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Healing Through the Akashic Records: Using the Power of Your Sacred Wounds to Discover Your Soul's Perfection

Linda Howe

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Imagine opening a book that told the story of your life—and, suddenly, you realized that the painful parts held the key to knowing yourself as completely whole, well, and good. As many of Linda Howe's students have found, this is the transformative process that we can experience through the Akashic Records, an energetic archive of the soul and its journey. With *Healing Through the Akashic Records,* you will learn how we can use our wounds—the behaviors or ideas that we hold about ourselves—as a path to inner peace, as you explore:

· Embracing the spiritual practice of unconditional self-love and transform your relationship with yourself to resolve your primary sacred wounds—the hurtful events, people, or circumstances that are holding you back
· How to shift from resentment to forgiveness and gain freedom from limiting patterns
· Tools and tips for making choices that nurture your most authentic self for your highest good
· Three ways to activate your inner "Ascension Matrix" to help you realize your hopes and dreams

Healing Through the Akashic Records offers practical wisdom and consciousness-shifting tools for developing a richer connection with our innermost self, more satisfying relationships with others, a greater sense of aliveness, and increased joy for living.

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