement in the Akashic field.

The Akashic Field is a realm of Light and, as such, does not demand our prayers, worship, or adoration. This impeccably pure realm supports us in recognizing and accepting the truth about ourselves, our lives, and our fundamental goodness in all situations.

- No angels, no spirit guides, BECAUSE they have individual identities and exist outside the Akashic Field.
- Human lifetimes are the focus of the Records, not extra-terrestrial or animal.
- No trans-channeling. No entities.
- Practitioner is conscious. And “the boss” when working in the Records.
- No Akashic language, animals, songs, or names.

Issues we do not address:

- We do not address extra-planetary lives.
- We do not have anything to say about moving from animal to human form.
- We do not speak to the dead.
- We do not predict the future.

The reason is that the Akashic Record does not address these issues – and there are other, much better resources for these types of services.

Keep in mind:

This is a form of spiritual counseling; offering insight, guidance, and wisdom rooted in unconditional love for our support and development.

- Energy first, information second. While the information gleaned from the Records is significant, the energy or emotional sense or sentiment of the communication is especially important.
- It is essential for the Practitioner to DESCRIBE their experience of being in the Records. What is happening or not happening? Most effective is to describe out loud, next is writing/journaling, next is thinking.
- When accessing the Records, 5% of people hear, 10% see, and 85% have a sense of knowing.