PAST LIVES & THE AKASHIC RECORDS
~ some of my favorite resources ~

BOOKS:

- "How to Read the Akashic Records" and "Healing Through the Akashic Records" by Linda Howe (SoundsTrue Publishing) ~ Linda also has CD meditation sets that complement her books plus free meditation downloads and articles at her website: www.akashicstudies.com. Also check out her YouTube videos!

- "Akashic Records: Past Lives & New Directions" by Robert Chaney ~ Written in 1996, Chaney describes the Records in computer terms and offers a few generalized suggestions on accessing them.

- "The Complete Idiot's Guide to the Akashic Records" by Dr. Synthia Andrews (ND) and Colin Andrews ~ A good overview that also includes a range of perspectives on past lives.


- "Edgar Cayce on Soul Growth" by Kevin J. Todeschi ~ This approach to life-creation draws on the Cayce Readings -- Todeschi is Executive Director of A.R.E. (the Cayce Foundation) and a life-long Cayce expert who's written about Cayce and the Akashic Records as well as the Records "and the Illusion of Time."

- "Life Between Lives," "Journey of Souls" and "Destiny of Souls" by Michael Newton, Ph.D. ~ Using regression and between-life soul exploration via hypnosis, Newton depicts The Life Books Library (aka Akashic Records) from descriptions from many hypnosis regression subjects in "Destiny of Souls" -- and it looks like a library!


- "Recovering the Soul: A Scientific and Spiritual Search" by Larry Dossey, M.D. ~ Dossey's approach to healing provides a scientific balance to metaphysical methods as he explores how "mind and being are independent of matter, time and space." This mostly takes a philosophical approach but offers a supportive context for Akashic Records work and past life exploration.
"Mining the Soul" by Robin Robertson ~ Another resource which suggests multiple options for tuning into our Souls and benefitting from the relationship through dreams, meditation, the chakras, the I-Ching, etc.

"Edgar Cayce on Soul Growth" by Kevin J. Todeschi ~ This approach to life-creation draws on the Cayce Readings for guidance and perspective. Todeschi is Executive Director of A.R.E. (the Cayce Foundation) and a life-long Cayce expert. I've heard him speak (on "Vibrations," which is also a good book in the Cayce collection), and he has written about Cayce and the Akashic Records as well as about the Records "and the Illusion of Time."

"The Hidden Power of Your Past Lives" by Sandra Anne Taylor ~ This book includes a meditation CD with hypnosis past life processes.

"Reincarnation: Claiming Your Past, Creating Your Future" by Lynn Elwell Sparrow (edited by Charles Thomas Cayce) ~ This is my favorite book on Reincarnation in general and the purpose of past lives in particular. Part of the Edgar Cayce's Wisdom for the New Age book series, this offers a practical, logical and yet spiritual approach.

"16 Clues to Your Past Lives!" by Barbara Lane, PhD. ~ This is a fun catalog of "signposts" Lane has gathered through hundreds of past life regressions which offer clues to past lives from what we are interested in or talented at in this lifetime. A good resource from A.R.E. Press for finding your Akashic Muse!

"Past-Life Memories: 12 Proven Methods" by Richard Webster ~ This also provides a variety of ways you can connect with your past lives, including a meditation for connecting with your Akashic Records too.

"Life Between Lives," "Journey of Souls" and "Destiny of Souls" by Michael Newton, Ph.D. ~ Another approach to regression and between-life soul exploration via hypnosis, these books are helpful in sharing clues you can use and processes you can do yourself. In "Destiny of Souls," Newton also depicts The Life Books Library (aka Akashic Records) according to descriptions from many hypnosis regression subjects, and it does look like a library!

"Past Lives, Present Miracles" by Denise Linn ~ Using dreams, angels, guides, self-hypnosis and meditation, this book offers a variety of past life access tools and perspectives.

**FILMS & VIDEOS:**

"The Adjustment Bureau" ~ with Matt Damon and Emily Blunt ~ this is the best Akashic movie Hollywood has made so far, and a fun romance! It depicts how the choices we make and actions we take shape our evolution. Watch for the "Akashic clues:" the library, the Adjustors who make sure opportunities or obstacles fall into our path to keep us "on track," the Chairman and especially the maps!!

"Defending Your Life" ~ with Albert Brooks and Meryl Streep ~ a comedy about the Afterlife, this depicts what might happen between lives, with plenty of laughs and also many insights.

**Gaiam TV** (available online @ GaiamTV.com and via streaming video) has many videos on reincarnation and past life/afterlife issues. Get info and a free trial of Gaiam TV via [http://tinyurl.com/GaiamFreeTrial](http://tinyurl.com/GaiamFreeTrial) -- or better yet via Spiritual Cinema Circle where you can sign up for a FREE 1-MONTH SCC TRIAL. SCC which includes a DVD with 4 inspiring films per month PLUS online/streaming video access to GaiamTV: [http://tinyurl.com/LifeAndSoul-Links](http://tinyurl.com/LifeAndSoul-Links)