

AKASHIC REDIRECT

INSTRUCTING YOUR AKASHIC RECORD

Excerpted and adapted from a Kryon channelled message by [Susan V. Sinclair](#)

<https://spiritlibrary.com/kryon/instructing-the-akash>

First, consider for a moment of what may be in your Akashic record. Just how many total lives might you have passed through in your soul's great journey? And all of them have one thing in common: **They've all existed through an old energy earth.**

Your unique and often terrible experiences are etched into the Akasha from your past. The Akasha belongs to an older energy and comes forward to you from the past. Therefore if you change the present, the Akasha will change what it brings forward. Lifetimes of experience may not come forward in the same way in a newer energy.

Question: "Is it possible for humans to rewrite the energy they remember from a thousand lives? Do we have that power?"The answer is absolutely YES. More now than ever before.

Why seek to rewrite what's in your Akasha? It includes the energy of the ways that you died, the children and loved ones that you've lost, the wars that you've died in, the others you have killed, and the ones that killed you. You have been in all of those circumstances that were this dramatic and more. There were lives so horrible there you never ever experienced joy. There were lives that were short and fearful and awful. That's in your Akasha.

"What about the good things?" Well, they're in there, too! There was celebration, joy, beauty and love. THIS is what you're able and called to do now--to change what your Akashic energy gives to you in these new times! That's "changing the past".

At this time, there is in your Akashic energy what Kryon calls the "buzz". The buzz is a residual energy "noise" that you always have, because at some level, all those past lives exist in your consciousness. Even in your silence, your most quiet moments, it's difficult to get rid of the buzz. The buzz is what's saying, "You're not worthy to be here. Tomorrow is going to be difficult just like it always has been.

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Failure is near certain, hardship and struggle ARE certain." It's an old Akashic record that remembers painful things. almost exclusively.

Why would this be the case? It's because it's a reflection of the energy humanity has created for centuries of low consciousness, competition and conflict. In a new energy moving more into Divine Benevolence, the Akasha will respond to instructions to change.

So why not instruct/redirect the Akashic record, which belongs to you, to morph into one that is uplifting and starts to give you the wisdom and benefits you've collected in a thousand lives, instead of the drama and suffering?

What you do with your Akasha now may change the rest of your life. I want you to remember this because you may wish to do it again – not that the first Redirect didn't work, but because Human Beings are in a linear timeline and you've been trained that if you do things two or three times, it will be more meaningful.

It won't hurt to repeat this. But if you do this, mean it, own it, believe it at 100 percent, you're going to feel the difference in the days and weeks to come.

"What if my Akasha hasn't been bothering me?" Well, you don't realize that your Record sets up almost all of who you are. Your Akasha postures the way you think, your personality, the way your body accepts an invasion of disease, and how you view yourself and even your spirituality. That's all inherited from your Akasha. Yes, your ancestors give you some, too. But you know there's more to existence than just the chemistry of biological inheritance. That is what you're looking at right now. The Akasha makes you who you are today—a unique vibratory being.

Now you are about to address your Akashic record like you never have before. You can repeat what I'm saying silently if you don't have your own words. Intend your full soul consent, and it will take full effect. This is the way it goes:

1. {Sealing away the negative} Dear beautiful Akasha, which represents myself and my soul in so many expressions, the one soul I've been for so many lifetimes, in this new energy, I now take command.

Dear Akasha that is my essence, and represents the energies of thousands of lives on this planet and beyond, look at the energy of today, because I am in charge. Dear Akasha, know this: I call for change because I am in charge.

The bottom line, I am in charge of my own life, and for the first time I want you to listen up. I command benevolence in remembrance! I command that this Akasha start to filter and alter that which has been remembered lifetime after lifetime. I hereby put a limiter on the drama, trauma, and suffering. It is not allowed to invade my energy system or my life. I put a limitation on all the negative things, all of the anger, betrayal, abuse, the horror, grief, despair, failure, shame and suffering. I put a limiter on all inappropriate things. These things may still be there, but they are now going to be sealed into a special “deep storage” vault and stay there. I command the negativity that is in my Akasha and has been there: Get out of the driver’s seat and back into the vault, because I’M DRIVING! There is no longer any reason for it to show, because I am in charge of it all.

Take a moment to consider what’s happening. You regard the Akashic Records with reverence, but often they’re just a library of irritation, aren’t they? It’s as though you had no control in that realm. Now, though, I am telling you you do have charge of all this. Let’s finish the Akashic remembrance redirect.

2. {Opening/accessing the extracted benefits} Dear Akasha, beautiful and benevolent, you are me and I am you. Let all of the beauty, love, joy and wisdom, success, grace, and healing, which has occurred in thousands of my lifetimes, the maturity of my soul, start to present itself in ways that will surprise me with benevolence. In good things, in benevolent things, in positive expectations, let my Akashic record be the best thing that ever happened to me, and let my life reflect this decision. I have spoken. I am in charge.

There is more to this because there are things that are also disturbing you right now that are very current, and not yet stored as “past” in the Akasha. Let’s move into your embodied current life.

3. {Redirecting memories in brain and mind} Dear cellular being that I am, I now take charge. Let all things that have occurred in my life from my conception to this very

moment be on notice. Let the memories in my brain, the very neurons and synapses that hold them, be on notice. Cease and desist those things that would be below my magnificence as a Divine creation on this planet. Cease and desist replaying the painful "tapes": The betrayals I've experienced, the sorrows and tragedies, the bad feelings, the anger and frustration, my low energy Human nature, the old buzz itself. Cease and desist. I am in charge of my memory, and every single cell resounds with my Higher-Self. I am part of this in a way that I never knew before. I am in charge of all things that are me. I command this so I might go from this place unburdened by those harmful things from my own past that have occurred since my conception into physical being on this planet.

Now, moving from brain to body.

4. {Redirecting body chemistry and physiology} Dear cellular structure, I'm in charge. The boss is talking. Listen up: I command you to see the beauty and the benevolence and the Divinity inside of every cell in my body. I command you to be more resistant to disease—physical AND mental—than I have ever been before. For disease cannot attach itself to Divinity, and I hold more Divinity than ever before. I command that which was in me, which is inappropriate, to go away and to change. Let the chemistry in my body show itself as realigning with these commands in the next days so I know this is real. I take command of things that I was never told I could take command of. It is done and settled. So be it and SO IT IS.

That's the shift. To live fed from energies of Grace—Love, Power, Wisdom, and Joy—instead of fear, in your Akasha and your current cellular structure. Let the process of life here now be joyful instead of fearful. Let the "buttons" be disengaged that would push you into unnecessary anger, sorrow and fear.

Take some quiet, easy breaths and sense how you feel. You now come to this beautiful, empty space. It's a space caused by a major cleansing. New, magical things are now possible for you, no matter what you've experienced, or how many lifetimes you've had.

This full Akashic redirect is still developing as the Earth continues shifting into the 9th Age. But this is the start of taking hold of the memories and Akashic feed of your past lifetimes, and reframing them into benevolence, joy and wisdom.

Over the next few days, you may feel "something is a little different." You may say, "I can't explain it, but I just know that I feel freer than I have ever felt before." People may tell you that you are thinking and acting differently. The truth is that you just got onto a new Soul Bus. You joined a profound old soul group that is learning to enhance the shift for humanity, because you just changed yourself. The others around you will benefit immediately, because they will see you as lighter. They may even begin to see the beauty in your soul where they didn't see it before. **To finish, call your energy fully back into your body to reground yourself. Take some breaths, and relax into this new way of Being. And in the coming week, give yourself extra water, rest, and play to integrate these redirected Akashic energies <3**