



# What are the Akashic Records?

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The Akashic Records is a theosophical term referring to a universal filing system which records every occurring thought, word and action. The records are impressed upon a subtle substance called akasha (or Soniferous Ether). In Hindu mysticism the akasha is thought to be the primary principle of nature from which the other four natural elemental principles of fire, air, earth and water are created.

Some people believe the Akashic Records are similar to a Cosmic or collective consciousness and are sometimes referred to by different names including the Cosmic Mind, the Universal Mind, the collective unconscious/subconscious. The Records are thought to be the macrocosm of each individual's subconscious mind - which is why many believe the Records themselves make clairvoyance and psychic perception possible. Most importantly, the Records allow individuals to remember the specific plan they set forth before coming into this Earthly journey as well as our oneness to Source. Ultimately, the Akashic Records provide a guidebook that illustrates each person's individual plan and assists them in becoming the best they can be in this lifetime.

It is believed that the events recorded upon the akasha can be ascertained/read by some individuals during certain states of consciousness. Such states of consciousness include a psychic state along with states of openness created by certain stages of sleep, weakness, illness and/or meditation. An individual who can reach these states can gather the thoughts and images from another person's collective subconscious mind. Individuals who claim to be able to read the Akashic Records often state that they read them as if they were viewing the pages of a book or reanimate the contents they see as if they were turning on a celestial television set.

The late American mystic, Edgar Cayce throughout 1940s claimed to successfully read the Akashic Records. Cayce did his readings in a sleep state or trance.

Dr. Wesley H. Ketchum, who used Cayce as a subject in his medical practice for several years, described Cayce's method as the following: "Cayce's subconscious... is in direct communication with all other subconscious minds and is capable of interpreting through his/her objective mind and imparting impressions received other objective minds, gathering in this way all knowledge possessed by endless millions of other subconscious minds." It is interesting to note that Cayce was interpreting the collective subconscious mind long before the psychiatrist C.J. Jung postulated his concept of the collective unconscious.

In his book, "Edgar Cayce on the Akashic Records," Kevin J. Todeschi explains: "Akashic comes from the Sanskrit word meaning "boundless space;" and is equated to the central storehouse of all information for every individual who has ever lived. More than just a reservoir of events, The Akashic Records contain every deed, word, feeling, thought and intent that has occurred at any time in the history of the world. Much more than simply a memory storehouse, these Akashic Records are interactive; they have tremendous influence upon our daily lives, our relationships, our feelings and belief systems and the potentials and probabilities we draw toward us; (the records) connect each of us to one another. They contain the patterns of human behavior and experience. They have been the inspiration for dreams and inventions. They draw us together or repel us from one another. They mold and shape levels of human consciousness. They are a portion of Divine Mind. **They are the unbiased judge and jury that attempt to guide, educate and transform every individual to become the very best that she or he can be.** They embody an ever-changing fluid array of possible futures that are called into potential as we interact and learn from the data that has already been accumulated."



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