



The Complete Idiot's Guide to the Akashic Record (Complete Idiot's Guides (Lifestyle Paperback))

ND, Dr. Synthia Andrews, Colin Andrews

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The universal consciousness is an open book to those willing to explore it.

The Complete Idiot's Guide(r) to the Akashic leads readers on a journey into their personal past, present, and future, learning the fundamentals of the Akasha-a Hindu word variously translated as sky or space-and howto use the Record to explore their hidden past, heal old wounds, live an authentic life in the present and affect the future.

- Explores cutting edge aspects of Body/Mind/Spirit-universal consciousness, synchronicity, energy fields, and more
- How to decode the Akashic Record through meditation, visualization, and lucid dreaming techniques that anyone can learn

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