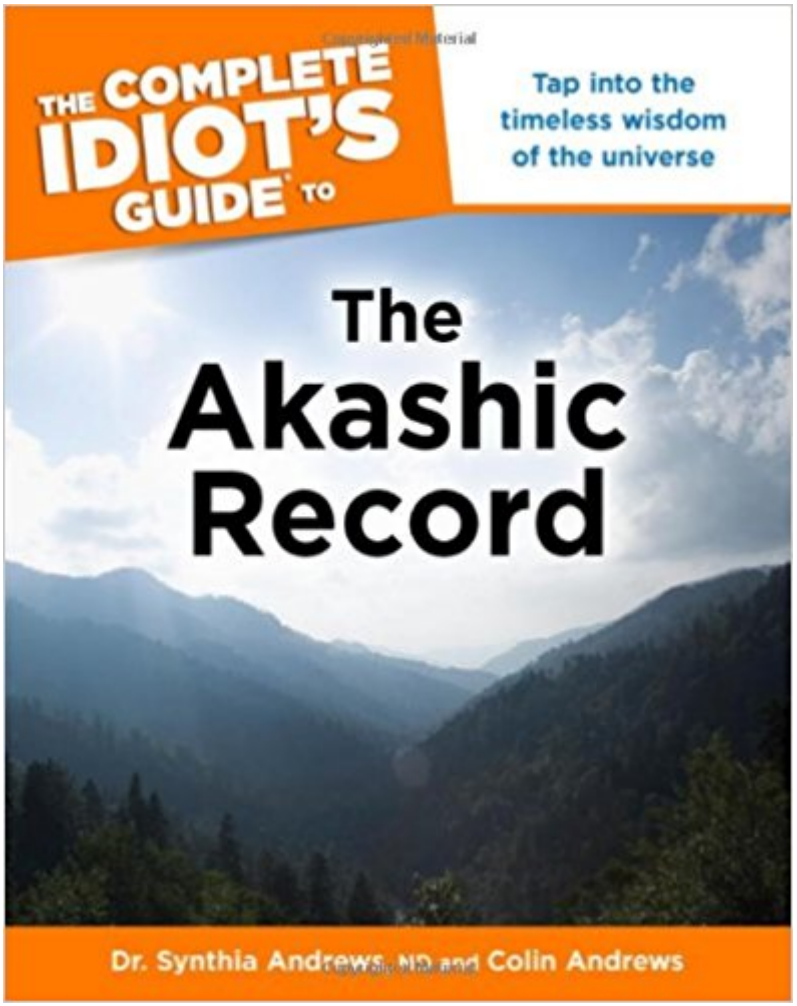
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The Complete Idiot's Guide To The Akashic Record (Complete Idiot's Guides (Lifestyle Paperback))



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Synopsis

The universal consciousness is an open book to those willing to explore it. The Complete Idiot's Guide(r) to the Akashic leads readers on a journey into their personal past, present, and future, learning the fundamentals of the Akasha-a Hindu word variously translated as sky or space-and howto use the Record to explore their hidden past, heal old wounds, live an authentic life in the present and affect the future. •Explores cutting edge aspects of Body/Mind/Spirit-universal consciousness, synchronicity, energy fields, and more •How to decode the Akashic Record through meditation, visualization, and lucid dreaming techniques that anyone can learn

Book Information

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Customer Reviews

Dr. Synthia Andrews, ND, is currently a naturopathic physician specializing in mind-body medicine. She has worked for over 25 years as a massage and bodywork practitioner, focusing on emotional processing and energy work. Colin Andrews has spent the past 30 years experiencing and researching anomalies of consciousness. He and wife Synthia are planning involvement in an upcoming experiment with the Global Consciousness Project.

