**Example Questions to Ask in the Akashic Records**

**Chakras**

How is my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chakra out of balance?

How do I balance it?

Please heal my \_\_\_\_\_\_\_\_\_\_\_\_\_\_ chakra.

What energy is stuck in my chakra that is causing it to be out of balance?

**Crystals**

How will this crystal help me?

What crystals are good for me to work with right now and why?

Please share a spiritual practice/meditation I can do with this/these crystals.

What crystal will help me feel more safe?

Where do I place this crystal on my body?

What will it help heal?

**Family**

How can I help heal \_\_\_\_\_\_\_\_\_\_\_\_ in my family/ancestral lineage?

Please share with me an ancestral pattern that is currently playing out in my experience.

How do I break this pattern?

How is my emotional body reinforcing the pattern?

What can I do to assist my body to heal?

What can I do to choose a healthier pattern and break this one?

How can I improve my communication with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

What is this disagreement really about?

Please share with me how I can resolve this situation?

Why am I worried about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

In what ways can I express how I am feeling with \_\_\_\_\_\_\_\_\_\_\_\_\_?

In what ways I may I be misinterpreting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

Please share with me a different perspective about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

**Forgiveness**

How can I forgive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

What does forgiveness really feel/look like?

What/Whom am I ready to forgive and why?

**Fun Topics**

What is something that I can do for fun this week?

Please define the word fun.

How do I prevent and/or hold myself back from having fun?

What does fun feel like?

What does my emotional body consider fun?

What is something fun I can do today?

Share a fun fact about me.

What makes me embody fun in the moment?

How can I embody fun?

**Healing/Health**

What is the cause of my experience of \_\_\_\_\_\_\_\_\_\_\_\_ (back pain, allergies. rash, etc.)?

What do you suggest I do to initiate healing?

What physical movement will help me expand my intuition?

What type of physical activity do you recommend I do and why?

What physical movement will stimulate/expand my chakras or intuition?

What does my physical body want today?

How can I nourish my physical body?

What does this physical sensation mean?

How can I heal \_\_\_\_\_\_\_\_\_\_\_\_\_ in my physical body?

Please share with me how I can improve my health.

How can I improve my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? (health, relationship, love for myself, mental health, selfcare habits, exercise routine, spiritual practice, relationship with the records, daily routine, memory, self-talk, sleep, schedule, my work space, my sacred space, organizational skills, self-expression, my flow, my creativity, my friendship)

**Life/Soul’s Purpose**

What is my soul’s purpose this lifetime?

What can I do now to help fulfill that purpose?

How do you suggest I move forward toward my purpose?

What am I ready to receive?

**Money**

How can I shift my relationship with money?

In what ways can I give back?

Where in my body am I holding outdated unhealthy money beliefs?

What are those beliefs?

How do I heal them/transform them?

What is my money ceiling at?

How do I raise my money ceiling?

What are some ancestral money patterns and beliefs I am carrying or engaging in that are subconscious and conscious?

Please share with me a past life that I took on an oath, contract, or vow around money?

What are some new healthy patterns I can create with money?

I want to invest in \_\_\_\_\_\_\_\_\_\_\_\_. Please share with me the pros and cons of this possible investment.

How am I in alignment with this investment?

How am I out of alignment with this investment?

Please share with me a financial pattern I have that is unhealthy and I am ready to be aware of.

**Personal Finances/Business**

How can I expand my business?

What thought patterns/obstacles have placed in my way of prosperity?

What new thought/affirmation will assist in changing my perspective?

**Personal Responsibilities/Mirroring**

Why does \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s behavior trigger me?

What is s/he mirroring to me?

What lesson can I learn from this/these experience(s)?

**Personal Strengths and Obstacles**

What are my strengths?

How can I use them for the highest good?

What self-imposed obstacles have hindered me?

What is the payoff from using these obstacles?

Explain how I might remove them.

What do I do to prepare myself to (start my business, start this program, find a new home, meet my soulmate)?

**Safety**

In what ways does my \_\_\_\_\_\_\_\_\_\_\_\_\_\_ body feel unsafe?

How can I feel more safe?

What in me wants to be healed to feel more safe?

What is the cause of this \_\_\_\_\_\_\_\_\_\_\_\_\_ feeling?

How do I avoid \_\_\_\_\_\_\_\_\_\_\_\_?

How do I heal this?

How can I simplify this?

What is the forgiveness in forgiving \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

**Self-Discovery**

What are you struggling with?

I’m fearful of \_\_\_\_\_\_\_\_\_\_ how you influencing this fear? How can we overcome this fear?

Give me a step-by-step process that will assist me in my personal evolution.

What would you like me to know now about myself that I am not seeing?

What is a new skill or talent that I can develop to bring more excitement into my life?

Are there any fun and adventurous activities I should consider tying in the near future?

What is a new hobby or interest that I can explore that will bring me excitement and fulfillment?

**Spiritual Growth**

Define what spiritual living is.

How can I live a more spiritual lifestyle?

How can I deepen my spiritual connection with \_\_\_\_\_\_\_\_\_\_\_? (creator, the records, my spiritual body, my parents, my children, my bodies/body, myself?

What would be a fun spiritual practice for me to do today?

What would be a powerful spiritual practice for me to do and for how long?

How does \_\_\_\_\_\_\_\_\_\_\_\_ body want to be in this spiritual practice?

How can I see this in a different light?

I had a challenge with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. What is this experience trying to teach me?

What do you suggest I do (or add to my spiritual practices) to deepen my spiritual connection?

I want to embody more peace. How do I go about that?

What games will stimulate/expand my chakras or intuition?

How can I align myself or shift my energy to manifest \_\_\_\_\_\_\_\_\_\_\_\_?

What is my part or my responsibility in creating the vibration to receive \_\_\_\_\_\_\_\_\_\_\_\_\_\_?

How can I deepen my spiritual practices or understanding?

**Relationships with Others**

What can I do to deepen my relationship (or improve) with \_\_\_\_\_\_\_\_\_\_\_?

**Relationship with Yourself**

How can I deepen my relationship with myself?

How will I benefit from this practice?

How can I bring more joy in my life?

What is a fun hobby I can start that will help me?

What song can I listen to or activity can I do that will uplift my mood and bring me joy?

What is a different perspective for me to understand about this event?

What are the benefits of making these changes, or how can I benefit from these ideas/wisdom/lessons?

**Other Topics**

Parenting – Career (improving/Expanding/Changing) – Assistance with work projects – Everyday experiences and/or challenges – Root cause of challenges – Hidden talents – Emotional wounds – Core issues causing discord