

Akashic Record Reading – How to Prepare

I'm deeply honored that you've scheduled an Akashic Record Reading session with me! All you need to do to prepare for this session is to come as you are, with an open heart. This will be a safe space to open up and let yourself be seen and heard.

In-Person Session:

If you are coming to the clinic for an in-person session, we are located at **67 CLAY STREET** in the Wharf District. There is plenty of metered parking as well as the parking garage. We are in the building directly across the street from Mountain State Brewing Company. ****Please arrive no earlier than 5-10 minutes for your appointment to honor the sanctity for the appointment before yours.**

Distance session:

If you are doing your session at a distance, spend a few moments before hand to find a place where you can be quiet and preferably alone. **At the time of the session, please call: [304-288-0996](tel:304-288-0996) or Skype me at Melita Mollohan** (please will let me know 24 hours before your appointment which method you prefer before your session so that I am prepared with my phone or computer).

Here is some information to help prepare you so you can get the most out of your session:

Each Akashic session is different, because each is shaped by your intention. Some Akashic records sessions are more informational; others are more focused on releasing and clearing beliefs and patterns that no longer serve, and bringing in new energies and perspectives. All of this work is done with the grace of the divine and the energies of your soul and your records. Some dynamics shift in one session, others evolve layer by layer.

The more expansive you are in your records, the more information and energy you will receive. While knowing your intention for your session is key, it's also important not to attach yourself to any particular outcomes. After all, why would we want to limit what we can receive from our souls — or from the divine?

Here's why it's good to keep these things in mind:

- **Open-ended questions are far more fruitful** than those which can be answered with simply a “yes”, a “no”, or a date. The more expansive you are with the records, the more you will receive.
- **Asking the records to predict the future might feel more comforting to our egos, but it often is more limiting to our souls.** Predicting the future assumes

that the people and energies that currently exist will not change, which we know is rarely likely. One small shift in any of the countless variables in life that shape our future can change the outcome. We can get that kind of information in the records, but it rarely stays accurate for very long.

- **The most helpful questions focus on what we can do to better align** with what we desire, or better still, **with our highest and best** good. When we align with our highest and best, we co-create with our souls and the divine to attract those outcomes to us. We create our realities with our authentic power.
- **When it comes to topics, the sky is the limit, as long as the topic is about you.** Relationships, life purpose, health, jobs, pets, homes, hobbies, trips, past lives, future lives – you can ask about any topic you want. And since we will be in your records, not someone else's, we cannot get information about anyone else, except to the degree that their records overlap with yours.

Self-care is the best preparation for any session in the Akashic records. That said, here are some specific suggestions:

- Get a good night's sleep the night before, as well as the night after.
- Come to your session with a few questions in mind that you'd like to get some insight on but know that the record keepers will reveal to you what you are most ready to hear. Each session is different. Some answers are answered straight up, some answers come as questions, and some answers come in the form of clearing or healing. be open to receive is the best approach here.
- Avoid alcohol and recreational drugs for 24 hours before your session.
- Take your normal prescription medications and supplements as you usually do.
- During the session, have water, tissues, paper and pen nearby.
- Drink plenty of water the day of your session, and the day after too.

I look forward to opening up your records!!