I wish I could tell you that I can sit down and easily open up my Akashic Records after reading this book, but I'm afraid it will take a lot of practice and more meditation skills than I currently possess. I chose this book from among the selection of books on the subject because it was offered on Kindle and I like to use my Kindle. It's well-written, has a plethora of resources listed for further research,

and is actually quite inspiring. I think my ways of connecting to the records are through dreams and past-life regression; I just didn't realize that's where I was going at those times.I take issue with authors who tell you that you need some special key to enter the records (like their trademarked prayer). This book doesn't do that. If the records are an etheric field that runs through everything and everyone, then it is already yours (i.e. part of you), and everyone else's. I suspect we all go there now and then in our dreams and when you do a past-life regression, there is no patented key you need to use for entry. It may be the very "place" from which springs our inspiration and intuition--and you don't need permission to have flashes of inspiration and intuition.This book begs a second reading because there is so much great information in it. Thankfully, some of the information is science-based, so that you can come away feeling like you are still a thinking person, even while you cultivate lucid dreaming and converse with the other side.

When I want to study a particular subject, I begin with "The Complete Idiot's Guide To" if there is one in publication. These books give me a very well organized presentation that will leave me with even more than just the basics you might get from Wiki. The Complete Idiot's Guide To The Akashic Record does just that. I am still reading this fascinating book but want to let potential readers know that if they are like I am and want a layman's approach to a subject they know very little or nothing about, this is the way to go. I like how the authors, Dr. Synthia Andrews, ND and Colin Andrews use highlights in separate boxes such as: Timeless Tips (more info on the topic), Library Links (insights and connecting thoughts), Quote Box (Akashic Wisdom that illuminates and inspires), and the Etheric Advisory Box (warning about misconceptions, pitfalls, etc.). She even includes a Definition Box (for unusual terms and concepts). At the end of each chapter the book has a section called, The Least You Need to Know. If you're in a hurry, you can skip to those bulleted items or you can go there first to see what you want to pay close attention to. In any case, I highly recommend The Complete Idiot's Guide To The Akashic Record for those interested in learning more about tapping into the limitless energy of the collective consciousness for the purpose of living one's life to the fullest (through knowledge of one's past, present and future). Another likeness, according to this source, for Akashic Record is the Judeo-Christian term, "The Book of Life." Fascinating!

I really expected to learn a lot more about this subject then what this book left me with. It is filled with generalizations and vagueness. At no point did it guide me to how to even start to access the record. The further I read the more it repeated itself, just under different headings. Find a different book.

If it weren’t for the title, I would have given this another star. The author, provides plenty of resources for the reader to further into different topics much deeper than the book itself does, should you wish to do so. Some of the stories (case studies?) are really interesting, I just would have like to have read more about how they used the information to heal themselves or if they did not heal, then if they went back to the Records to find out more. You kind of get left hanging with some of the stories.Still, the way Dr Andrews relates some of the stories made me think that perhaps this might be something I’ve done in my past lives and that’s why I have the issues i currently have. I did like the definition of Karma that she uses and it really does make a heck of a lot more sense than the old "eye for an eye" that we’ve all probably heard for so long now.

I enjoy the metaphysical and am a follower of Edgar Cayce. Most informative and easy to understand and seems to answer all your questions. An enjoyable read.

One of our group book club members read Linda’s Howe’s "How to Read the Akashic Records: Accessing the Archive of the Soul and Its JourneyÃƒÂ¢Ã â ¬Ã Â• As a group we were interested in learning more about the Akashic Record, so we decided on this book... We give it two thumbs up! I would recommend reading The Complete Idiot’s Guide to the Akashic Record first, then Linda’s Howe’s "How to Read the Akashic Records.

Great book for overall information. Extremely easy to understand and an interesting read.Very good jumping off to more in-depth reading. Not my usual read, but I was interested in giving it a try. Worth trying for those who want an introduction into vast area of Akashic Records.

Being kind of an esceptic but very curious about this topic this book surprised a lot in a very good way since throughout the book all explanations are more down to earth some of them even scientific instead of going to the very esoteric or magical path. Really enjoyed it recommended from a semi esceptic guy!

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