



Healing Through the Akashic Records

Linda Howe

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With her book *How to Read the Akashic Records*, Linda Howe helped thousands of people access valuable information in the Akashic Records—an energetic archive of every individual's soul and its journey.

Now with *Healing Through the Akashic Records*, she shares her expert insights on how we can all use this powerful resource to help heal our sacred wounds, transforming our relationship with the limiting patterns and behaviors that interfere with our ability to experience our true potential and divine nature. With dozens of reflection exercises and practices, this one-of-a-kind book will help you discover your soul's immutable perfection.

"Although our healing work takes place in the spiritual realm," teaches Howe, "this process involves clarifying our difficulties, gaining insights into them, and arriving at real-world solutions that we can bring into our everyday lives." Using Howe's unique three-step process that she gleaned over the past 20 years of working in the Records, you'll learn how to tap into this infinite resource to gain a soul-level perspective on your wounds, and unlock their potential for growth by exploring:

- How to access the Akashic Records using the Pathway Prayer Process™
- Tips for identifying your primary sacred wound—the hurtful event, person, or circumstance that is holding you back
- Strategies for liberating you from old ideas and limiting patterns
- Tools for making choices aligned with your most authentic self for your highest good
- Three ways to activate the "Ascension Matrix" to help you realize your hopes and dreams

"Governed by the principles of 'judge not, fear not, resist not,' the Akashic Records provide a safe and ideal environment for our spiritual healing," teaches Howe. *Healing Through the Akashic Records* offers practical wisdom and consciousness-shifting tools for developing a richer connection with our innermost self, a greater sense of aliveness, and increased joy for living.

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