

Hello,

Thank you so much for booking an **Akashic Records Session** with me!

It's important **to prepare your questions in advance— whether they're for your Spiritual Team or about your Soul—** so the guidance you will receive is as clear and insightful as possible.

**All questions are valid!** There's no limit to the number of questions you can bring to the session.

**Here are some example questions to inspire you:**

- What information do I need to receive right now that will support my spiritual growth?
- What blockages should I work on first?
- What should I focus on at this moment?
- What does the Akashic energy reveal about this person or situation?
- What message does my Spiritual Team have for me right now?
- What past life information should I know in this reading for my healing?
- What advice does my Spiritual Team have for me regarding this situation?
- What do I need to understand or learn from this specific experience I'm going through?
- Why don't I have a smooth relationship with (person's name), and what can I do to improve it? Is there something I need to learn from my connection with (person's name)?
- Why does (person's name) feel so familiar to me, even though I have just met them?
- Why do I feel sad at work (or in a specific place)?
- What's stopping my relationship with (person's name) from working? What can I do to help my relationship/marriage flow?
- What is holding me back from moving forward with this project?
- How can I help (person's name)?

- Why haven't I been able to get over the death of (person's name)? How can I heal after the loss of a loved one?
- Why don't I feel prosperity and abundance in my life? What can I do to bring prosperity and abundance into my life? What's blocking prosperity in my life?
- I have chronic pain in... What's the source of this pain? Why am I experiencing this pain? What advice can I receive today to improve it?
- Why do I keep having recurring dreams about ...?
- Why does my pet (pet's name) have (name of the disease)? What can I do to help them?
- Why is my health so weak? What can I do to strengthen my health?
- What beliefs are limiting me from reaching my potential?
- How can I heal from my pain related to (person's name or situation)?
- This always happens to me... What do I need to understand about this situation?
- This happened to me... Why did it happen? Did I see and understand everything I needed to, or is there something more I need to know about it?
- Why am I so afraid or panicked about ...? What can I do to stop being afraid of...?

**The preparation for the session is the following:**

- Be close to the router (or Wi-Fi) to have a good signal
- That the tablet/ laptop/ or computer is plugged in during the session. All programs must be closed in order not to receive notifications or alerts
- The cell phone/ mobile must be in "airplane mode" or off to avoid interruptions
- Headphones with microphone (such as cell phones, gamers or similar, and with a microphone) to have better communication between us
- Being in a room alone, where no one can interrupt for **about 1 hour**

- Rest the night before (if possible)
- Avoid alcohol or recreational drugs 24 hours before it (except medications)
- **IMPORTANT:** Have your questions ready to bring to the session

### Frequently Asked Questions:

- *Does the past get changed?*

The past doesn't change by accessing your Records or channeling your Spiritual Team. However, you'll receive a new perspective that will help you understand the situation or the other person in a different way.

- *Can I receive healing during the session?*

I have many healing tools I can use during the session, but I'll only use them if your Spiritual Team ask me to.

- *Is it safe?*

Absolutely! It's non-invasive. You could think of it as a "chat with close friends".

- *What's the best way to prepare for my session, besides the information above?*

Come to your session with an open heart and mind, and the curiosity of a child. No expectations, because they limit the information and communication.

**Note:** If you'd like, the session will be recorded and sent to you via email within 72 hours.

If you have any questions, please let me know.  
I remain at your disposal!

See you in the session!

Much love,  
**Elizabeth Mehr**  
Soul Therapist

